

Infant feeding strategy group summary report 2016/17

The overall aim of the Cheshire West and Chester Infant Feeding Strategy Group is to promote optimal nutrition for all children aged 0-5 in Cheshire West and Chester. In particular, the group aims to improve breastfeeding initiation at birth within deprived wards and continuation rates at 6 to 8 weeks for the rest of the borough.

This report aims to provide an overview of the current prevalence of breastfeeding within the borough, as well as a summary of the services and support available to mothers and carers. In addition details of current projects in various areas are included.

Rationale: Breast fed babies have less risk of developing chest and ear infections, diarrhoea and vomiting, eczema, becoming obese, and developing diabetes in later life. Breastfeeding is measured through initiation and prevalence at 6-8 weeks (number of children still at least partially breastfeeding at the time of the 6-8 week check). (Source: Public Health England)
Only 6-8 week prevalence data is currently available for Cheshire West and Chester.

Breastfeeding prevalence in Cheshire West and Chester

Council plan targets

The Cheshire West and Chester Council Plan for 2016-2020 includes an outcome plan entitled “**All of our families, children and young people are supported to get the best start in life**” in the thriving resident’s section. Within this plan is a specific target relating to the prevalence of breastfeeding at the six to eight week check. By 2020, Cheshire West and Chester Council aim to see an increase in breastfeeding prevalence to 43.8% of babies being either fully or partially breastfed at the six to eight week check, which would bring Cheshire West and Chester in line with the 14/15 England average, (the year used for the baseline rate).

Cheshire West and Chester breastfeeding at six to eight week council plan targets

Baseline 2015/16 (*2014/15 data)	2016/17	2017/18	2018/19	2019/20
35.4%	37.5%	39.6%	41.7%	43.8%

Source: Cheshire West and Chester Council Plan 2016-2020

Annual data (2015/16)

In 2015/16 34.0% of babies in Cheshire West and Chester were either fully or partially breastfed at their 6 to 8 week check this is significantly lower than the 2015/16 England average of 43.2%. More than five percent of babies had a feeding status of unknown, which exceeds the data quality threshold, meaning that the Cheshire West and Chester figure is suppressed on the Public Health Outcomes Framework and nationally published figures. Provisional figures for 2016/17 show an increase in Cheshire West and Chester to 36.2% of babies being either fully or partially breastfed. National data is not yet available for 2016/17.

Quarterly data (2016/17)

Cheshire West and Chester breastfeeding prevalence data is available for all four quarters of 2016/17. Cheshire West and Chester breastfeeding prevalence at the six to eight week health visitor check remains significantly below the England average in quarters one, two and three.



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Breastfeeding prevalence at six to eight weeks, quarterly data (2016/17)

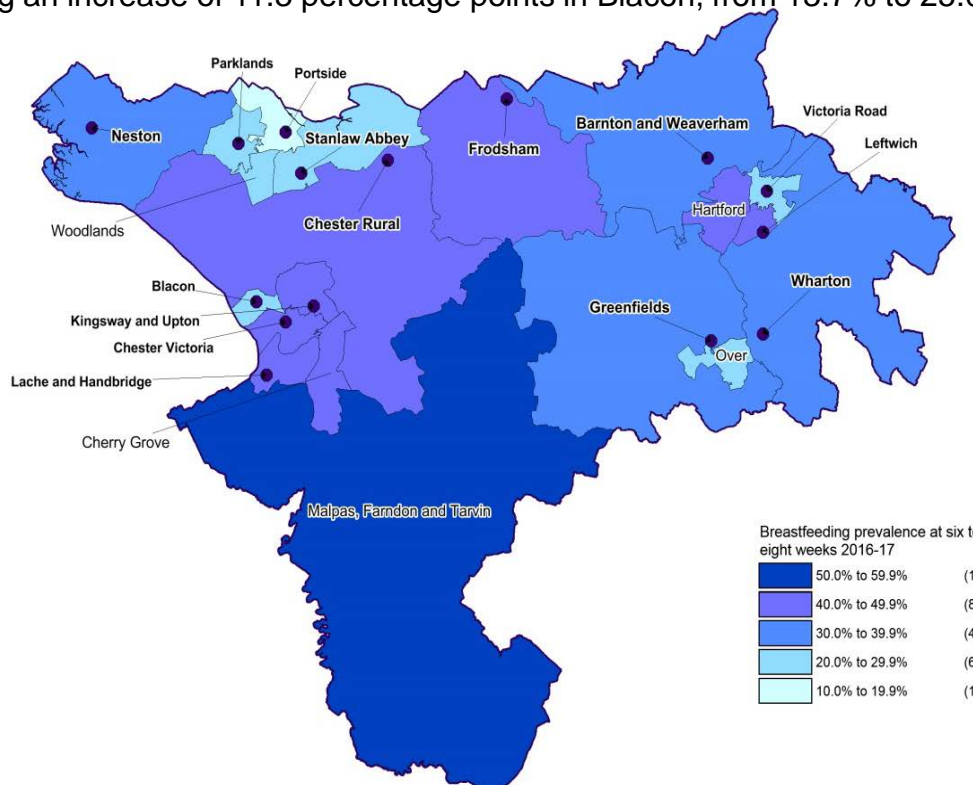
Area	Q1 (Apr-Jun)	Q2 (Jul-Sep)	Q3 (Oct-Dec)	Q4 (Jan-Mar)	2016/17 total
Cheshire West and Chester	35.8%	38.0%	34.9%	35.9%	36.2%
England	44.7%	44.4%	44.1%	Data not available	

Source: Public Health England and Cheshire West and Chester Insight and Intelligence team

Local level data (2016/17)

When comparing West Cheshire and Vale Royal Clinical Commissioning Groups (CCGs), the percentage of babies being fully or partially breastfed in 2016/17 has increased in both CCGs since the previous year. At the 6 to 8 week check the percentage of babies being fully or partially breastfed in Vale Royal CCG (32.6%) is lower than in West Cheshire CCG (38.1%), In 2015/16 the difference in prevalence between the CCGs was not statistically significant (31.5% in Vale Royal CCG compared to 34.9% in West Cheshire CCG), however, a larger increase in breastfeeding prevalence in West Cheshire CCG than in Vale Royal CCG means that the difference is now significant.

