



Best Start
Healthworks

Free Breastfeeding Social Groups

Our free Breastfeeding Social Groups are for families living in Newcastle and are relaxed, informal and friendly. They are a great way to meet other breastfeeding mums, get handy tips and information and are an opportunity to get support from one of our members of staff or a volunteer.

We offer the following weekly Breastfeeding Social Groups:

Monday	Wednesday	Thursday	Friday
10 - 11.30am	1- 2.30pm	1- 2.30pm	10 - 11.30am
Health Resource Centre, Benwell,	The Charlton Street Hub, Lemington	The Haven, Halewood Avenue, Kenton	St Martin's Centre, Roman Way, Byker
NE4 8BE	NE15 8RN	NE3 3RX	NE6 2RJ

For more information, send us a message or call us on 07826531575. You can also pop over to our Breastfeeding Mams Facebook page for ongoing information and support.



Healthworks
the community health charity

