

## Breastfeeding Support in the Newcastle area



For more details on breastfeeding support available to you in Newcastle upon Tyne, phone Natasha Moulding, the citywide Breastfeeding Peer Support Co-ordinator on (0191) 2747308. She will also have the most up-to-date information, and can arrange for a peer support volunteer to contact you for one-on-one support if you want this.

Socialise with other breastfeeding mums, and get information and support at:

[The Baby Cafe - West](#): Canning Street Primary School, Wellfield Road, Benwell, NE4 8UE. Mondays, 1-3pm (not school holidays or Bank Holidays) Tel. 2747308.

[The Baby Cafe - Montague and North Moor](#): 11-13 Arlington Avenue, Montague Estate, Kenton NE3 4TS. Wednesdays, 1-3pm (not Bank Holidays) Tel. 2134100.

[The Baby Cafe - Byker](#): St Martin's Centre, Roman Avenue, Byker NE6 2RJ. Tuesdays 130-330pm. Tel. 276 4002.

[Toddler group and breastfeeding support - Byker](#) at Byker Friendship Hut, Molineux Street, Byker NE6 1ST. Mondays 10am-noon.

[Toddler group and breastfeeding support - Heaton](#) at Elim Church, Tynemouth Road NE6 1SD. Thursdays 10-1130am.

[Toddler group and breastfeeding support -Ouseburn](#) at Ouseburn Community Centre, Mowbray Street, Heaton NE6 5PA. Mondays 10am-noon. Tel. 2402345.

[Toddler group and breastfeeding support -Denton](#) at Denton Children's Centre, Denton. Mondays 1-3pm.

[Ante-natal, post-natal and breastfeeding support](#) available at

Mountfield SureStart, Halewood Ave, Kenton NE3 3RX. Tuesdays 1030am-noon. Tel. 2134100.

SureStart Info Point, Adelaide Terrace, Benwell NE4 8BE. Fridays 1-3pm Tel. 2739549.

St. Mary's Church, Mapledene Rd, Fawdon NE3 2RR. Thursdays 1030am-noon. Tel. 2134100.

Outside of Newcastle:

[Bosom Buddies](#) - groups in Blaydon, Wardley, Felling, Gateshead, Chopwell, Chowdene and Birtley. Tel. 4335646 for more details.

[La Leche League, Tyne and Wear](#) A La Leche League group with meetings mostly south of the river. Contact Amanda Dunbar on 4167891 for the details of their next meeting.



Newcastle Breastfeeding Resource

[http://myweb.tiscali.co.uk/shemilt/breastfeeding\\_newcastle.html](http://myweb.tiscali.co.uk/shemilt/breastfeeding_newcastle.html)