When looking at Children's Centre footprint level some greater disparities appear which are masked at CCG level. In 2016/17 the lowest rates of breastfeeding at 6-8 weeks (below 30.0%) were seen in the children's centre footprints of Blacon, Over, Parklands, Portside, Stanlaw Abbey, Woodlands and Victoria Road. These footprints include some of the most deprived areas of the borough. The same seven footprints recorded prevalence below 30.0% in 2015/16, however there have been increases in prevalence observed in five of the seven footprints, the largest being an increase of 11.3 percentage points in Blacon, from 13.7% to 25.0%.



Percentage of mothers breastfeeding identified at six to eight week health visitor check 2016/17 financial year

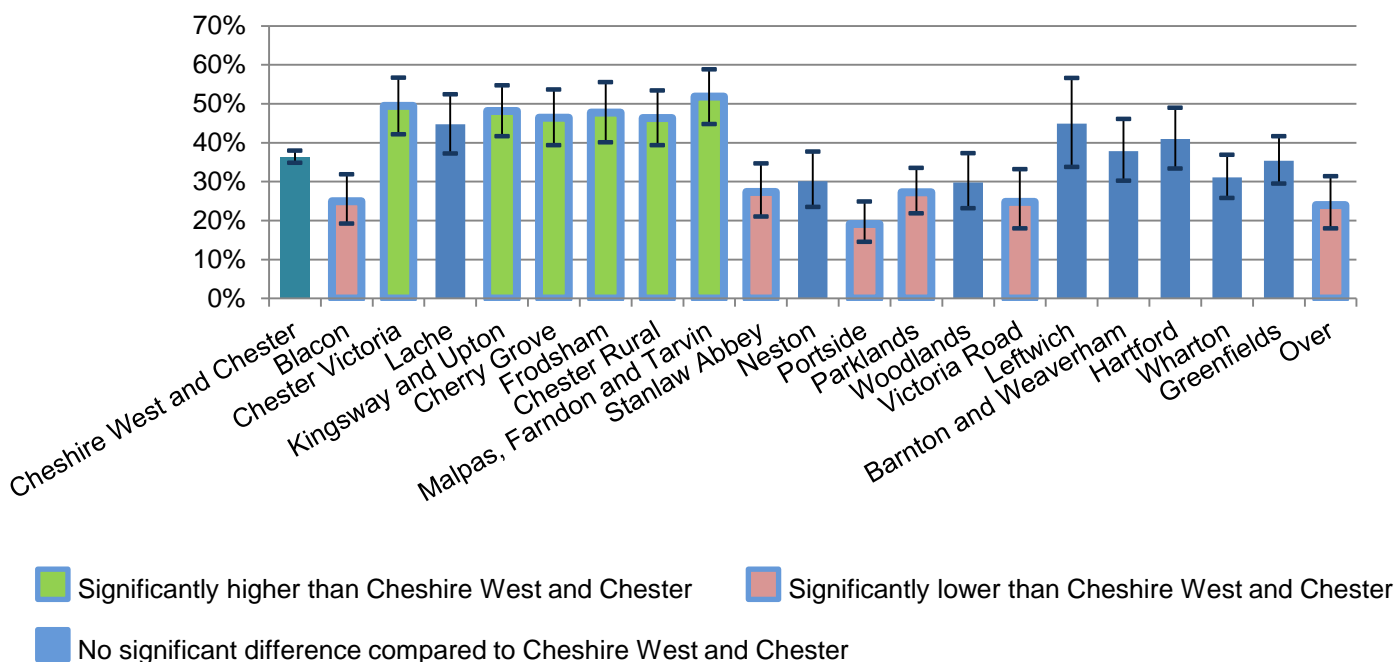
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The chart below shows the 2016/17 prevalence in each children's centre footprint with 95% confidence intervals. National 2016/17 data will not be available until later in the year although the first three quarters show a national prevalence in excess of 44%. In the absence of a national comparator, the children's centre footprint prevalence has been compared against the Cheshire west and Chester average.

Breastfeeding prevalence by children's centre footprint at six to eight weeks (2016/17)



Source: Cheshire West and Chester Council Insight and Intelligence team

The highest prevalence in 2016/17 was seen in the footprints of Malpas, Farndon and Tarvin (51.9%), Chester Victoria (49.4%) and Kingsway and Upton (48.2%). Malpas, Farndon and Tarvin has shown the highest increase in prevalence compared to 2015/16, with an increase of 16.9 percentage points.

The area with the lowest prevalence in 2016/17 was Portside footprint (19.2%), this is the only footprint in 2016/17 to have a breastfeeding prevalence below 20.0%. Blacon (25.0%) and Over (24.0%) which showed the lowest 2015/16 prevalence (below 20.0%), remain in the bottom 3 footprints but have increased since 2015/16.



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Breastfeeding support in Cheshire West and Chester

There are various types of breastfeeding support available for mothers in Cheshire West and Chester who wish to breastfeed. These range from groups specifically for breastfeeding mothers to general meetups for bumps and babies which offer a breastfeeding friendly environment. Groups and services are run by a variety of health professionals and volunteers and are located throughout the borough.

In the following section services describe their provision and the support offered to mothers in Cheshire West and Chester.

Bosom Buddies

A Breastfeeding Peer Supporter is a volunteer who gives support and information to mothers who wish to breastfeed their babies. To positively influence the uptake in breastfeeding and the initiation rates.

Bosom Buddies offer mother to mother support and mainly help mothers of healthy full term babies in their local environment and local maternity unit with basic breastfeeding management when needed.

Catch22 have worked in collaboration with the Countess of Chester Hospital to deliver volunteer recruitment and induction training over the last four years. Supervisions are held with the Bosom Buddies in partnership with the infant feeding team and the success of this partnership working has been evidenced with the increase in groups that are run within Cheshire West and Chester and the number of volunteer hours contributed.

