

- 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

National Breastfeeding Helpline
0300 100 0212

BfN supporter line
0300 100 0210

both 9:30am – 9:30pm every day
Call to speak to trained volunteer mothers

07501 466 818 1-2-1 Support Babies 0 to 6 weeks	If you live in Reading, West Berkshire or Wokingham you have 1-2-1 support by text, phone calls or home visit (emergency only) This line is to refer yourself to get 1-2-1 support (not a help line)
Mon 09:30 - 11:30	* Caversham: Amersham Road Children's Centre, Amersham Road, Caversham, RG4 5BP
Mon 09:30 - 11:00 Alongside baby clinic	* Tilehurst: Downsway Children's Centre, Warbreck Drive, Tilehurst, RG31 6FE
Mon 09:30 - 11:30 Closed Bank holidays	* Wokingham: Brambles Children's Centre, Budes Gardens, RG40 1PX
Mon 13:00 - 14:15	* Reading: Coley Park Children's Centre, ST Mary and All Saints School, Wensley Road, RG1 6DU
Tues 10:30 - 12:00 1st and 3rd Tues of month	* Winnersh: Rainbow Park Children's Centre, Wokingham, RG41 5SG
Tues 09:45 - 11:00	* Henley-on-Thames: Rainbow Children's Centre, d:two, 55 Market Pl, RG9 1AG
Tues 12:30 - 14:00	Finchampstead: St James Church Centre, Church Lane, RG40 4LU
Tues 9:45 - 11:00	* Reading: Katesgrove Children's Centre, Waterloo Meadows, Elgar Road North, RG2 0BN
Tues 11:30 - 12:30	Chieveley: Chieveley and Area Children's Centre, School Road, Chieveley. RG20 8TY
Weds 10:00 - 11:00 Term time only	Newbury: The Wellbeing Centre, 6 Pound Street, Newbury RG14 6AA
Weds 10:00 - 11:15	* Whitley: Health and Social Services, Northumberland Ave, RG2 7PJ
Thurs 14:00-16:00	Thatcham: Lower Way Thatcham children's centre, RG19 3RR
Thurs 10:00 - 11:30 Alongside baby clinic	* Woodley: Ambleside Centre, Ambleside Close, RG5 4JJ
Thurs 11:30 - 13:00	West Reading: Battle Library, Oxford Road, RG30 1EE
Thurs 13.00 - 14.30 2nd and 4th Thur of month	* Finchampstead: Finchampstead Baptist Centre, Gorse Ride North, Finchampstead, RG40 4ES
Fri 09:30 - 11:15	* East Reading: Sun Street Community Centre, Sun Street, Reading RG1 3JX
Fri 10:00 - 12:00	Thatcham: Park Lane Children's, RG18 3PG
Fri 10:00 - 11:30	* Lower Earley: Loddon Valley Leisure Centre, Rushey Way, RG6 4GD
Mon - Fri mornings By appointment: 0118 3227295	RBH Breastfeeding Clinic: in the Parent craft Room, Level 2, Maternity Unit. RG6 5AN Babies up to 6 weeks

* With Health Visiting Team

Updated February 2016

For support in other areas, please check the website
www.breastfeedingnetwork.org.uk