

# UNIVERSAL (FREE TO ALL) BREASTFEEDING/INFANT FEEDING SUPPORT GROUPS IN THE COUNTY OF DEVON JULY 2019

All information has been obtained via local practitioners working within these areas.

The quality of support given by practitioners within these lists is not monitored, maintained or assured by Devon County Council. Therefore we would encourage families to make their own checks in order to ensure that they are dealing with a competent regulated service.

A trained Breastfeeding practitioner/peer supporter or Health professional is present at all of these groups.

These groups are free to attend.

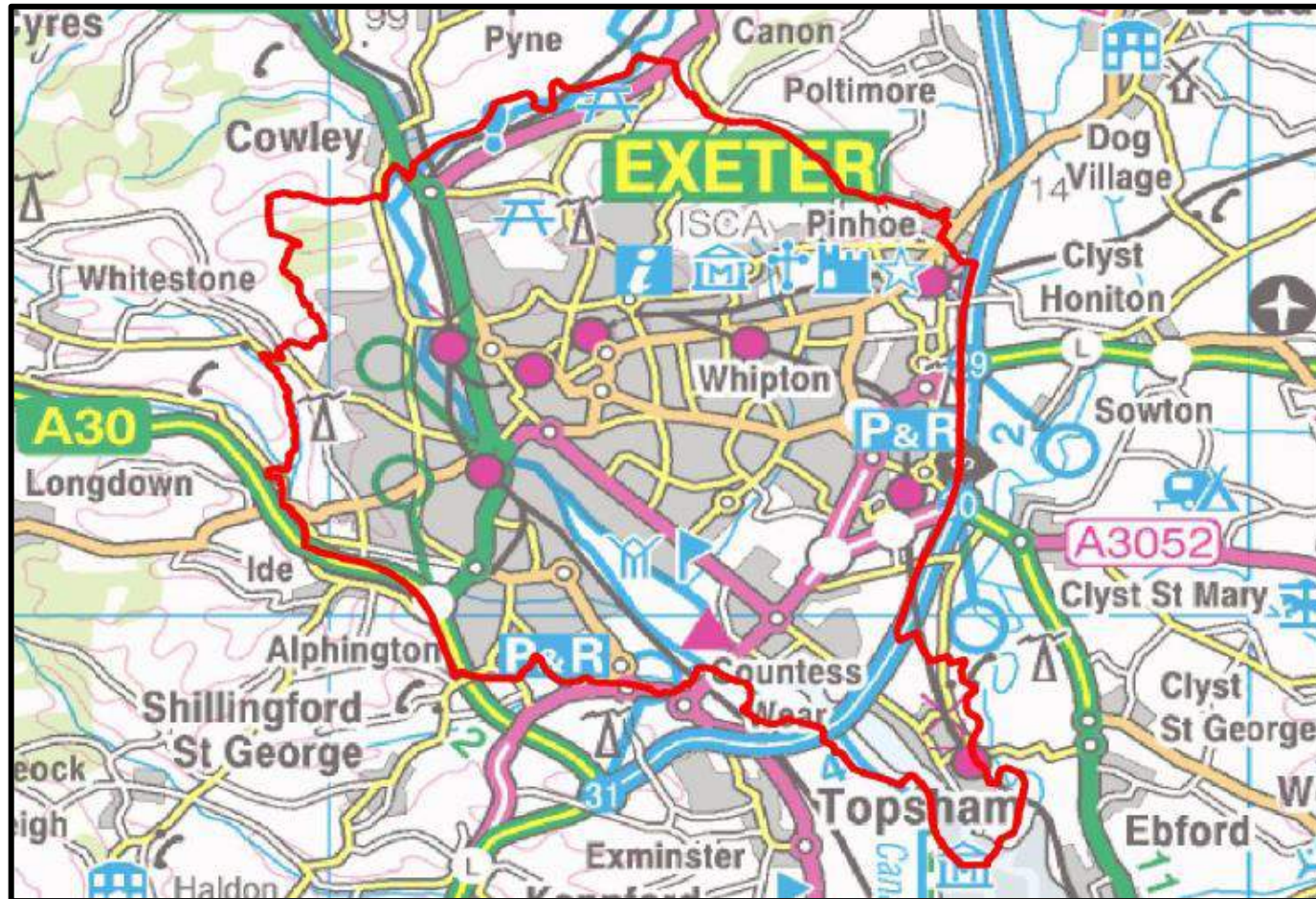
EAST DEVON



EAST DEVON				
Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Family Focus</u> Sidmouth Childrens Centre. Chambers Cl, Sidmouth EX10 9YL Every Tuesday 9.30 - 11.00	<u>Cranbabies</u> The Cranberry Farm, Badger Way, Cranbrook, Exeter, EX5 7FN Every Thursday 10.00 -12.00	<u>Family Focus,</u> Ottery St Mary Hospital, Keegan Close, Ottery St Mary, EX11 1DN Every Thursday 9.30 -11.00	<u>Baby Café with Axminster Breast Friends.