

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	Wokingham*	Brambles Children's Centre, Budes 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
1 st & 3 rd Tues	10:30 - 12:00 (closed bank holidays)	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
1 st & 3 rd Wed	09:00 - 10:45	Newbury*	Victoria Park Family Wellbeing Hub, Newbury, RG14 1EH
Wed	09:15 - 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 0118 3227295	Wokingham Community Hospital	Wokingham Hospital, 41 Barkham Rd, Wokingham RG41 2XR Babies up to six weeks old
2 nd & 4 th Wed	09:30 - 11:30 (only running until Dec 17)	Shinfield	The Red Kite Children's Centre, Chestnut Crescent, Shinfield, Reading RG2 9EJ
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
2 nd & 4 th 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
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
Mon, Tue, Thu, Fri	mornings by appointment 0118 3227295	RBH Breastfeeding Clinic	In the Parent Craft Room, Level 2, Maternity Unit, RG6 5AN Babies up to six weeks old

* With Health Visiting Team

Updated June 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