



June 18th, 2014

Search for volunteer breastfeeding peer supporters

A call has gone out for women with experience of breastfeeding their children to help support breastfeeding mums in South Tyneside.

South Tyneside NHS Foundation Trust and South Tyneside Council are hoping to recruit volunteers to the local Breast Friends peer support programme and they have arranged drop-in information sessions on Monday, June 23rd, at the Early Excellence Centre, Campbell Park Road, Hebburn, and Thursday, June 26th, at Marine Park Children's Centre, Flagg Court, South Shields, for those interested.

Public Health Midwife Jane Harker said: "Peer support programmes are recognised, nationally and internationally, as a way of supporting mums and increasing breastfeeding rates and they are part of a multi-agency approach to increase breastfeeding rates in South Tyneside.

"Anyone who volunteers as a supporter must have had a positive experience of breastfeeding themselves, be a good listener and, above all, have a real desire to support breastfeeding mums.

They will help run weekly, drop-in support groups in local Children's Centres."

The would-be volunteers will need to be able to attend five, two-hour training sessions, which will be held in September.

The initial, drop-in information sessions are:

**Monday, June 23rd, noon – 2pm,
Early Excellence Centre, Campbell Park Road, Hebburn**

**Thursday, June 26th, 1pm – 3pm,
Marine Park Children's Centre, Flagg Court, South Shields**

**Or, for more details about becoming a peer supporter,
contact Public Health Midwife Jane Harker 07436 039249.**

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

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk