

07501 466 818

Peer support project for babies from birth to six weeks of age

If you live in Wokingham Borough, we provide a free breastfeeding support service, offering 1:1 help from a trained Supporter. The support is mostly phone or text based but, in certain circumstances, a home visit can be arranged (usually only in emergencies).

Mon	09:30 - 11:15 (closed bank holidays)	Caversham*	Caversham Children's Centre, Amersham Road, Caversham, RG4 5BP
Mon	09:30 - 11:30 (closed bank holidays)	Wokingham*	Brambles Children's Centre, Budes Gardens, RG40 1PX
Mon	13:30 - 15:00 (closed bank holidays)	Tilehurst*	Cornwell Centre, Home Croft, Tilehurst, RG31 5WJ
3 rd Tues	10:30 - 11:45	Winnersh*	Rainbow Park Children's Centre, Wokingham, RG41 5SG
Tues	13:30-15:00 (term time only)	Finchampstead	St James Church Centre, Church Lane, Finchampstead, RG40 4LU
Tue & Thu	mornings by appointment only 0118 3227295	RBH Breastfeeding Clinic	Parent Craft Room, Level 2, Maternity Unit, RBH, RG6 5AN Babies up to 6 weeks old - for complex feeding issues only
Wed	10:00 - 11:30 (term time only)	Newbury	The Wellbeing Centre, 6 Pound Street, Newbury, RG14 6AA
Wed	14:00 - 16:00 by appointment only 0118 3227295	Wokingham Community Hospital	Wokingham Hospital, 41 Barkham Rd, Wokingham RG41 2XR Babies up to 6 weeks old - for complex feeding issues only
Thurs	09:30 - 11:00	Woodley*	Ambleside Centre, Ambleside Close, RG5 4JJ
Thurs	11:30 - 13:00	West Reading*	Battle Library, Oxford Road, RG30 1EE
1 st & 3 rd Thurs	13:00 - 14:30	Finchampstead*	Finchampstead Baptist Church Centre, Gorse Ride North, Finchampstead, RG40 4ES
Fri	09:30 - 11:00 (term time only)	East Reading*	Sun Street Community Centre, Sun Street, Reading, RG1 3JX
1 st & 3 rd Fri	09:30 - 11:15 (term time only)	Lower Earley*	Loddon Valley Leisure Centre, Rushey Way, RG6 4GD

* With Health Visiting Team

Updated 4th July 2018

For support in other areas, please check the website

www.breastfeedingnetwork.org.uk

- Free opportunity to socialise and share experiences with other breastfeeding mums.
 - Confidential trained support from other mums and health visitor team.
 - Everybody warmly welcomed, siblings and bumps too.
 - Come at any stage – just starting, continuing, going back to work, weaning.

Go onto our website for more information about Breastfeeding, expressing, storing milk, etc.

www.breastfeedingnetwork.org.uk

Our Wokingham 1:1 referral number: **07501 466818**
Text or call and leave a message.

National Breastfeeding Helpline
0300 100 0212

BfN supporter line
0300 100 0210

Both lines are open between 9:30am – 9:30pm every day
Call to speak to trained volunteer mothers

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