Cherubs

This is the name given Vale Royal based Breastfeeding Support Groups. There is also a Facebook page which has over 3,000 members who reside not only across the UK but also internationally. CHERUBS breastfeeding groups are facilitated by the Health Visiting team from East Cheshire Trust, with the Health Visitor leading and additional support being provided by the Health Visiting Team's Breastfeeding Support Workers and CHERUBS Voluntary Breastfeeding Peer Supporters. Mid Cheshire Trust Infant Feeding Team based at Leighton Hospital also provide Support in the Northwich and Winsford communities up to hand over to the Health Visiting Team, they are able to offer support via Telephone or Home Visiting, they too are supported by CHERUBS Voluntary Peer Supporters.

One to One Midwives

One to One deliver a personalized service that places a woman and her family at the heart of our care. A woman can enjoy the benefits of a personal midwife providing total care from the moment she contacts us up to six weeks after the birth of her baby. This continuity of care and carer nurtures a trusting, open and honest relationship between a woman and her One to One midwife. They can receive unlimited antenatal care at home or a community setting of their choice. Parent education is available as part of the free care a woman receives from One to One, and breastfeeding is part of this discussion. A woman is also supported by a One to One Mother and Midwife Assistant (MaMA). A MaMA helps with breastfeeding support giving both practical advice and emotional support. The MaMA will meet with a woman in the antenatal period, fostering a supportive relationship and open discussion around feeding options. This support is available for up to six weeks postnatally. The MaMAs work collaboratively to support breastfeeding groups at local children's centers as well as facilitating One to One Parent and Baby Care sessions in community settings.

Hospital provision

The Countess of Chester Hospital (COCH) in Chester, and Leighton Hospital in Crewe provide the majority of hospital based services to expectant mothers in Cheshire West and Chester.



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Both hospitals are fully accredited by the Unicef and World Health Organisation Baby Friendly Initiative programme.

Leighton hospital offers frenotomy (tongue tie) clinics for babies who are experiencing feeding difficulties and provides a triage service to all postnatal mothers whereby they make telephone contact with all mothers irrespective of feeding choice and make a plan of care to support their needs. This plan may involve telephone text support, home visits, signposting to other services referral to specialist services.

The Countess of Chester midwives and support staff are well educated in supporting mothers and their families with infant feeding and the unit has been successful in maintaining full Baby Friendly Accreditation since 2010. The Infant feeding Team have trained 100 Peer supporters (Bosom Buddies) since 2006 and currently have 28 active, with a new cohort in training. The Infant Feeding Team provide monthly infant feeding workshops for prospective parents and their families and have an established breast pump hire service. A specialist infant feeding clinic is well established at the COCH and this service is provided by two qualified Lactation Consultants who are trained to assess, diagnose tongue tie and perform frenotomy.

Breastfeeding support workers

Breastfeeding support workers are employed by Cheshire East Trust and Cheshire and Wirral Partnership trust, and sit within, and are directed by the HV Team with the aim to influence and support new and expectant mothers to initiate and maintain breastfeeding.

Breastfeeding Friendly Chester

Breastfeeding Friendly Chester is a scheme highlighting businesses in and around Chester that are particularly welcoming to breastfeeding families. The scheme is led by volunteers and supported by Laura Evans (Infant Feeding Coordinator- Cheshire and Wirral Partnership NHS Foundation Trust). The scheme collaborates with The National Childbirth Trust (NCT) who provide funding and support for volunteers.

All members of Breastfeeding Friendly Chester commit that:

- They will support breastfeeding in any public part of their premises
- They will display the Breastfeeding Friendly Chester logo to show that they belong to the scheme
- They will train their staff to make breastfeeding families feel welcome

A map of the venues, (and facilities available at each venue) is available via the NCT Chester website under the Breastfeeding Friendly Chester section.

Cherubs' Charter

The Cherubs' Charter is a scheme similar to Breastfeeding Friendly Chester which is run in Cheshire East. It is a collaborative initiative with environmental health. Following inspection and award a list of breastfeeding friendly premises are available to view on the Cherub's webpage or via the Cheshire East Council webpage. Although the scheme is primarily based in Cheshire East, premises located in Vale Royal CCG are included due to the use of the Cherubs brand by support groups in this area.

Family Nurse Partnership

January 2012 saw the start of the family nurse partnership programme in Cheshire West and Chester. The programme is a preventative, intensive home visiting programme offered to first time teenage mothers.

The programme works with the strengths of the client and encourages them to fulfil their aspirations for their baby and themselves. Weekly and fortnightly visits take place from early pregnancy until the child's second birthday. The visits do not replace midwifery care but do deliver the healthy child programme.



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The Family nurse is ideally placed to support informed feeding choices for young parents. The regular contact with the young person and their family allows the development of a trusting relationship and the use of motivational interviewing skills helps the client to accept health messages and feel confident to ask their family nurse for additional help if needed.

Family nurses are highly trained with backgrounds in nursing, midwifery, health visiting and school nursing, and undergo additional training to support their work with hard to reach vulnerable families.

Family nurses are able to provide practical help and advice to mothers on how to breastfeed, alongside help with managing and resolving breastfeeding problems.

The Family nurse partnership collects a robust data set locally and this has demonstrated the positive impact the programme and the nurses have had on local breastfeeding rates in young parents.

Health visitors

Health visitors are highly trained specialist community public health nurses and as well as supporting individual mothers, can lead the implementation and delivery of evidence-based public health programmes in the locality (UNICEF, 2016). There is wide acknowledgement that health visitors have an important role in supporting breastfeeding (NICE, 2015).

Health Visitors in particular are well positioned to support mothers with breastfeeding because of their continuous and active engagement with mothers and fathers starting during the antenatal period and continuing through the early weeks and months of parenthood. Health visitors are able to provide practical help and advice to mothers on how to breastfeed, help with managing and resolving breastfeeding problems and building community capacity to support breastfeeding by working with communities to establish peer support and programmes. They have a key role in delivering and signposting mothers to breastfeeding peer support programmes and specialist support services, as well as promoting the benefits of breastfeeding with fathers (PHE, 2016).

Children's centres

A Children's Centre is a community resource providing a wide range of services for prospective parents, children and their families. They aim to improve the lives of children and their parents by bringing together early childhood services in the heart of the community.

