



June 25th, 2015

Successful teddy bears' picnic

The annual teddy bears' picnic for South Tyneside mums and babies went down a real treat. South Tyneside NHS Foundation Trust health visitor Jen Menzies organised the fun event at All Saints Children's Centre, South Shields, for National Breastfeeding Celebration Week (June 20th to 28th). It also provided mums with the opportunity to find out about becoming a breastfeeding peer support worker. These volunteers 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.

Mrs Menzies said: "The teddy bears' picnic has become really popular over the years and we had a fantastic turnout. As a health visitor, I am always looking for ways to promote breastfeeding. It 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 Trust is launching a new, weekly breastfeeding support group at All Saints Children's Centre, Whitehall Street, South Shields, on Tuesdays, from 10am to noon, beginning next week on June 30th.

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Pictured above: Mums and babies enjoying the Teddy Bears' Picnic in National Breastfeeding Celebration Week

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

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