

We have a large network of trained peer supporters in Peterborough, with a range of experiences. We are able offer support in many languages including Polish, French, Portuguese, Urdu, Punjabi and more.

To talk to one of us you can contact Roberta (Breastfeeding Co-ordinator) on 01733 758402, or to talk to a peer supporter direct you can call 07932 359597.

(Please note all peer supporters are mothers and many work. Your patience is appreciated when contacting us)

Further support and information for Breastfeeding mothers is available from:

National Breastfeeding helpline

0300 100 0212

Breastfeeding.nhs.uk

NCT Breastfeeding Helpline

0300 33 00 771

nct.org.uk

Breastfeeding Network org.uk

La Leche League

0845 120 2918

Laleche.org.uk



"When I first breastfed my daughter, I would have loved the chance to speak to other mothers with breastfeeding experience. It was this reason that made me take on the peer supporter role"

- Tanya, mother of two.

The warm support I found from meeting other breastfeeding mums at various groups was just what my baby and I needed to get into our groove"

- Abigail, mother of two.

"I want to give mums the chance to talk through the ups and downs they may face while breastfeeding their little ones"

- Claire, mother of two.

"Even second time around I needed help and support"

- Sharon, mother of two.

"Fifth and sixth time I needed help and support!"

- Khadijah, mother of six, including twins.

breastfeeding
mums
support

email: peterboroughpeersupport@gmail.com

Peer supporters are local mothers who have breastfed their own babies and have received training. They work on a voluntary basis in the community alongside Health Professionals.

Over 90% of women give up breastfeeding before they want to. We want to help change that.

We offer support and information and are available one to one or at groups, for all women, all babies, in all situations.

Peterborough 
Primary Care Trust



Baby Cafés are drop-ins offering information and support for breastfeeding mothers and their babies.

We believe that every mum deserves free, top quality help and support.

Baby Cafes are run by Health Professionals and Peer Supporters. They are also a place for mums to come together, meet other mums, have a chat and support each other.

Peterborough 
Primary Care Trust

City-wide breastfeeding drop-ins For all pregnant & breastfeeding mums & families.

Mondays 11.30 - 12.30

ORTON CHILDREN'S CENTRE.

Jigsaw Centre, Herlington.

Mondays 13.00 - 14.30

BREWSTER AVENUE CHILDREN'S CENTRE

Brewster Avenue, Orton Longville.

Tuesdays 12.30—13.30

ACORN CHILDREN'S CENTRE

Scalford Drive, Dogsthorpe

Tuesdays 13.30 - 15.00

STANGROUND CHILDREN'S CENTRE

31A Chapel Street.

Wednesdays 11am to 12.30pm

HONEYHILL COMMUNITY AND

CHILDREN'S CENTRE

150 Chadburn, Paston.

Opening 15th April 2010

Thursdays 10.00 - 12.00

MILLFIELD MEDICAL CENTRE

St Martins Street.

Thursdays 10.30—12.30

**RAVENSTHORPE CHILDREN'S
CENTRE, Brigstock Court.**

Thursdays 12.00 - 13.30

EAST CHILDREN'S CENTRE
Durham Road.



There will always be a quiet area available so you can speak to someone privately if you wish.

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