

# Infant Feeding Support Groups

**No Booking Required. Pregnant mothers welcome.**

## Monday

Cramlington Community Hub (Manor Walks)- 9:30-11:30  
Ashington Family Hub - 10:00-11:30

## Tuesday

Prudhoe Family Hub - 10:00-11:30  
(Alongside Learning Together Through Play)

## Wednesday

Blyth West Family Hub - 12:30-14:00

## Thursday

Bedlington Family Hub - 10:00-11:30  
Alnwick Family Hub - 10:00-11:30  
Berwick Family Hub - 13:30-15:00

## Friday

Hadston Family Hub - 10:00-11:30  
(Alongside Learning Together Through Play)  
Haltwhistle Family Hub - 10:00 - 11:30  
(Alongside Learning Together Through Play)  
Hexham family Hub - 13:00 - 14.30



**All groups reserve the first 30 minutes for breastfeeding support for babies under 8 weeks**

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between. The groups are also a great place to chat with other parents about you & your new addition to the family.