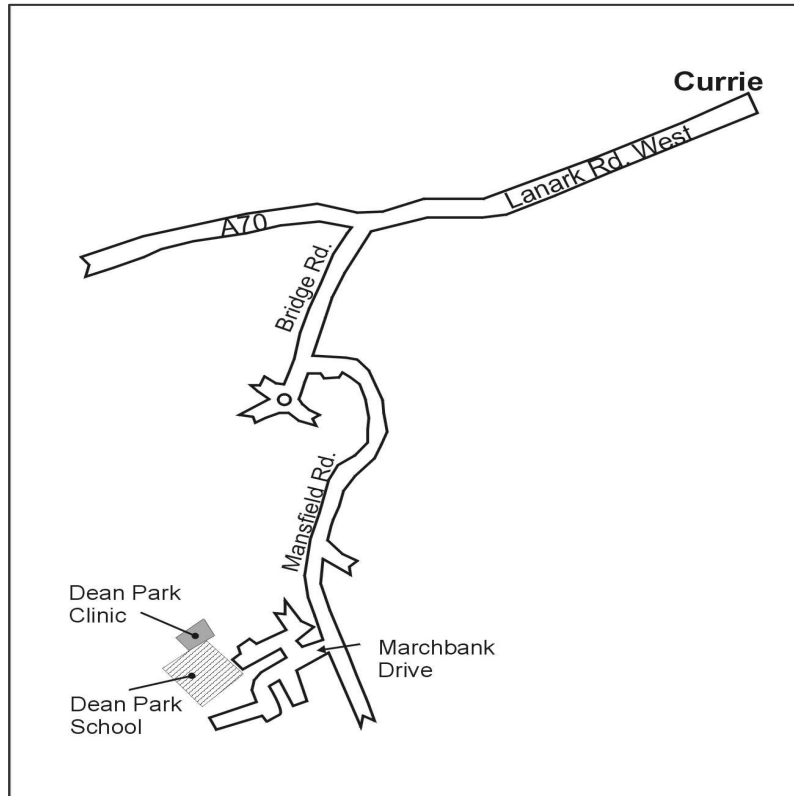


Map



Contact Details
Karen Wight 449 8619

THE BREAST FEEDING CAFE



Thursday 11am – 12.30pm

What is the Breast Feeding Cafe?

A drop in centre, offering help, support and information on breastfeeding.

A place where breastfeeding is valued, supported and encouraged in a comfortable and friendly atmosphere.

We will always have a Health Visitor or Midwife available for advice and support.

Babies and children are of course welcome.

Real coffee, tea and fruit juice is provided.

We meet at Deanpark Clinic every Thursday 11am – 12.30pm

Come along and have a chat, relax and meet other mums who are breastfeeding.

Who is it for?

For antenatal mums, you are welcome to drop in for coffee / tea and a chat.

For Breastfeeding mums, at whatever stage you are at:

- Finding it tiring and difficult
- Finding it good
- Experiencing specific challenges such as illness or premature birth
- Returning to work
- Moving onto solid food
- Ending Breastfeeding
- Mixed feeding

Our aim at the group

- To give accurate information.
- To encourage mothers to support mothers, as experienced breastfeeding mothers have a wealth of knowledge and information to encourage others to get off to a good start and to keep going.

- To offer a place where breastfeeding is valued.