

Maternity/ Health Visitor Delivered Breastfeeding Groups

Worcestershire			
Group	Location	Day/time	Details
Breastfeeding Support – Starting Well	Kidderminster	Weekly	Facilitated by BFSW supported by breast buddy volunteer
Breastfeeding Support – Starting Well	Redditch	Wednesday – 1 st , 3 rd and 5 th of each month	Facilitated by BFSW supported by breast buddy volunteer
Breastfeeding Support – Starting Well	Worcester	Friday – Weekly plus every 3 rd Fri	Facilitated by BFSW supported by breast buddy volunteer
Breastfeeding Support – Starting Well	Bromsgrove	Wednesday – 2 nd and 4 th Wednesday of each month	Facilitated by BFSW supported by breast buddy volunteer
Breastfeeding Support – Starting Well	Countywide - Virtual	1x Friday per month	Facilitated by BFSW supported by breast buddy volunteer
Contact Details	Email to book a place: whcnhs.breastfeedingsupport@nhs.net		

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershire.gov.uk and include FAO: Best Start Website

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Community, Voluntary Sector and Local Businesses

Worcestershire					
Community and Voluntary					
Offer	Cost	Location	Ran By Contact Details	Day/Time	Details
Support group	Free – donations welcome	Evesham The Baptist Church, WR11 4PN	NCT BF Counsellor Jane Watson Davis Tel: 07770 587177 Facebook group: <i>'Evesham Breastfeeding Mothers'</i>	Friday 12:00-2:00pm	'Evesham Breastfeeding Mothers' Do not need to be an NCT member to attend.

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Support Group	Free	Malvern The Cube, WR14 2YF	NCT BF Counsellor Frances Thurlow francesthurlow@hotmail.co.uk Facebook group: 'NCT Malvern Hills Baby Latte'	Wednesday 11:00am- 1:00pm.	Malvern 'Baby Latte' Do not need to be an NCT member to attend.
Local Businesses					
Postnatal support	£75	Bromsgrove Stoke Prior	Blossom Baby https://www.blossom-baby.co.uk/about-me/	Saturday – 3- hour session - via ZOOM or in- person.	Breastfeeding and baby care workshop sessions (run every 2 months) Cost includes 1 home visit after birth and on-going virtual support
Support Group	£2.50 per session	Bromsgrove The Wellbeing Tree, B61 8QY	Green Moon Baby Spa Sarah Saunders greenmooncoaching@gmail.com	Tuesday 10:00 – 11:30am	<i>The Milkworks</i> – drop-in support group breast/chest and combi-feeding. Also offer one-hour breastfeeding workshops (£5) for various topics: preparation (antenatal), tandem feeding, feeding aversion.

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