Our Children's Centres are part of Cheshire West and Chester Council's Integrated Early Support Service. They work closely with our partner organisations to provide support for families and individuals at the earliest opportunity which is underpinned by the Council Outcome plan "All of our families, children and young people are supported to get the best start in life." Our children's centres are therefore well placed to host breastfeeding support groups across the borough and offer support in collaboration with midwives, health visitors and peer support workers in a friendly relaxed environment.

Breastfeeding and related support groups in Cheshire West and Chester (November 2016)

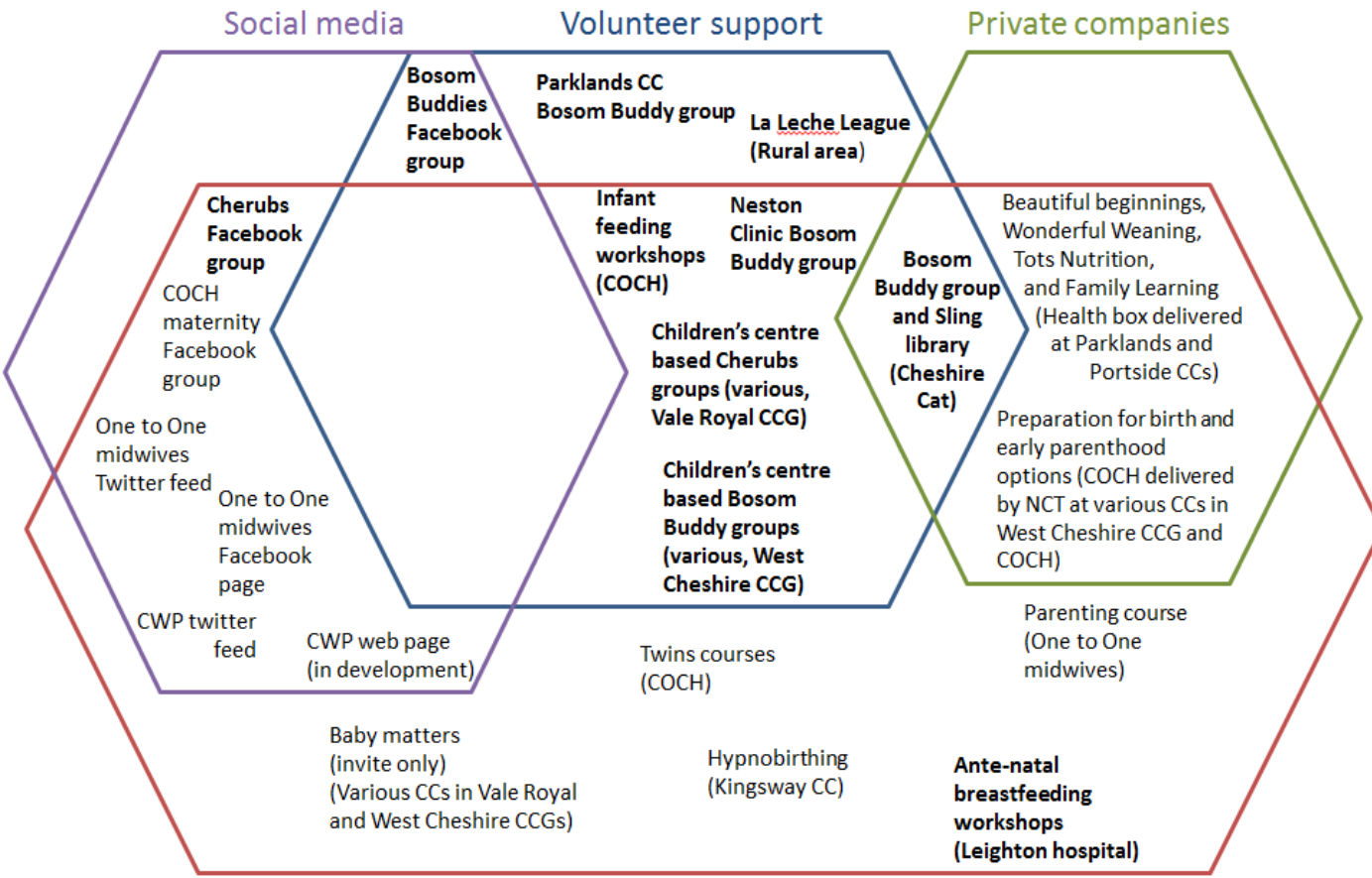
In November 2016 a mapping exercise to identify groups offering breastfeeding support and other related services was undertaken, the exercise identified groups provided by volunteers, commissioned professionals and private companies. It also identified whether any support was available via social media.



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The diagram below identifies the services within Cheshire West and Chester and summarises the type of support which each group provides and the type of support workers who attend each group. Groups in **bold** text offer breastfeeding specific support whilst groups in normal text offer a range of related services.

Breastfeeding and related support groups in Cheshire West and Chester (November 2016)



