

Breastfeeding Peer Support Groups

The Cedarwood Trust	The Cedarwood Trust The Avenue Avon Avenue North Shields NE29 7QT <i>Starts 4th March 2019</i>	Monday 11am to 12:30pm	0191 259 0245
Whitley Bay Customer First Centre	Whitley Bay Customer First Centre York Road Whitley Bay NE26 1AB	Tuesday 11:30am – 12:30pm	0191 643 8804
Wallsend Customer First Centre	Wallsend Customer First Centre Wallsend NE28 8QT	Wednesday 1:30pm - 3pm	0191 643 2075
Shiremoor Children's Centre	Shiremoor Children's Centre 9 Bridge Terrace Shiremoor NE27 0TA	Thursday 10am - 11:30am	0191 643 2110

If you are pregnant, or have had your baby and would like to find out more about breastfeeding and meet other mums, please come along to one of our local groups.

The groups are run by peer supporters. Peer supporters are mums that have breastfed their babies and have been trained to provide support to other mums through their breastfeeding journey. They are supported by the health visiting team and can refer to them if there are any problems.

