



June 18th, 2014

Picnic time for everyone

The annual Teddy Bears' Picnic, organised as part of the South Tyneside's Breastfeeding Awareness Week, will be on Thursday, June 26th, from 10am to noon, at Marine Park Children's Centre, South Shields.

South Tyneside Breastfeeding Support Group has held the popular event for mums, babies and mums-to-be, for several years now.

South Tyneside NHS Foundation Trust health visitor Jen Menzies, who runs the group, said "Breastfeeding is the most natural thing in the world and it provides the best and healthiest start for new babies and has life-long benefits. It helps to protect babies from infections and diseases such as ear and gastro-intestinal infections, as well as childhood diabetes, eczema, and asthma. It also lowers the risk of obesity and diabetes in adulthood. For mums, it reduces rates of breast cancer, osteoporosis and urinary tract infections."

The Breastfeeding Support Group meets every Thursday, 11am-noon, at Marine Park Children's Centre and is open to pregnant women in South Tyneside thinking about breastfeeding in pregnancy and those breastfeeding after birth and beyond.

**The Teddy Bears' Picnic will be held on Thursday, June 26th, 10am-noon,
Marine Park Children's Centre, Flagg Court, South Shields**

ends

Pictured above: South Tyneside Foundation Trust health visitor Jen Menzies serving up the ice creams at last years Teddy Bears' Picnic

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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