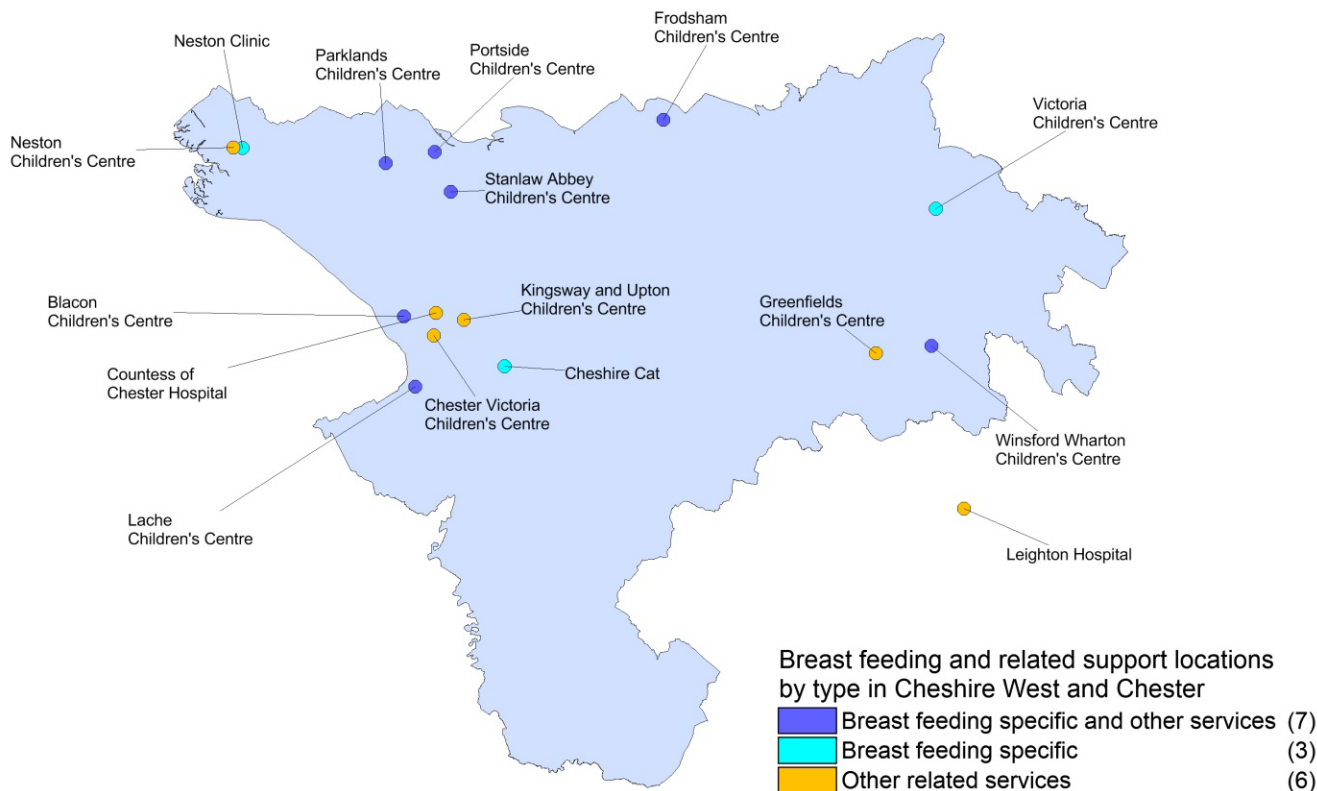
*Text in **bold** indicates breastfeeding specific support

The map on the following page shows the locations of the groups throughout the borough. Locations have been categorised into those which offer breastfeeding specific support, those which offer both breastfeeding specific support and other related services (e.g. children's centres which offer a mixture of groups) and those which offer services related to breastfeeding (e.g. Baby matters courses). The full list of services is available in appendix 1. Please note groups run by La Leche League in the Rural locality do not appear on this map as location data was unavailable.



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Locations of breast feeding and related support provision in Cheshire West and Chester (November 2016)



Produced by Cheshire West and Chester Insight and Intelligence Team March 2017

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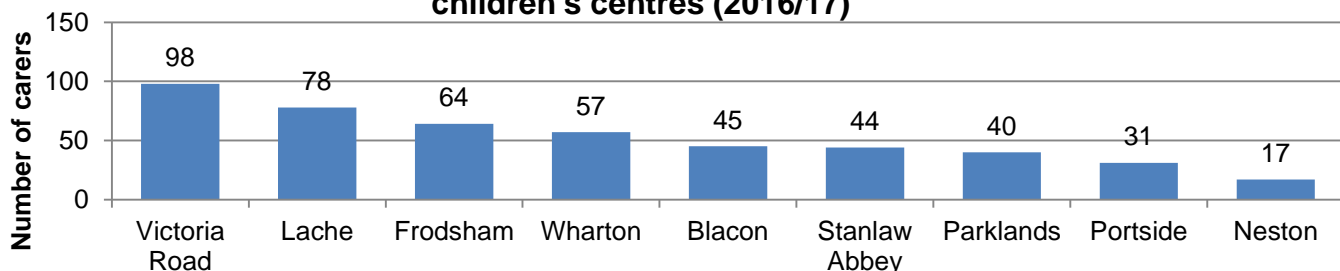
Support group attendance

Due to the wide variety of groups running throughout the borough, data relating to attendance is limited, particularly in relation to the area of residence of attendees.

Carer attendance at children's centre run breastfeeding support groups in 2016/17 can be seen in the graphs below and on the following page. Victoria Road had the largest number of individual carers attending at least once while Neston had the fewest, it should be noted however, that individuals have attended groups on multiple occasions. The second graph shows total attendances for each children's centre throughout the year; because some support groups run all year whilst others are term time only, care should be taken when comparing attendances at one children's centre with another.

The graphs identify individual carers and overall attendances by carers in 2016/17, rather than children attending groups. This is because it is the carers who are accessing the support of the group. Carers may bring one or more child to the group, in addition, expectant mothers may choose to attend.

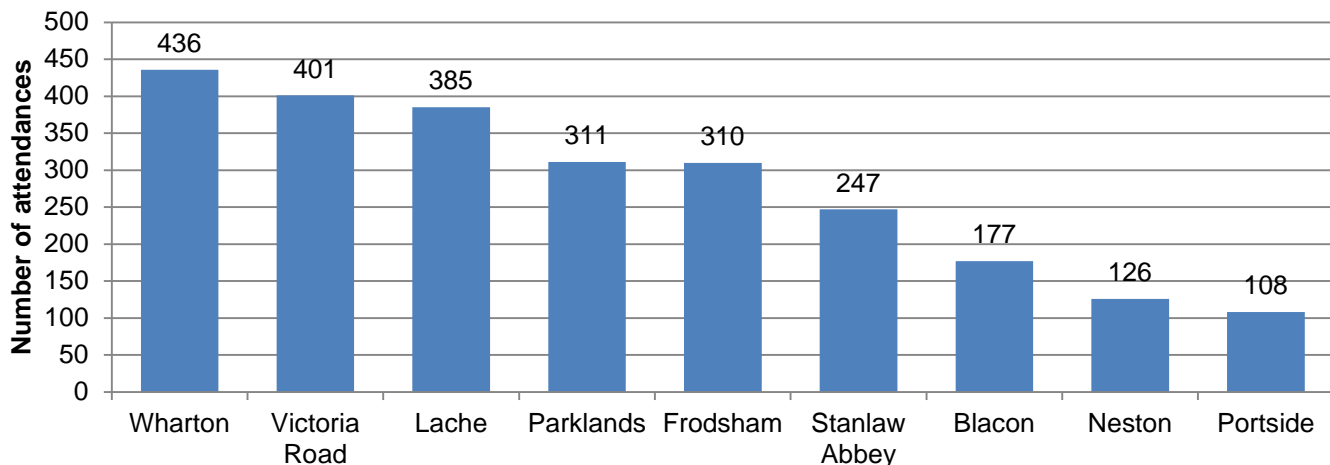
Number of individual carers attending breastfeeding support groups in children's centres (2016/17)



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The highest number of attendances was seen in Wharton children's centre (436 attendances) followed by Victoria Road (401 attendances) and Lache (385 attendances). Portside had the fewest attendances (108). It is important to note that they are total figures for each centre, some centres may host multiple groups and different groups may not have the same number of sessions. This means that while the number of attendances is of interest it does not necessarily reflect average group attendance.

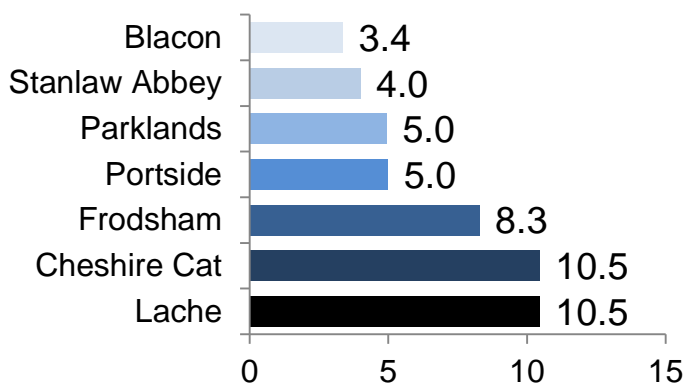
Number of attendances by carers at breastfeeding support groups in children's centres (2016/17)



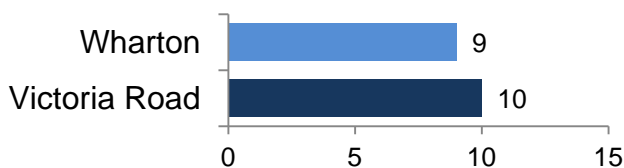
Notes: Data provided by children's centres. Care should be taken when comparing overall attendances in different centres due to varying numbers of sessions

Bosom buddies record weekly attendances at their support groups. The chart opposite summarises the average weekly attendances at their 2015/16 groups in West Cheshire CCG. The groups with the largest average weekly attendances were in Lache Children's Centre and the Cheshire Cat (a group which runs alongside a sling library), with an average weekly attendance of 10.5 carers.

Average weekly attendances by carers at Bosom Buddies groups in West Cheshire CCG (2015/16)



Average weekly attendances by carers at Cherubs groups in Vale Royal CCG (2016)



Cherubs also record weekly attendances by carers at their groups in Vale Royal CCG. The data for 2016 shows Victoria Road to have an average weekly attendance of 10 carers.



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Projects in Cheshire West and Chester relating to infant feeding

There are various projects running throughout the borough which aim to improve infant feeding, both in relation to breastfeeding and also to weaning, either as their main focus or as part of a wider remit. Below is a summary of the current projects in Cheshire West and Chester.

Distribution of weaning packs in Vale Royal CCG

This initiative runs solely in Winsford. The packs are given out by the Health Visitor Team at our Weaning Groups which are run alongside our Open Advice clinics at each end of town, once a month. Health Visitors also give out packs at targeted home visits. This initiative was set up a number of years ago and the aim is to reduce the incidence of early weaning, promote baby led weaning and reduce obesity.

Baby matters and first bites groups

Baby Matters is a four week course that aims to give parents hints and tips for parenting in the first year. The course covers sleep and crying, play and development, minor ailments and babies' first bites (introducing solid food). It's a collaboration between the health visiting service and the children's centres. Parents have commented that it has helped them meet new people, helped them think of ideas for play and has given them confidence in dealing with minor ailments.

Babies first bites is a session within the 'Baby Matters' course led by the health visiting service. It covers signs of readiness for solid food, healthy eating for babies and the family and gives parents confidence in preparing their own healthy meals.

Best beginnings

Best Beginnings is a charity dedicated to ending child health inequalities in the UK. Their aim is to give every baby the healthiest possible start in life and use evidence based approaches to ensure families have the knowledge, confidence and support they need to protect their children's health and have a positive impact on breastfeeding rates – initiation and duration. They have produced four resources:

Baby Buddy App: A mobile phone app designed to empower mothers to improve their health choices and well-being and help maximise their baby's potential.

Small Wonders DVD: A DVD to support families of infants requiring specialist neonatal care.

From Bump to Breastfeeding DVD: A DVD following real mothers experiences to help support breastfeeding. Available in different languages.

Baby express magazines: An age and stage monthly magazine to guide parents offering information about their baby's development through the first year.

Highlights of the year

The Infant Feeding Team at the Countess of Chester Hospital NHS Foundation Trust are delighted to report that we have been successful in maintaining full BFI accreditation for the third time, it's a great achievement.

The external auditors from Baby Friendly commended the unit for the extremely high scores against many targets. The reports from Baby Friendly stated:

"The staff at Countess of Chester NHS Foundation Trust are commended for their hard work over the last two years in continuing to support mothers. It was clear to the



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assessment team, that in many areas pregnant women and new mothers received a high standard of care.

The staff interviewed demonstrated to the assessors a clear commitment to deliver the best care to the mothers they mothers they worked with, and in turn mothers reposted how they appreciated the support and care they received. Staff are highly commended for their sensitive mothered centred communication which displayed across all grades. Staff described how they valued help and support of the infant feeding team and enjoyed the training opportunities they had in relation to feeding.

The support given to new and student midwives is exemplary with these groups of staff given time to work with a member of the infant feeding team prior to commencing work in the clinical area.”

The Countess of Chester will be holding an event to celebrate their success of maintaining BFI accreditation.

