



**Breastfeeding Support & Social Groups** are social support groups for all families feeding their babies breastmilk either directly from the breast, or via a bottle, exclusively or in combination with formula.

They can be found in the following places:

**Your Baby - Your Milk - You're Welcome**

<b>Bedford Borough</b>	<b>Day</b>	<b>Time</b>
Daisy Hill Family Hub Hillgrounds Road, Kempston, Bedford MK42 8QH	Monday	09.30 – 11.30
Queens Park Family Hub Marlborough Road, Bedford, MK40 4LE	Tuesday	09.30 – 11.30
Cherry Trees Family Hub Hawkins Road, Bedford, MK42 9LS	Wednesday	13.30 – 15.00
St Mary's Church Hall Church Lane, Goldington MK41 0AN	Thursday	11.00 – 12.15
Central Family Hub 30 Allhallows, MK40 1LN	Friday	09.30 – 11.30
<b>Central Bedfordshire</b>	<b>Day</b>	<b>Time</b>
Flitwick Children's Centre, Flitwick, MK45 1PU	Monday	13.30 – 15.00
Sandy Children's Centre, Sandy, SG19 1HQ	Tuesday	11.00 – 12.30
Dunstable Children's Centre, South Site Downside, LU5 4AS	Thursday	13.00 – 14.30
Biggleswade Library, Biggleswade, SG18 0LL	Thursday	13.30 – 15.00
Shefford Children's Centre, Shefford SG17 5XA	Friday	11.00 – 12.30
Leighton Buzzard CC, Leighton Buzzard, LU7 1EW	Friday	10.00 – 11.30
Houghton Regis CC, Parkside Site, LU5 5QN	Friday	10.30 – 12.00
<b>Luton</b>	<b>Day</b>	<b>Time</b>
Luton Central Library Family Hub St George's Square, Luton LU1 2NG	Monday	13:00 – 14:30
Hockwell Ring Community Centre and Family Hub Mayne Avenue, Leagrave, Luton LU4 9LB	Tuesday	13:00 – 15:00
St Francis Church Carteret Road, LU2 9JZ	Thursday	09:30 – 11:30
Pastures Way Nursery Pastures Way, Luton LU4 0PE	Friday	09.30 – 11.30

**For further information speak to your health visitor (0300 555 0606) or visit:**

[NHS Bedfordshire Children & Young People's Services Facebook Page \(@BedsCYP\)](#) or  
[www.bedsiltonchildrenshealth.nhs.uk/baby-friendly](http://www.bedsiltonchildrenshealth.nhs.uk/baby-friendly)