

Mon	9.30am / 10.15am / 11am (closed Bank Hols)	Wokingham	<b>BfN</b> – Brambles Children's Centre, Budes Gardens, RG40 1PX
Mon	1.30pm – 2.30pm (closed Bank Hols)	Shinfield	<b>BfN</b> – Red Kite Childrens Centre, (runs alongside Baby Play session), Chestnut Crescent, Shinfield, Berkshire RG2 9EJ
Mon	1pm – 2.30pm	Hungerford (Bumps & Babes)	<b>WBC</b> – Hungerford Family Centre, The Croft. Hungerford, RG17 0HY Tel: 01488 682628
1 <sup>st</sup> & 3 <sup>rd</sup> Tues	1.15pm – 2.30pm	Woodley	<b>BfN</b> – Ambleside Centre, Ambleside Close, Woodley, Reading RG5 4JJ
Tues	1pm – 3pm	Reading	<b>NCT Bumps &amp; Babies</b> – The Biscuit Factory, RG1 7QE (See FB event NCT Reading Baby Café @ bumps and babies)
Wed	9.45am – 11.15am	Wokingham	<b>NCT Bumps &amp; Babies</b> – Bradley Centre, Wokingham
Alternate Weds	10am & 10.45am	Winnersh	<b>BfN</b> – Rainbow Park Children's Centre, Wokingham, RG41 5SG
Thurs	10am	Newbury (Baby Group)	<b>WBC</b> – West Family Hub, Victoria Park, Newbury, RG14 1EH Tel: 01635 31143
Thurs	1pm	Calcot (Newbies)	<b>WBC</b> – Café Mama, East Family Hub, Curtis Road, Calcot, RG31 4XG Tel: 0118 945 6157
Thurs	10am – 12 noon	Wallingford	<b>Wallingford Baby Bar</b> – Ridgeway Community Church, St. Mary's Street, Wallingford, OX10 0EW <a href="mailto:wallingfordbabybar@gmail.com">wallingfordbabybar@gmail.com</a>
Every 2 <sup>nd</sup> Friday	Book appointment	Finchampstead	<b>BfN</b> – Finchampstead Baptist Church Centre, Gorse Ride North, Finchampstead, RG40 4ES Appointment available 9.30am – 10am, then drop in session 10am – 11am runs alongside Baby Play
Friday	1.30pm – 3pm	Thatcham (Weekly drop in)	<b>WBC</b> – Central Family Hub, Park Lane, Thatcham RG18 3PG Tel: 01635 503990
Monthly	La Leche League		<b>Monthly in person and monthly Zoom meetings contact <a href="mailto:lllberks.uk@gmail.com">lllberks.uk@gmail.com</a></b>

If your baby is under 10 days old, you are still under midwife-led care and can also contact your community midwifery team or Maternity Triage Line **0118 322 7304** for feeding support at any time of day or night. After discharge from your midwifery care, support and advice can be obtained from your HV team. Please scan the QR code for details on how to contact them.



The support groups listed above are volunteer run and available for all families who are breastfeeding or wish to breastfeed. You can visit with a baby or child of any age.

Check before attending that they are running;

- BfN by emailing [wokingham@breastfeedingnetwork.org.uk](mailto:wokingham@breastfeedingnetwork.org.uk) or checking Facebook@ <https://www.facebook.com/profile.php?id=100063358993759>. Video calls can be arranged if preferred.
- NCT – Local area meet ups for details see <https://www.facebook.com/ReadingWokinghamBFPS/>

In some areas, local authorities also commission additional services:

**West Berkshire Council** run their own dedicated breastfeeding support service delivered through the Family Hubs. Please ensure you book a space for these using this link to book online [https://booking.westberks.gov.uk/family\\_hubs\\_events.html](https://booking.westberks.gov.uk/family_hubs_events.html)



Free support is available from family support workers by phone and text with face to face help available at drop-ins (**WBC** overleaf).



Call **0118 945 6157** to register for this service or email: [Joanne.Roberts@westberks.gov.uk](mailto:Joanne.Roberts@westberks.gov.uk) or find us on Facebook at [www.facebook.com/WestBerkshireCommunityBreastfeeding](https://www.facebook.com/WestBerkshireCommunityBreastfeeding)

1:1 appointments are also available at all Hubs by arrangement.

Central Family Hub Thatcham – 01635 503990

West Family Hub Newbury – 01635 31143

East Family Hub Calcot – 0118 945 6157

Hungerford Family Centre – 01488 682628

The following helplines are run by volunteer supporters and are open 7 days a week.

National Breastfeeding Helpline <b>0300 100 0212</b>	BfN Supporter Line <b>0300 100 0210</b>	NCT Breastfeeding Line <b>0300 330 0700</b>
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Association of Breastfeeding Mothers Helpline **0300 330 5453**