The Breastfeeding Friendly Chester re-launch attracted over eighty mothers and babies. The scheme which signs up local businesses as being 'breastfeeding friendly,' has gathered momentum and businesses have begun contacting the scheme asking to sign up! Our aim to get every business in Chester and the surrounding areas signed up, normalising breastfeeding for all.

One to One midwives have opened a new Pregnancy Advice Centre in Ellesmere Port where Mother and Midwife Assistants (MAMAs) offer feeding support via a Parent and Baby Care session on the 1st and 3rd Thursday of each month. In addition to these sessions the centre offers free services including :

Pregnancy testing

Scanning

Parent education

Breastfeeding classes

Hypnobirthing courses

And information sessions aimed at women and their families directly within the heart of their local community

Infant feeding strategy group – upcoming actions / ongoing work-streams

- The Infant Feeding Strategy Group are working to inform the Starting Well section of Cheshire West and Chester Council's Eat Well Be Active Action Plan, where it relates to eating well. The action plan is currently in draft form, however draft actions currently allocated to the infant feeding strategy group include:
 - To explore the potential for a weaning and recipe section within the Baby Buddy App.
 - To make the most of each potential weaning contact: (universal, group, open advice clinic, one to one and Baby Matters.
 - To measure the impact of the local model of delivery for weaning interventions in Winsford with the consideration to trial with Family Nurse Partnership (FNP) as a targeted cohort.
- Leighton Hospital are due to be assessed for reaccreditation by Breastfeeding Friendly Initiative (UNICEF) in May 2017.
- East Cheshire Trust have recently set up a task and finish group to address low 6-8 week rates, one of the initiatives being rolled out is weekly contact up to 8 weeks post natal for breastfeeding mums as a targeted intervention under the Universal Plus pathway.



Appendix 1 - Mapping exercise of breastfeeding and related support services

Breastfeeding Support Groups – Cheshire West and Chester					
Venue	Time	Support Available	Provider	For more information	Commissioning Information
Cheshire Cat, Whitchurch Road, Christleton, CH3 6AE	Monday 11:30 – 13:30	Bosom Buddy Group 1 x Midwifery Support Worker 1 x Breastfeeding Support Worker Bosom Buddy (Ad hoc)	Countess of Chester Hospital Cheshire and Wirral Partnership NHS Foundation Trust	01244 332200	
Northwich Victoria Children's Centre Neumann Street, Northwich, CW9 5A7	Monday 10:00 – 11:30	Cherubs Group 1 x Health Visitor 1 x Breastfeeding Support Worker 2 x Volunteer Peer support	East Cheshire NHS Trust	01606 271650 http://www.cherubsbreastfeeding.co.uk/ Cherubs's Facebook page	Commissioner: Cheshire West and Chester Council Volunteers mentored by Catch 22 Peer Support training provided by Mid Cheshire Hospital Foundation Trust
Stanlaw Abbey Children's Centre Alnwick Drive, Ellesmere Port, CH65 9HE	Tuesday 12:30 – 14:30	Bosom Buddy Group 2 x Bosom Buddies 1 x Midwifery Support Worker 1 x Breastfeeding support worker	Countess of Chester Hospital Cheshire and Wirral Partnership NHS Foundation Trust	0151 337 6425 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Blacon Children's Centre Carlisle Road, Blacon, Chester, CH1 5DB	Tuesday 9:30 – 11:30	Bosom Buddy Group 1 x Midwifery Support Worker 1 - 2 x Bosom Buddies 1 x Breastfeeding Support Worker / Nursery Nurse	Countess of Chester Hospital Cheshire and Wirral Partnership NHS Foundation Trust	01244 976225 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Neston Clinic Mellock Lane Little Neston, CH64 9RN	Wednesday 10:30 – 12:30	1 x Infant feeding Team Health Visitor 2 x Bosom Buddies	Cheshire and Wirral Partnership NHS Foundation Trust	0151 336 2189 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Lache Children's Centre Hawthorn Road, Lache, Chester, CH4 8HX	Wednesday 11:00 – 13:00	Bosom Buddy Group 1 x Midwifery Support Worker 2 x Bosom Buddies 1 x Breastfeeding Support Worker	Countess of Chester Hospital Cheshire and Wirral Partnership NHS Foundation Trust	01244 977791 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Winsford Wharton Children's Centre Bradbury Road, Wharton, CW7 3HN	Wednesday 14:00 – 15:30	Cherubs Group 1 x Health Visitor 1 x Breastfeeding Support Worker 2 x Peer support	East Cheshire NHS Trust	01606 275802 Cherub's Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Parklands Children's Centre Parklands Little Sutton Ellesmere Port CH66 3RL	Thursday 9:30 – 11:30	Bosom Buddy Group 4 x Bosom Buddies	Countess of Chester Hospital Cheshire and Wirral Partnership NHS Foundation Trust	0151 337 6324 Bosom Buddies Facebook page 2 month trial	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Rural Breastfeeding Support Group	Thursday 10:00 – 11:30		La Leche League	Karen 01244 332028 Emily 01948 860894	
Frodsham Children's Centre Ship Street Frodsham WA6 7PZ	Friday 13:30 – 15:30	Bosom Buddy Group 1 x Midwifery Support Worker (lead) 1 x Nursery Nurse 2 x Bosom Buddies	Countess of Chester Hospital	01244 976210 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22
Portside Children's Centre Egerton Street, Westminster, Ellesmere Port, CH65 2BY	Friday 9:30 – 11:30	4 x Bosom Buddies 1 x One to One 1 x Infant Feeding Co-ordinator Sling library, every other week Health Visitor attends ad hoc	CWP One to One Midwives	0151 337 6365 Bosom Buddy Facebook page	Commissioner - Cheshire West and Chester Council Volunteers mentored by Catch 22

Parenting Groups – Cheshire West and Chester

Venue	Time	Support Available	Provider	For more information	Commissioning Information
Kingsway and Cherry Grove Children's Centres	4 – 6 week course	Parenting Course	One to One Midwives	Courses run when enough numbers	
Portside Children's Centre Egerton Street Ellesmere Port CH65 2BY	6 week course	Beautiful Beginnings Course Weaning Course Toddler Programme	Healthbox		
Parklands Children's Centre Parklands Little Sutton Ellesmere Port CH66 3RL	Monday 1.00pm-3.00pm Tuesday Morning	Beautiful beginnings, Toddler and pre-school nutrition, and Wonderful weaning and Tots nutrition (booking essential) Family learning	Healthbox	0151 337 6324	