</u> The Pippins Community Centre, Lyme Road, Axminster, EX13 5AZ Every Friday 10.00 - 11.30
	<u>Family Focus</u> Younghayes Centre. Cranbrook EX5 7DR. Every Tuesday 10.00 - 11.30	<u>Sidmouth Breast and Bottle feeding group</u> Chambers Close, Sidmouth, Devon, EX10 9YL Every Wednesday 10.00 - 12.00	<u>Family Focus</u> Scott Rowe Centre, Axminster Hospital, Chard Street Axminster, EX13 5DU, Every Thursday 9.30 -11.00	
		<u>Bosom Buddies Peer Support drop in group</u> Exmouth Children's Centre, Moorfield Road, Exmouth, EX8 3QW Every Wednesday 10.00 - 12.00		
		<u>Family Focus</u> Honiton Children's Centre, Bottom Rd, Honiton EX14 2EG Every Wednesday 9.15 - 10.45		

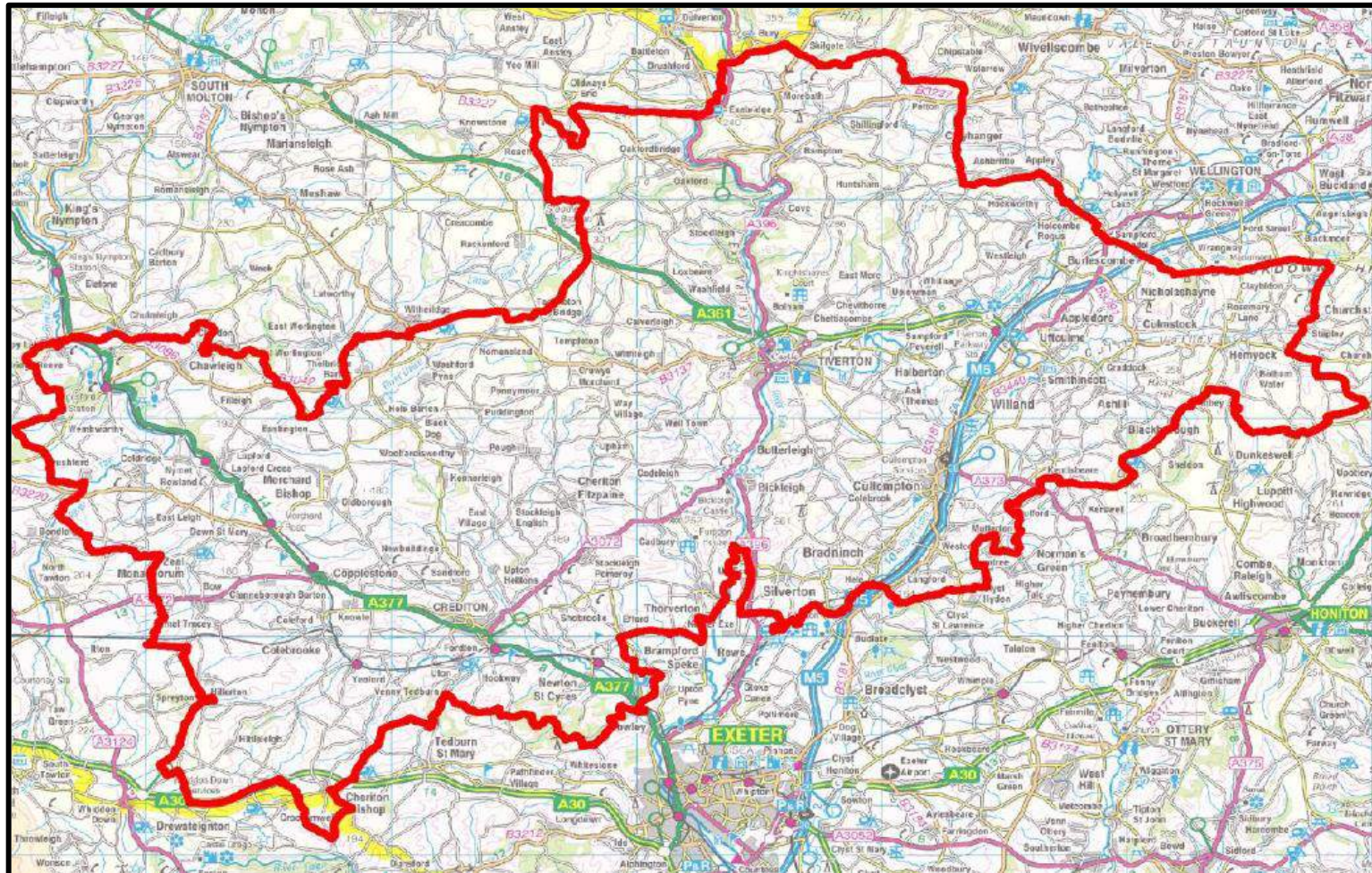
		<u>Family Focus</u> Seaton Hospital, Valley View Cl, Seaton EX12 2UU Every Wednesday 9.00 -11.00		
		<u>Family Focus</u> Withycombe Centre Withycombe Village Rd, Exmouth EX8 3AG, Every Wednesday 14.00 - 15.00		

