

# Infant Feeding Support Groups

## 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 1st & 3rd Tuesday of the month (Alongside Learning Together Through Play)  
Ponteland Library - 10:00-11:30 2nd & 4th Tuesday of the month

## 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)  
Hexham Library - 10:00 - 11.30 (Temporary change of venue until 1st March)

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.

**No Booking  
Required**



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 Family Hubs  
Here for everyone

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