

## Gloucester Baby Feeding Project

### Who are we?

We are all local mums who have breastfed our children and have trained to be Breastfeeding Helpers and Supporters with the Breastfeeding Network.

### What do we do?

We provide friendly help, information and support about breastfeeding through texts, phone calls and visits, so you can get the breastfeeding support that you want, when you want for as long as *you* want.

### What next?

If you live in Gloucestershire and would like help with breastfeeding, give us a call or text [07871 174 566](tel:07871174566) with your name and postcode. We'll let you know if there's a BfN Supporter working in your area and put you in touch with them. Where there is no BfN support available, we'll let you know about other local breastfeeding support groups.

Alternatively, come along to one of our friendly Mama Latte support groups (details overleaf).

You can also call [Supporterline](tel:03001000210) on [0300 100 0210](tel:03001000210) for breastfeeding help 9.30am - 9.30 pm every day of the week.

Calls provided by BT will be charged at 5 pence per minute. A call set-up fee of 3 pence per call applies to calls from BT residential lines. Mobile and other providers - charges may vary. The Breastfeeding Network is a company limited by guarantee, registered in Scotland Company No. 330369 and Registered Scottish Charity No. SC027007.