Baby Matters Groups – Cheshire West and Chester					
Venue	Time	Support Available	Provider	For more information	Commissioning Information
Blacon Children's Centre Carlisle Road Blacon, Chester CH1 5DB	Wednesday 10:00 - 12:00	Baby matters/massage (invite only)		01244 976225	Cheshire and Wirral Partnership NHS Trust
Chester Victoria Children's Centre Cheyney Road Chester CH1 4BR	Wednesday 13:00 – 15:00	Baby matters/massage (referral only)		01244 976220	Cheshire and Wirral Partnership NHS Trust Cheshire and Wirral Partnership NHS Trust
Frodsham Children's Centre Ship Street Frodsham WA6 7PZ	Wednesday 13:00 – 15:00	Baby matters (contact the Children's Centre to book a place/appointment)		01244 976210	Cheshire and Wirral Partnership NHS Trust
Greenfields Children's Centre Whitby's Lane Winsford CW7 2LZ	Friday 9:30 – 11:30	Baby matters (five weekly programmes 16 October 2015 - 13 November 2015 and 8 January 2016 - 5 February 2016)		01606 271910	Cheshire and Wirral Partnership NHS Trust
Kingsway and Upton Children's Centre University of Chester Kingsway Campus Kingsway, Chester CH2 2LB	Monday 10:30 – 12:30	Baby matters (invite only)		01244 976100	Cheshire and Wirral Partnership NHS Trust
Lache and Handbridge Children's Centre Hawthorn Road Lache Chester CH4 8HX	Tuesday 10:00 – 12:00	Baby matters (invite by health visitor only)		01244 977791	Cheshire and Wirral Partnership NHS Trust
Neston Children's Centre Burton Road, Neston, CH64 9RE	Tuesday	Baby Matters (For first time parents, invite by health visitor)		0151 336 7805	Cheshire and Wirral Partnership NHS Trust
Parklands Children's Centre Parklands Little Sutton Ellesmere Port CH66 3RL	Friday 13:00 – 15:00	Baby matters - five weeks course aimed at first time parents with babies aged 0-6 months. (invitation only - speak to your health visitor for further information)		0151 337 6324	Cheshire and Wirral Partnership NHS Trust
Portside Children's Centre Egerton Street, Westminster, Ellesmere Port, CH65 2BY	Tuesday 13:00 – 15:00	Baby Matters – five week course aimed at first time parents with babies aged 0-6 months (booking essential) – (Invitation only – please speak to your Health Visitor for further information)		0151 337 6365	Cheshire and Wirral Partnership NHS Trust
Stanlaw Abbey Children's Centre Alnwick Drive Ellesmere Port CH65 9HE	Monday	Baby Matters (First time parents, invite by health visitor)		0151 337 6425	Cheshire and Wirral Partnership NHS Trust
Wharton Children's Centre Bradbury Road Wharton CW7 3HN	Thursday 13:00 – 15:00	Baby matters		01606 275802	Cheshire and Wirral Partnership NHS Trust

Infant Feeding Workshops – Cheshire West and Chester

Venue	Time	Support Available	Provider	For more information	Commissioning Information
Countess of Chester Hospital	Every month 18:00 – 20:00	Infant Feeding Team 3 x Bosom Buddies	Countess of Chester Hospital		
Leighton Hospital	4 x Ante natal breastfeeding workshops per month			Northwich 900 per year	Mid Cheshire Hospital Trust

Pre-birthing classes					
Venue	Day and Time	Support Available	Provider	For more information	Commissioning Information
Blacon Children's Centre Carlisle Road Blacon, Chester CH1 5DB	Wednesday 15:00 – 17:00 for 3 weeks	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT		Countess of Chester Hospital
Lache and Handbridge Children's Centre Hawthorn Road Lache Chester CH4 8HX	Wednesday 15:00 – 17:00 for 3 weeks	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT		Countess of Chester Hospital
Kingsway and Upton Children's Centre University of Chester Kingsway Campus Kingsway, Chester CH2 2LB	Thursday 15:30 – 17:30 or 18:00 - 20:00 for 3 weeks	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT		Countess of Chester Hospital
Frodsham Children's Centre Ship Street Frodsham WA6 7PZ	Tuesday 13:30 – 15:30 for 3 weeks	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT	Please call 01244 366417 to book a place	Countess of Chester Hospital
Stanlaw Abbey Children's Centre Alnwick Drive Ellesmere Port CH65 9HE	Thursday 15:00 – 17:00 for 3 weeks	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT		Countess of Chester Hospital
Education Centre Countess of Chester Hospital Liverpool Road Chester CH2 1UL	Wednesday 18:30 – 20:30 for 3 weeks or Saturday or Sunday 10:00 – 16:30 (for 1 week) or Saturday or Sunday 10:00 – 13:00 (for 2 weeks) or Saturday or Sunday 14:00 – 16:00 (for 2 weeks)	Preparation for birth and early parenthood options	Countess of Chester Hospital delivered by NCT		Countess of Chester Hospital
Countess of Chester Hospital Liverpool Road Chester CH2 1UL		Twins courses			Countess of Chester Hospital
Kingsway and Upton Children's Centre University of Chester Kingsway Campus Kingsway, Chester CH2 2LB	Wednesday 18:00 – 20:00	Hypnobirthing	Kingsway Children's Centre		

Other Breastfeeding Support Opportunities

East Cheshire NHS Trust

- Ante-natal visit (all mothers)

Family Nurse Partnership

- 14 x visits per mum
- Including breastfeeding support

Cheshire and Wirral Partnership NHS Trust

- 1st time parents receive an ante natal breastfeeding support visit

Social Media

- Cherubs Facebook group
- Bosom Buddies Facebook group
- COCH Maternity Facebook page
- CWP – web page in development
- CWP – Twitter Feed
- One to One Midwives – Facebook page, Twitter Feed