



Breastfeeding Peer Support Groups West Essex

Whether you need support with Breastfeeding, want to make new friends, want to share your own experiences or just get out of the house with your baby, we would love to see you.

The Peer Supporters are available to give breastfeeding information, support and signposting. No booking needed just pop along.

Location of group	Day and Time
Potters Street Healthy Family Delivery Site, Carters Mead, Harlow, CM17 9EU	Every Tuesday 9.30am-11.30am
Spangles Family Hub, Lower Street, Stansted Mountfitchet, CM24 8LR	Every Tuesday 2pm-3.30pm
Waltham Abbey Health Centre, Sewardstone Road, Waltham Abbey EN9 1NP	Every Wednesday 9.30am-11am
Meadows Health Family Delivery Site, Harberts Road, Harlow, CM19 4DL	Every Wednesday 10.30am -12.30pm
Ongar War Memorial Medical Centre, Fyfield Road. Ongar, CM5 0AL	Every Thursday 10am-12noon
Little Oaks Healthy Family Delivery Site, Loughton Resource Centre, Loughton, IG10 3TD	Every Friday 10am-11.30am
Up to 28 days after the birth of your baby The Birthing Unit building 16, The Princess Alexandra Hospital, Hamstel Road, Harlow, CM20 1QX	Every Monday 10am-12noon (except Bank Holidays)

If you would like to volunteer to become a Breastfeeding Peer Supporter in your local community, we would love to hear from you! Please contact our Volunteer Co-ordinator Marina Dunajeva for more information marina.dunajeva@barnardos.org.uk.

As well as the groups listed above, you can also access Infant Feeding Support through staff within our Family Hubs and Delivery Sites.

Services commissioned by:

See our website to find your closest centre.

www.essexfamilywellbeing.co.uk



Breastfeeding Peer Support Groups South Essex

Whether you need support with Breastfeeding, want to make new friends, want to share your own experiences or just get out of the house with your baby! We would love to see you.

The Peer Supporters are available to give breastfeeding information, support and signposting at the following location.

No booking needed just pop along.

Location of group	Day and Time
Sunnyside Healthy Family Delivery Site, Rosebay Avenue, Billericay, CM12 0GH	Every Thursday 12.30pm – 2pm
Oak Tree Family Hub, Groveswood Primary School, Grove Road, Rayleigh, SS6 8UA	Every Friday 10am – 12noon
Wishing Well Healthy Family Delivery Site, Waterman Primary School, The Boulevard, Rochford, SS4 1QF	Every Wednesday 10am- 12noon

If you would like to volunteer to become a Breastfeeding Peer Supporter in your local community, we would love to hear from you! Please contact our Volunteer Co-ordinator Clare Chinery for more information clare.chinery@barnardos.org.uk.

As well as the group listed above, you can also access Infant Feeding Support through staff within our Family Hubs and Delivery Sites- see website to find your closest centre.

Services commissioned by:



Breastfeeding Peer Support Groups Mid Essex

Whether you need support with Breastfeeding, want to make new friends, want to share your own experiences or just get out of the house with your baby!
We would love to see you.

The Peer Supporters are available to give breastfeeding information, support and signposting at the following locations.

No booking needed just pop along.

Location of group	Day and Time
Dengie Healthy Family Delivery Site , Ormiston Rivers Academy, Southminster Road, Burnham-on-Crouch CM0 8QB	Every Monday 9.30am/-12noon
All Saints Church , Springfield Green, Chelmsford, CM1 7HR	Every Wednesday 10am-11.30am
Carousel Family Hub , Chapel Hill, Braintree, CM7 3QZ	1 st and 3 rd Wednesday of the Month 10am-11.30am
Beaulieu Community Centre , Beaulieu Square, Centenary Way, Chelmsford, CM1 6AU	Every Thursday 10am-11.30am
Silver End Healthy Family Delivery Site , Village Hall, Broadway, Silver End, CM8 3RQ	Every Friday 10am-11.30am

If you would like to volunteer to become a Breastfeeding Peer Supporter in your local community, we would love to hear from you! Please contact our Volunteer Co-ordinator Pat Borg for more information pat.borg@barnardos.org.uk

As well as the groups listed above, you can also access Infant Feeding Support through staff within our Family Hubs and Delivery Sites- see website to find your closest centre.

Services commissioned by: