



# Breastfeeding in Newcastle

## BREASTFEEDING SUPPORT IN NEWCASTLE

- **Baby Cafe Elswick**  
Cruddas Park Early Years Centre, Brunel Terrace, Elswick NE4 7NL Telephone 0191 2727824 Mondays, 1-3pm (not bank holidays)
- **Baby Cafe Montague and North Moor**  
11-13 Arlington Avenue, Montagu, Kenton, Newcastle, NE3 4TS Telephone 0191 2855936 (Wednesday only) or 0191 2134100 Wednesdays, 1-3pm (not bank holidays)
- **Baby Cafe Walker**  
St Martin's Centre, Roman Avenue, Byker NE6 2RJ. Telephone 0191 276 4002 or 0191 2759636. Tuesdays 130-330pm (not bank holidays).

Breastfeeding support is also available at some toddler groups—see the Newcastle Breastfeeding Resource website for more details (type “Breastfeeding Newcastle” into Google).

For further information about breastfeeding support in Newcastle, contact the citywide peer support co-ordinator, Natasha Moulding, on 0191 2727824.

Baby Café locations in Newcastle are run by SureStart



It's that time of year again and we're collecting images celebrating local breastfed babies for our 2009 fundraising calendar. As with previous years, mums from local breastfeeding groups will vote on their favourite images which will then be used in a calendar to raise funds for breastfeeding support in Newcastle.

We want to show that breastfeeding isn't just for new babies, in the confines of the home! Send your digital images—preferably landscape orientation—of yourself breastfeeding in interesting or unusual places to

[newcastleBF@tiscali.co.uk](mailto:newcastleBF@tiscali.co.uk)

Deadline: end of August, 2008.

Remember that you must have permissions over any images you submit—we don't want copyright issues!

Favourite breastfeeding spot not on the list? Email us:  
[NewcastleBF@tiscali.co.uk](mailto:NewcastleBF@tiscali.co.uk)

So we can add your nomination to the online directory.

## Places we like for breastfeeding in Newcastle upon Tyne (2008 edition)



Compiled from the opinions of local mums

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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 of friendly cafes, restaurants and establishments with breastfeeding rooms is compiled solely on the opinions of breastfeeding mums who've contacted us.

Favourite place not on the list? Email us at:

[newcastleBF@tiscali.co.uk](mailto:newcastleBF@tiscali.co.uk)



Newcastle Breastfeeding Resource

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

## CAFES WE LIKE

- **The Scrumpy Willow and the Singing Kettle, Clayton St, Newcastle city centre.**

Great cafe/restaurant with delicious, healthy, locally-sourced organic food. Open until 9pm. Relaxed, creative atmosphere, and lovely lovely staff.

- **Costa Coffee by the Theatre Royal, Newcastle city centre.**

Yes, it's a franchised coffeeshop, but wow did we get a positive response from this place. And for those of you whose babies have cows' milk colic, soya milk in your latte is available at no extra charge.

- **Belle and Herbs Café, Heaton Rd, Newcastle.**

Good vegetarian menu, charming, artistic, bohemian atmosphere, as is de rigeur these days.

- **Boskoops Café, Newcastle city centre.**

An upstairs coffee shop with a relaxed atmosphere, overlooking the newly-refurbished Old Eldon Square.

- **Kaffeccinos, Grainger St, Newcastle city centre.**

A family-run coffee shop with a strong ideology of courtesy and respect. They have some scrumptious food on offer, with organic and fairtrade stuff available.

- **Stairway 211 cafe, St Mary's Place, Newcastle city centre.**

Downstairs student cafe, with groovy heaven-or-hell theme going on. Healthy sandwich fare (paninis etc) tempered with a good dose of indulgent desserts.

- **The Sky Apple Café, Heaton Rd, Newcastle.**

Colourful family-friendly vegetarian café, with a delicious and eclectic menu. Bohemian and arty, this place is always a winner with the family crowd.

## PLACES WITH BABY-FEEDING ROOMS

- **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.

- **Marks and Spencer's baby room,**

1st floor, Marks and Spencer's, Northumberland street, Newcastle city centre.

Well, at least they have a baby room. Baby change facilities are right there. It doesn't smell too bad, but really, we expected better from M&S. Apparently there's a second toilet-like baby change with a chair downstairs, next to the children's clothing section