



Best Start

Healthworks

Pregnant or breastfeeding?

If you are pregnant or breastfeeding and live in Newcastle, we can offer you information and support!

Best Start combines our Pregnancy and Breastfeeding Support service. We are a team of practitioners and volunteers working alongside midwives and health visitors to offer additional support to families in Newcastle.

Our Pregnancy Support service offers practical and emotional support throughout your pregnancy and our Breastfeeding Support service offers information and support throughout your breastfeeding journey. We offer telephone support as well as social groups within the community.



Healthworks
the community health charity



children & families
NEWCASTLE

Who is the service for?

This service is for families living in Newcastle who are pregnant or giving breastmilk to their babies.

What support is available?

We offer groups and 1-2-1 support that is tailored to the needs of you and your family. During your pregnancy we can support you with writing a Birth Plan, preparing for baby, relaxation, healthy pregnancy, attending groups and appointments and building loving relationships.

If you are thinking about breastfeeding or are currently breastfeeding we can provide information and support with common breastfeeding issues, help you to make an informed choice, support you with positioning and attachment, support you to continue breastfeeding when returning to study or work and provide information on expressing and storage of breastmilk.

What can I expect?

Our friendly and non-judgemental team will support you and your family to have a happy, healthy pregnancy, build a loving relationship with your baby and make informed infant feeding choices.

Are your volunteers and staff trained?

Our team are all trained to a high standard and they each have their own personal experience of pregnancy and breastfeeding. They receive training in many different areas including bonding and attachment, healthy pregnancy, labour and birth, building strong parent-baby relationships and Infant Feeding.

Will I get the chance to meet other mothers/families?

Yes! Our welcoming pregnancy and breastfeeding social groups are a great place to meet other mothers and families in a relaxed and friendly environment.

How can I get involved or find out more?

Call us on 07826531575, visit the Breastfeeding Mams Newcastle Facebook and Instagram pages or visit www.healthworksnewcastle.org.uk

