

07501 466 818

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

If you live in Reading, Wokingham or West Berkshire, 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 could be arranged (usually only in emergencies).

Mon	09:30 - 11:30 (closed bank holidays)	Caversham*	Amersham Road Children's Centre, Amersham Road, Caversham, RG4 5BP
Mon	09:30 - 11:30 (closed bank holidays)	Wokingham*	Brambles Children's Centre, Budges Gardens, RG40 1PX
Mon	12:15 - 13:15 (closed bank holidays)	Tilehurst*	Cornwell Centre, Home Croft, Tilehurst, RG31 5WJ
2 nd & 4 th Tues	09:00 - 11:00	Newbury*	Greenham Community Centre, The Nightingales, Newbury, RG14 7SZ
3 rd Tues	10:30 - 12:00	Winnersh*	Rainbow Park Children's Centre, Wokingham, RG41 5SG
Tues	13:30 - 14:30	Thatcham	Central Family Hub, Park Lane, RG18 3PG
Tues	13:30 - 15:00	Finchampstead	St James Church Centre, Church Lane, 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
1 st & 3 rd Wed	09:00 - 10:45	Newbury*	Victoria Park Family Wellbeing Hub, Newbury, RG14 1EH
Wed	09:30 - 11:15	Whitley*	Health and Social Services, Northumberland Ave, RG2 7PJ
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
Thurs	13:45 - 15:15	Calcot	East Family Hub, Curtis Road, Calcot, RG31 4XG
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	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
Fri	10:00 - 12:00	Thatcham*	Central Family Hub, Park Lane, RG18 3PG

* With Health Visiting Team

Updated 5th December 2017

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 1:1 referral number: **07501 466818**

Text or call and leave a message.

Or contact us by email:

reading.mum@breastfeedingnetwork.org.uk

westberkshire.mum@breastfeedingnetwork.org.uk

wokingham.mum@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