

June 16th, 2015

Get ready, Teddy, for breastfeeding celebration

If you go down to All Saints Children's Centre, South Shields, on Thursday, June 25th, you're sure of a big surprise.

South Tyneside NHS Foundation Trust health visitor Jen Menzies has organised a Teddy Bears' Picnic for National Breastfeeding Celebration Week (June 20th to 28th).

All South Tyneside mums and mums-to-be are invited and, as well as joining in the fun with their little ones, there will be an opportunity to find out about becoming a breastfeeding peer support worker. Last year, Mrs Menzies and public health midwife Jane Harker introduced a special training course for these volunteers, who work with the Trust's community health professionals in antenatal infant feeding workshops and breastfeeding support groups to help to increase breastfeeding rates in the borough.

The Trust is launching a new, weekly breastfeeding support group at All Saints Children Centre on Tuesdays, from 10am to noon, beginning June 30th. It will be led by health visitor Eve Gray, who will be joined by nursery nurses and peer support volunteers.

Mrs Menzies said: "Breastfeeding is the most natural thing in the world and it brings potential life-long health and wellbeing benefits for mothers and infants. 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 Teddy Bears' Picnic will be held on Thursday, June 25h, 10am-noon, All Saints Children's Centre, Whitehall Street, South Shields**

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

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