

## Breastfeeding Centres

Mon	09:30 - 11:15 (term time only, 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 <sup>rd</sup> Tues	10:30 – 12:00	Winnersh*	Rainbow Park Children's Centre, Wokingham, RG41 5SG
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 – <b>for complex feeding issues only</b>
Wed	09:30 – 11:15	Whitley*	Health and Social Services, Northumberland Ave, RG2 7PJ
3 <sup>rd</sup> Wed	9.30 - 11.00	Twyford*	Starlings Children's Centre, Colleton Drive, Twyford, RG10 0AX
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 – <b>for complex feeding issues only</b>
4 <sup>th</sup> Thurs	09:30 – 11:00	Woodley*	Ambleside Centre, Ambleside Close, RG5 4JJ
1 <sup>st</sup> & 3 <sup>rd</sup> Thurs	13:00 – 14:30	Finchampstead*	Finchampstead Baptist Church Centre, Gorse Ride North, Finchampstead, RG40 4ES
1 <sup>st</sup> Fri	09:30 – 11:15 (term time only)	Lower Earley*	Radstock Community Centre, Radstock Lane, Earley, Reading, RG6 5UL

\* With Health Visiting Team

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For support in other areas, please check the website [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

- Free opportunity to socialise and share experiences with other breastfeeding mums.
  - Confidential trained support from other mums.
  - 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](http://www.breastfeedingnetwork.org.uk)

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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