



June 27th, 2017

Breastfeeding support volunteers in training

Mums in training to help other South Tyneside mothers to successfully breastfeed took time out to mark National Breastfeeding Celebration Week,

The theme of the week, which began on Monday (June 26th) and is backed by the Unicef UK Baby Friendly Initiative, is breastfeeding support.

There are 10 women on South Tyneside NHS Foundation Trust's latest breastfeeding peer support worker training course, which is being held at Horsley Hill Children's Centre, South Shields. After they graduate in July, they will bring the total number who have completed the course since it was introduced in 2014 to 35. They will work with the Trust's community health professionals in breastfeeding support groups as 'breastfriends' to local breastfeeders.

Health visitor Jen Menzies, who developed the new course with community midwife Jane Harker, said: "We want to encourage more mums not only to breastfeed but to do so for longer because of the many benefits associated with it, including reducing the risk of babies becoming ill and of later childhood disease, and protecting the mother's health. Our volunteer peer support workers have all had really positive experiences of breastfeeding themselves and want to pass on their knowledge."

ends

Pictured above: Community midwife Jane Harker, left, and health visitor Jen Menzies, right, with the latest trainee breastfeeding support volunteers

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