

Baby Brasseries can be found in the following places (with effect from 6.1.2020)

Bedford Borough

	<u>Day</u>	<u>Time</u>
Daisy Hill Children's Centre, Kempston, MK42 8QH	Monday	09.30 - 11.30
Lakeview Village Hall, Wixams, MK42 6AE	Tuesday	10.00 - 11.30
Queens Park Neighbourhood Centre MK40 4LE	Tuesday	09.30 - 11.30
Cherry Trees Children's Centre, Bedford, MK42 9LS	Wednesday	13.00 - 15.00
Goldington Family Centre, Bedford, MK41 9HU	Thursday	09.30 - 11.30
Pine Cones Children's Centre, Bedford, MK41 7SA	Friday	09.30 - 11.30
Pine Cones Children's Centre, Bedford, MK41 7SA	1st Sat of the month	10.00 - 12.00

Central Bedfordshire

	<u>Day</u>	<u>Time</u>
Downside Neighbourhood Centre, Dunstable, LU5 4AS	Monday	12.00 - 13.30
Sandy Community Children's Centre, Sandy, SG19 1HQ	Monday	13.00 - 14.00
Shefford Children's Centre, Shefford SG17 5XA	Tuesday	13.30 - 15.00
Flitwick Children's Centre, Flitwick, MK45 1PU	Wednesday	09.30 - 10.30
Leighton Buzzard CC, Leighton Buzzard, LU7 1EW	Wednesday	10.30 - 12.00
Biggleswade Youth Centre, Biggleswade, SG18 8JU	Wednesday	13.30 - 15.00
Stotfold & District Children's Centre, Stotfold, SG5 4DL	Thursday	10.00 - 11.30
Houghton Regis CC, Parkside Site, Houghton, LU5 5QN	Friday	09.30 - 11.00

Baby Brasseries are social support groups for breastfeeding mums, where they can access support from each other and staff. For further information regarding Baby Brasserie venues speak to your health visitor or visit: NHS Bedfordshire Children & Young People's Services Facebook Page

National helpline numbers which are charged at local rates

National Breastfeeding helpline number	0300 100 0212	9.30am - 9.30pm
National Breastfeeding helpline (Polish)	0300 100 0212	9.30am - 9.30pm (wybierz 2)
Association of Breastfeeding Mothers	0300 330 5453	9.30am - 10.30pm
Breastfeeding Network helpline number	0300 100 0210	9.30am - 9.30pm
Breastfeeding Network supporter line (Bengali and Sylheti)	0300 456 2421	9.30am - 9.30pm
Breastfeeding Network supporter line (Tamil, Telugu and Hindi)	0300 330 5469	9.30am - 9.30pm
NCT Breastfeeding helpline number	0300 330 0700	8am - midnight
La Leche League helpline number	0845 120 2918	8am - 11pm

Websites which you may find useful

www.breastfeeding.nhs.uk
www.breastfeedingnetwork.org.uk
www.babyfriendly.org.uk