


When you are out with your baby, breastfeeding:

- Is very convenient. No heating bottles or mixing milk. No preparation means that the baby doesn't have to wait.
- Is an everyday activity that requires no special fuss.
- Can be very discreet, people won't even know you're doing it, especially if you wear clothes that lift up or unfasten from below.
- In public, for the first time, is easier for some people than others - going with a friend or relative can boost your confidence.
- Is an enjoyable experience for mothers and babies.

This leaflet is a guide to “baby friendly” places in and around Chesterfield. We have included a range of establishments that may be visited or used by families.





Breastfeeding mothers are welcome at all establishments listed in this leaflet.

Where additional facilities are available, these have been shown against the listed establishments using the following key.

	Recommended by mums for breastfeeding
P	Private area for feeding is available on request
CH	Baby changing facility, which may be a pull down unit or a changing area
S	Separate facility
L	Within ladies toilet
G	Within gents toilet
D	Within disabled toilet



Access is good unless otherwise stated.

TOWN CENTRE

	Chesterfield Library & Browsers Coffee Shop <small>*Meeting room if available **Access via lift</small>	New Beetwell St	P* CH** D
	Children's Centre, Chesterfield	Boythorpe Avenue	P CH S
	Compass Coffee House	West Bars	CH D
	Co-op (Diamonds Restaurant) <small>*Access via lift</small>	Elder Way	P CH* D
	The Pavements Shopping Centre	Beetwell St	P CH S
	Greggs <small>*Upstairs</small>	High St	CH* S
	BHS <small>*Access via lift</small>	Vicar Lane	CH* S
	M&S <small>*Access via lift</small>	High St	CH* S
	McDonalds <small>*Access down steps to lower level</small>	Low Pavement	CH* L
	Portland Hotel (Wetherspoons)	West Bars	CH D
	Vicar Lane Shopping Centre (near BHS)	Vicar Lane	CH S
	Winding Wheel	Holywell St	CH D
	BB's Coffee & Muffins	Steeplegate	
	Chesterfield Registry Office	New Beetwell St	
	Eyres - Spire Pantry	Holywell St	
	Galabrie	Glumangate	
	Massarella's	Middle Pavement	

Natural Choice	Long Shambles
Pomegranate Theatre	Corporation St
The Town House	Irongate
The Victoria Café	Knifsmithgate
Woodheads Restaurant	Theatre Yard

AROUND CHESTERFIELD

	Baby Care <small>*Upstairs</small>	Brimington Rd North	P CH* S
	Chesterfield Royal Hospital <small>*Ladies & Gents in main entrance. Disabled in maternity unit & antenatal clinic</small>	Calow	P CH*
	Giraffe Contemporary Nursery Stores	Chatsworth Rd	P CH L
	The Jungle Indoor Play Centre <small>*Party room if available</small>	Foxwood Rd	P* CH D
	Morrisons	Chatsworth Rd	P CH D
	Nonnas	Chatsworth Road	CH D
	The Olde House	Loundsley Green Rd	P CH D
	Sharley Park Leisure Centre	Market St, Clay Cross	P CH*
	Chesterfield Bowl	Storforth Lane	CH D
	Chesterfield Railway Station	Corporation St	CH S

Cineworld	Alma Leisure Park	
Donkey Derby	Sheffield Rd	CH S
Frankie & Benny's	Alma Leisure Park	CH D
Fredericks Gelateria and Café	North Lodge, Queen's Park	CH D L
Froth Coffee Shop The Highfield	Hasland Rd Newbold Rd	CH L/G CH D
The Hobby Horse	Alma Leisure Park	CH S
Lock Keeper	Tapton Lock Hill	CH S
McDonalds	Alma Leisure Park	CH D
 Nonnas Pizza Hut	Chatsworth Road Ravenside Retail Park	CH D CH D
Queen's Park Leisure Centre *Access via lift	Boythorpe Rd	CH* D L S
Sainsburys	Rother Way	CH S
Tesco	Lockoford Lane	CH S
Lilypad	Chatsworth Rd	

The National Childbirth Trust (NCT) offers information and support in pregnancy, childbirth and early parenthood. We aim to give every parent the chance to make informed choices.

We try to make sure that all our services, activities and membership are fully accessible to everyone. We want all parents to have an experience of pregnancy and birth that enriches their lives and gives them confidence in being a parent.

NCT Chesterfield Branch

08442436085 or email nctpatter@yahoo.com

Local NCT Breastfeeding Counsellors

Ruth 01246 450074
Jo 01246 557267
Helen 0114 236 5245
Sophie 0114 268 3520

Local Breastfeeding Peer Support Helpline Chesterfield

07798 813643

Local Breastfeeding Peer Support Helpline North East Derbyshire

07790 646347

National NCT Breastfeeding Line

0300 33 00 771 (8am-10pm 7 days a week)

NCT books, leaflets, clothes and equipment

08458 100 100 or www.nctshop.co.uk

NCT General Enquiries

0300 33 00 770 or email enquiries@nct.org.uk

Visit the NCT website www.nct.org.uk for information about pregnancy, birth and early parenthood and find out more about what we do.

Some women are reluctant to breastfeed their babies in public places in case they are asked to leave. The Equality Act (2010) comes into force later in the year, making it clear that it is against the law to stop a woman breastfeeding her baby in places like coffee shops, restaurants, on buses etc. She cannot be asked to leave a restaurant or get off a bus, just because she is breastfeeding.

www.equalities.gov.uk

In order to keep this leaflet up to date, please let us know of any experiences you have when breastfeeding at any local establishments.

Contact Ruth on 01246 450074

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**Where to feed
and change
your baby in
Chesterfield**



**You can do it
here**

Breastfeeding gives babies the healthiest start in life. They have a lower risk of gastro-enteritis, respiratory, urinary tract and ear infections, eczema and wheezing. Longer term a breastfed baby is less likely to develop childhood diabetes. Mothers also benefit from breastfeeding as there is a lower risk of breast cancer, ovarian cancer and hip fractures. They can also get back into shape more quickly.

