

Further breastfeeding information

- The Baby Café: Mondays 1-3pm
Cruddas Park Early Years Centre
Brunel Terrace
Newcastle NE4 7NL
0191 2727824
www.thebabycafe.co.uk
- La Leche League
0845 120 2918
www.laleche.org.uk
- The National Childbirth Trust
0870 444 8708
www.nct.org.uk
- NHS breastfeeding advice
www.breastfeeding.nhs.uk
- Association of Breastfeeding Mothers
0870 401 7711
www.abm.me.uk
- The Breastfeeding Network
0870 900 8787
www.breastfeedingnetwork.org.uk

Favourite breastfeeding spot not on the list? Email us:
NewcastleBF@tiscali.co.uk

So we can add your nomination to the online list..



PLACES WE THINK ARE OK...

- Marks and Spencers baby room (1st floor)
Northumberland Street, Newcastle city centre.
Well, at least they *have* a baby room. The breastfeeding cubicle, with a fairly austere chair in it, is right next to a toilet cubicle (for children's use). Baby change facilities are right there. It doesn't smell too bad, but really, we expected better from M&S...
- Tesco Extra (near the main entrance)
Kingston Park, Newcastle north.
These guys only made the list because a) they have a "baby room", and b) it has free nappies. A baby change with a chair in it. Not romantic.

NEWCASTLE BREASTFEEDING RESOURCE

Web: <http://myweb.tiscali.co.uk/shemilt>
E-mail: NewcastleBF@tiscali.co.uk

We are not a charity, company, or non-profit organization. We're just local mums trying to share our knowledge. Please don't sue us.

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Places we like for breastfeeding in Newcastle upon Tyne



Compiled from the opinions of local mums

Breastfeeding in Newcastle

We think that breastfeeding mums should be able to feed their little ones wherever they like, but some mums (and some babies!) prefer somewhere quieter and more private.



Art done by a local mum, for National Breastfeeding Awareness Week. Reprinted with permission from SureStart Westgate.

When you're new to breastfeeding, or new to the city, you might not know the places more conducive to a happy breastfeed. This list is compiled solely on the opinions of breastfeeding mums attending the Baby Café (details on the back of this leaflet): it's not scientific, and we haven't checked with any of the establishments listed.

If you *are* new to breastfeeding, or new to the city, and want some support from other breastfeeding mums, or just want to meet mums who nurse their little ones, come along to the Baby Café, run by SureStart Westgate. We think it's really excellent.

PLACES WE LIKE

- **Fenwicks powder room (3rd floor)**
Northumberland Street, Newcastle city centre.
Nice sitting area, with upholstered chairs, desks and mirrors. Really meant for putting on your makeup, but mums use it to feed as well. Baby change facilities nearby (with a bench available for feeding as well).
- **John Lewis parents' room (1st floor)**
Eldon Square, Newcastle city centre.
Really good baby change facilities, with a breastfeeding area in a separate adjacent room. Very nice atmosphere for feeding, with a water cooler, comfortable chairs and relaxed lighting.
- **Mothercare World**
Belvedere Retail Park, Kingston Park, Newcastle north.
Of course Mothercare would have to do this well! Well-provided nursing room with posh comfy chairs (which Mothercare also sells...), a water cooler and paper towels available.
- **Pani's Café Bar**
High Bridge Street, Newcastle city centre
Lovely family-friendly atmosphere, with a fuss made over cute babies! High chairs available, although no proper baby change facilities.
- **The Sky Apple Café**
Heaton Rd, Newcastle
Family-friendly vegetarian café. Bohemian and arty, the establishment has a box of toys to entertain young diners.

PLACES OUT OF THE CITY...

- **Hexham Tans Café**
13a St. Mary's Chare, Hexham town centre.
Not in Newcastle, but enough people mentioned that it was a nice place to feed your baby, that I thought I should include it. Relaxed atmosphere, nice food, mostly vegetarian, affordable.
- **IKEA Café**
Metrocentre Retail Park, Gateshead
They have a baby changing room, which I haven't tried, as all of my baby-sorting-out needs have been comfortably met in the newly-renovated café. Very family-friendly, as this is their main target market. High chairs, food warmers, lots of places to sit, including some tucked away. No one has batted an eyelid when I've fed there.

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