



# 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,<br>Benwell, | The Charlton Street Hub,<br>Lemington | The Haven,<br>Halewood Avenue, Kenton | St Martin's Centre,<br>Roman Way,<br>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.**



[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)