

B.A.B.I.E.S

(Babies and Breastfeeding, Information, Encouragement, Support)

Providing breastfeeding support and help to all new mothers in the Winchester and District area.

Our breastfeeding counsellors are fully trained and updated. They are not medically qualified, so please take any medical questions to your health professional.

This is a free service which is currently funded by a fundraising team and a donation from the Children's Centre

Donations are always welcome.
Please visit our Just Giving page:
<http://www.justgiving.com/winchesterBABIES>

B.A.B.I.E.S is open between 9.30am and 12 pm
on a Wednesday morning
at the Lanterns Children's Centre on Berewecke Road.

It is not necessary to make an appointment. Just turn up!

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n.c.t

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nct.org.uk



You CAN do it here in
Winchester
2009

A guide to local breastfeeding
friendly establishments

Introduction

•This guide has been produced to:

Help women know where they are welcome to breastfeed their babies

Raise awareness of the needs of breastfed babies and their parents

Encourage local establishments to have a consistent helpful policy

The Royal Hampshire County Hospital Maternity Unit and Winchester NCT believe it is important to support women in breastfeeding when they are out with their babies. To this end we approached 46 local establishments to find out their views on breastfeeding. The following pages include places that have said that they welcome breastfeeding mothers. They were also asked if they have anywhere to breastfeed in private, if the mother so wishes, if the company has a written policy on breastfeeding and about baby changing facilities.

This guide is available in the NCT newsletter and will be handed out to all new mothers leaving the Royal Hampshire County Hospital

Establishment	Address	Breastfeeding Welcome	Private Place to Breastfeed available	Comments	Baby changing Facilities	Where are the baby changing facilities located?	Awarded Breast feeding Friendly sticker?
Alcatraz Brasserie	24-26 Jewry Street	Yes	No		Yes	Disabled toilet	
Ask Winchester	God Begot House, 101 High St	Yes	No	Function room if empty/ secluded seating at rear of restaurant	Yes	Women's' toilets	Yes
Blues	1a Southgate Street	Yes	Yes	Sofas at the side- semi private	No		Yes
Brasserie Blanc	20 Jewry St	Yes	No		Yes	On ground floor	
The Bridge Patisserie	20 Bridge St	Yes	No	Sofa area in corner of café fairly secluded	No		
Cafe Centro	52 St Georges Street	Yes	No	Quiet corner with screen available	No		Yes
Café Monde	22 The Square	Yes	No	Empty section can be offered if possible	No		Yes
Caffe Nero	107 High St	Yes	No	Café has partitions and discrete corners	Yes	Disabled toilets	Yes
C&H Fabrics Coffee Shop	8 High Street	Yes	No	Corner table	Yes	Toilets	Yes
Cathedral Cafe	Inner Close	Yes	No		Yes	Disabled toilet	
Costa Coffee	Unit 11, The Brooks	Yes	No	We offer a relaxed environment	No		Yes
Courtyard Cafe	Winchester Guildhall	Yes	No	Comfortable seating/ Seating behind pillars	Yes		Yes
Debenhams- Douwe Egberts	12-15 High St	Yes	Yes?	Changing rooms	Yes	Disabled toilet	Yes
Discovery Centre Cafe	Jewry Street	Yes	Yes	Changing rooms (not purpose built)	Yes	In toilets	Yes
El Sabio	60 Eastgate Street	Yes	No		no		
The Forte Tearooms	78 Parchment Street	Yes	No	Privacy difficult but breastfeeding welcomed	No		Yes
Gourmet Pizza	20 The Square	Yes	No	Garden at back can be used during summer months	Yes	Women's' toilets	Yes
Loch Fyne	18-19 Jewry Street	Yes	No	Upstairs not open during the week so can be used	Yes	Disabled toilets with nappies and wipes	Yes
Maison Blanc	154 High St	Yes	No	Can locate a corner table or quieter section	Yes	In disabled bathroom	
Marks & Spencers Café Revive	138 High Street	Yes	Yes	Fitting room	Yes	First floor customer toilets	Yes
Old Gaol House	11-11a Jewry St	Yes	Yes	Private booths available – tables 4 &5 Buggy access to all areas of pub Under 18s welcome until 8pm	Yes	Baby changing facilities available in disabled bathroom on entry level at rear of room	Yes
Pizza Express	1 Bridge Street	Yes	No	Discrete places available	Yes	Women's' toilets	Yes
Pizza Hut	7-8 High Street	Yes	No		Yes	Toilets	
Pasty Presto	42 High Street	Yes	No		No		
River Park Leisure Centre Café	Gordon Road	Yes	Yes	Room can be found upon request	Yes	3 locations	Yes
St Georges Restaurant	66 St Georges St	Yes	No		No		
Winchester Royal Hotel	St. Peter Street	Yes	No		Yes		
Next Retail	111-112 High St	Yes	Yes	Changing rooms	No		Yes
New Look	The Brooks,	Yes	Yes	Changing rooms	No		Yes

We would like to hear any comments you may have on experiences in these places or any other local places to help us when we compile our next guide. Please email publicity@winchester-nct.org.uk