

**BLYTH VALLEY**

**Breastfeeding Groups**

**CRAMLINGTON BROCKWELL CLINIC**

MONDAYS 10.00—11.30am

**BLYTH HEALTH CENTRE**

MONDAYS 1.00—2.30pm

**SEATON DELAVAL CHILDREN'S CENTRE**

TUESDAYS 10.00—11.00am

**BLYTH CENTRAL CHILDREN'S CENTRE**

WEDNESDAY 1.00—2.30pm

For more Information about any of the above groups, or for breastfeeding peer support please contact  
**07966 491 366**  
or refer to Website

**Website:**

**[Breastfeedingnorthumberland.co.uk](http://Breastfeedingnorthumberland.co.uk)**

**NATIONAL  
BREASTFEEDING  
HELPLINE**

**0300 100 0212**

**Useful Numbers.**

**Debbie Wade -  
07812 395 410**

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**Carolynn Reavley -  
07812 395 015**

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**Gill Patterson -  
07812 766 172**

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**Hospital Tel No:  
0344 811 8111**

CR/GP/DW/JMP 01/19

Please notify any changes to Janet Patterson 01670 843 137

Northumbria Healthcare   
NHS Foundation Trust

**Breastfeeding Support  
Drop-In Sessions**

- Congratulations on the arrival of your new baby.
- We would be delighted to meet you at one of our breastfeeding support drop-in sessions.
- If you would prefer we would be happy to discuss your breastfeeding with you over the phone.

**Website:**

**[Breastfeedingnorthumberland.co.uk](http://Breastfeedingnorthumberland.co.uk)**

## CENTRAL NORTHUMBERLAND

### Breastfeeding Groups

#### ASHINGTON CHILDREN'S CENTRE

MONDAY 9.30—11.30am

#### BEDLINGTON CHILDREN'S CENTRE

THURSDAY 1.00—2.30pm

For more information about any of the groups above, see Website or for breastfeeding peer support please contact

**07966 491 366**

### NORTH TYNESIDE BREASTFEEDING GROUPS

PLEASE CONTACT YOUR MID-WIFE OR HEALTH VISITOR FOR INFORMATION

**Website:**

[Breastfeedingnorthumberland.co.uk](http://Breastfeedingnorthumberland.co.uk)

## NORTH NORTHUMBERLAND

### Breastfeeding Groups

#### ALNWICK Children's Centre

#### BREASTFEEDING SUPPORT GROUP

Thursday 11.00—12.30am

Try a sling and get your baby weighed

#### BERWICK Children's Centre

Thursday 2.00—3.30pm

Try a sling and get your baby weighed

#### AMBLE AND COQUET

**BABY PLAY AT  
COQUET CHILDREN'S CENTRE**  
Thursday 10.00—11.30am

For further information and for support

Contact Sarah Fox on 07812 396 276

## National

### Breastfeeding Helpline

**0300 100 0212**

Open 09.30 to 21.30hrs

CR/GP/DW/JMP 01/19

Please notify any changes to Janet Patterson 01670 843 137

## WEST NORTHUMBERLAND

### Breastfeeding Peer Supported Groups

#### Bellingham Middle School

Baby Club

Tuesday 10am--11.30am during term time\*

\*Baby Club runs from North Tynies Children's Centre during school holidays

#### Wheelbirks Parlour, Stocksfield

NCT 'Babes in Arms'

Wednesday 10am—12midday  
1st and 3rd Wednesday of the month during term time

#### Haltwhistle,

#### Western Tynedale Children's Centre:

Breastfeeding Group

Wednesday 11am—12midday

#### Prudhoe Children's Centre

Learning Together Through Play (Babies)

Thursday 11am—12midday

For information about above groups or breastfeeding peer support see Website or Contact

**Emma Grimwood**

**07812 399 505**

**Website:**

[Breastfeedingnorthumberland.co.uk](http://Breastfeedingnorthumberland.co.uk)