

Infant Feeding Support Groups

Mid Essex

Whether you are breastfeeding, formula feeding or a combination of both, you are very welcome to join us.

You will find plenty of support to help you feed your baby from trained staff and Infant Feeding Peer Supporters and it's also a great way to share experiences and meet other local families.

Partners and expectant parents also very welcome.

No appointment needed- just pop along

Day	Location	Time
Wednesdays	Chelmsford West Family Hub Delivery Site Dixon Avenue, Chelmsford, CM1 2AQ	1pm-2.30pm
Fridays	Dengie Family Hub Delivery Site Ormiston Rivers Academy, Southminster Road, Burnham on Crouch, CM0 8QB	9.45am-11.15am
Fridays	Anglia Ruskin University: Breastfeeding support Hub SAL 010, on the ground floor of the Salmon Building Bishop Hall Lane. Chelmsford CM1 1SQ Parking is available directly outside the building, in the Mildmay car park off Chelmer Valley Road – to enter, press the 'help' button on the barrier. Run by ARU school of Midwifery and Community Health- supported by our service	10am-12pm
Fridays	Carousel Family Hub Chapel Hill, Braintree, CM7 3QZ	10am-11.30am
Fridays	Acorn Family Hub Delivery Site Old School Hall, Beridge Road, Halstead, C09 1JH	1pm-2.30pm

For more information please call us on 0300 247 0014

www.essexfamilywellbeing.co.uk

Services commissioned by: