

Mon	09:30 - 11:15	Caversham*	<b>BFN</b> - Caversham Children's Centre, Amersham Road, Caversham, RG4 5BP
Mon	09:30 - 11:30	Wokingham**	<b>BfN</b> - Brambles Children's Centre, Budes Gardens, RG40 1PX
Mon	10:00-11:30	Wokingham	<b>NCT</b> – Tots& Toddlers, Bradbury Centre Café, Wokingham Methodist Church, Rose Street, Wokingham, RG40 1XS
Mon	10:30-12:00	Reading	<b>NCT</b> – Newbies & Natter, Fairview Community Centre, 90b Great Knollys Street, Reading, RG1 7HL
Mon	13:30 – 15:00	Tilehurst*	<b>BfN</b> - Cornwell Centre, Home Croft, Tilehurst, RG31 5WJ
3rd Tues	10:30 – 11:45	Winnersh*	<b>BfN</b> - Rainbow Park Children's Centre, Wokingham, RG41 5SG
Tues	10:30-12:00	Wokingham	<b>NCT</b> - Bambinos & Cappuccinos, Sedero Lounge, Central Walk, Wokingham RG40 1AZ
2 <sup>nd</sup> & 4 <sup>th</sup> Tues	9:30 – 10:30	Newbury	<b>WBC</b> - Greenham Common Community Centre, The Nightingales
Tues	11:00-12:00	Hungerford	<b>WBC</b> – The Croft, Hungerford, RG17 0HY Tel: 01488 682628
1st Tues	13:30 – 15:00	Burghfield	<b>WBC</b> – St Oswalds Church, Abbey Park, Burghfield
Tues	13:30-14:30	Thatcham	<b>WBC</b> – Baby Café, Central Family Hub, Park Lane, Thatcham, RG18 3PG Tel: 01635 865318
Tues	13:30-15:00 (term time only)	Finchampstead	<b>BfN</b> - St James Church Centre, Church Lane, Finchampstead, RG40 4LU
Tues	13:30-15:30	West Reading	<b>NCT</b> – Bumps & Babies & Sling Library, The Parkside Café, Parkside Road, Reading, RG30 2DD
3rd Wed	09:45-11:00	Twyford*	<b>BfN</b> - The Starlings Children's Centre, Colleton Drive, Twyford, RG10 0AX
Wed	10:30-12:15	Wokingham	<b>NCT</b> – Bumps and Babies, Bradbury Centre Café, Wokingham Methodist Church, Rose Street, Wokingham, RG40 1XS
3rd Wed	14:00 – 15:00	Pangbourne	<b>WBC</b> – St Bernadette's Church, Pangbourne
Thurs	09:30 – 11:00	Woodley***	<b>BfN</b> - Ambleside Centre, Ambleside Close, RG5 4JJ
Thurs	10:00-11:00	Newbury	<b>WBC</b> - West Family Hub, Victoria Park, Newbury, RG14 1EH Tel: 01635 31143
Thurs	13:45-15:15	Calcot	<b>WBC</b> – Café Mama, East Family Hub, Curtis Road, Calcot, RG31 4XG Tel: 0118 945 6157
2 <sup>nd</sup> & 4 <sup>th</sup> Thurs	10:00-11:30	Reading	<b>NCT</b> – Nappy Library Coley Park Community Centre, Reading, RG1 6DW
Thurs	11:30 - 13:00	West Reading*	<b>BfN</b> - Battle Library, Oxford Road, RG30 1EE
1st& 3rd Thurs	13:00 – 14:30	Finchampstead****	<b>BfN</b> - Finchampstead Baptist Church Centre, Gorse Ride North, Finchampstead, RG40 4ES
Thurs	12:00-14:00	Wallingford	<b>Wallingford Baby Bar</b> , Ridgeway Community Church, St. Mary's Street, Wallingford, OX10 0EW
Fri	09:30 - 11:00 (term time only)	East Reading*	<b>BfN</b> – Sun Street Community Centre, Sun Street, Reading, RG1 3JX
1 <sup>st</sup> Fri	09:30 – 11:15 (term time only)	Earley*	<b>BfN</b> – Radstock Community Centre, Radstock Lane, Earley, RG6 5UL
Fri	10:30-12:30	East Reading	<b>NCT</b> – Crawlers & Explorers, St Luke's Parish Hall, Erleigh Road, RG1 5LH <a href="http://www.Facebook.com/NCTReadingBranch">www.Facebook.com/NCTReadingBranch</a>

The Royal Berkshire Hospital Infant Feeding Team run a specialist clinic for complex feeding issues **only** on Tuesday and Thursday Mornings at the Royal Berkshire Hospital and on Wednesday afternoons in Wokingham Community Hospital. This is by **referral** from your Community midwife or Health Visitor Team (for babies up to 6 weeks old, exceptions for pre-term).

If your baby is under 10 days old, you are still under midwife-led care and can also contact your community midwifery team or Marsh ward for feeding support at any time of day or night. (Marsh Ward 0118 322 7319)

The drop-in support groups listed overleaf are volunteer run and available for all families who are breastfeeding or wish to breastfeed. Do check before attending that they are running. Some have Health Visitor support(\*). You can visit with a baby or child of any age. In some areas, local authorities also commission additional services:

 	<p><b>West Berkshire Council</b> run their own dedicated breastfeeding support service delivered through the Family Hubs. Free support is available from family support workers by phone and text with face to face help available at drop-ins.</p> <p>Call <b>0118 945 6157</b> to register for this service or email: <a href="mailto:Joanne.Roberts@westberks.gov.uk">Joanne.Roberts@westberks.gov.uk</a></p> <p>Or find us on Facebook at <a href="https://www.facebook.com/WestBerkshireCommunityBreastfeeding">www.facebook.com/WestBerkshireCommunityBreastfeeding</a></p>
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The following helplines are run by volunteer supporters and are open 7 days a week.

National Breastfeeding Helpline  
**0300 100 0212**

BfN Supporter Line  
**0300 100 0210**

NCT Breastfeeding Line  
**0300 330 0700**

Association of Breastfeeding Mothers Helpline  
**0300 330 5453**