EXETER



EXETER					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>NCT Bumps and Babes (with peer supporters)</u> The Baby Room, Ladysmith Infant School, Heavitree, EX1 2PS Every Monday 11.30 -13.00</p>	<p><u>Baby Oasis with peer support</u> Flying Start Children's Centre, Dix's Field, Exeter, EX1 1QA Every Tuesday 11.30 - 12.30</p>	<p><u>Nappuccino</u> The Baby Room, Ladysmith Infant School, Heavitree, EX1 2PS Every Wednesday 9.30 -14.30</p>	<p><u>Peer support Breastfeeding group</u> Teign Valley Community Hall, Christow, EX6 7WA Every Thursday 10.30 -12.30</p>	<p><u>Breast Friends</u> The Baby Room, Ladysmith Infant School, Heavitree, EX1 2PS Every Friday 12.00 -14.30</p>	<p><u>Saturccino</u> The Baby Room, Ladysmith Infant School, Heavitree, EX1 2PS First Saturday of each month 10.00 - 12.00</p>
<p><u>Family Focus</u> Newcourt Community Centre, Blakeslee Drive, Exeter EX2 7FN Every Monday 9.30 -11.00</p>	<p><u>Family focus</u> Flying Start Children's Centre, Dix's Field, Exeter, EX1 1QA Every Tuesday 09.30 - 11.30</p>	<p><u>Family Focus and Self-weigh</u> Westexe Children's Centre 71 Cowick St, Exeter EX4 1HJ Every Wednesday 9.30 -11.30</p>	<p><u>West of Exe Breastfeeding Support,</u> The Saint Thomas Centre, Church Road, Exeter. EX2 9AX Every Thursday 9.30 -11.00</p>	<p><u>Family Focus</u> Chestnut Children's centre Magnolia Ave, Exeter EX2 6DJ Every Friday 9.30 -11.00</p>	
		<p><u>Family focus</u> Whipton Children's centre, Hill Lane, Exeter EX1 3JP Every Wednesday 13.00 - 15.00</p>			

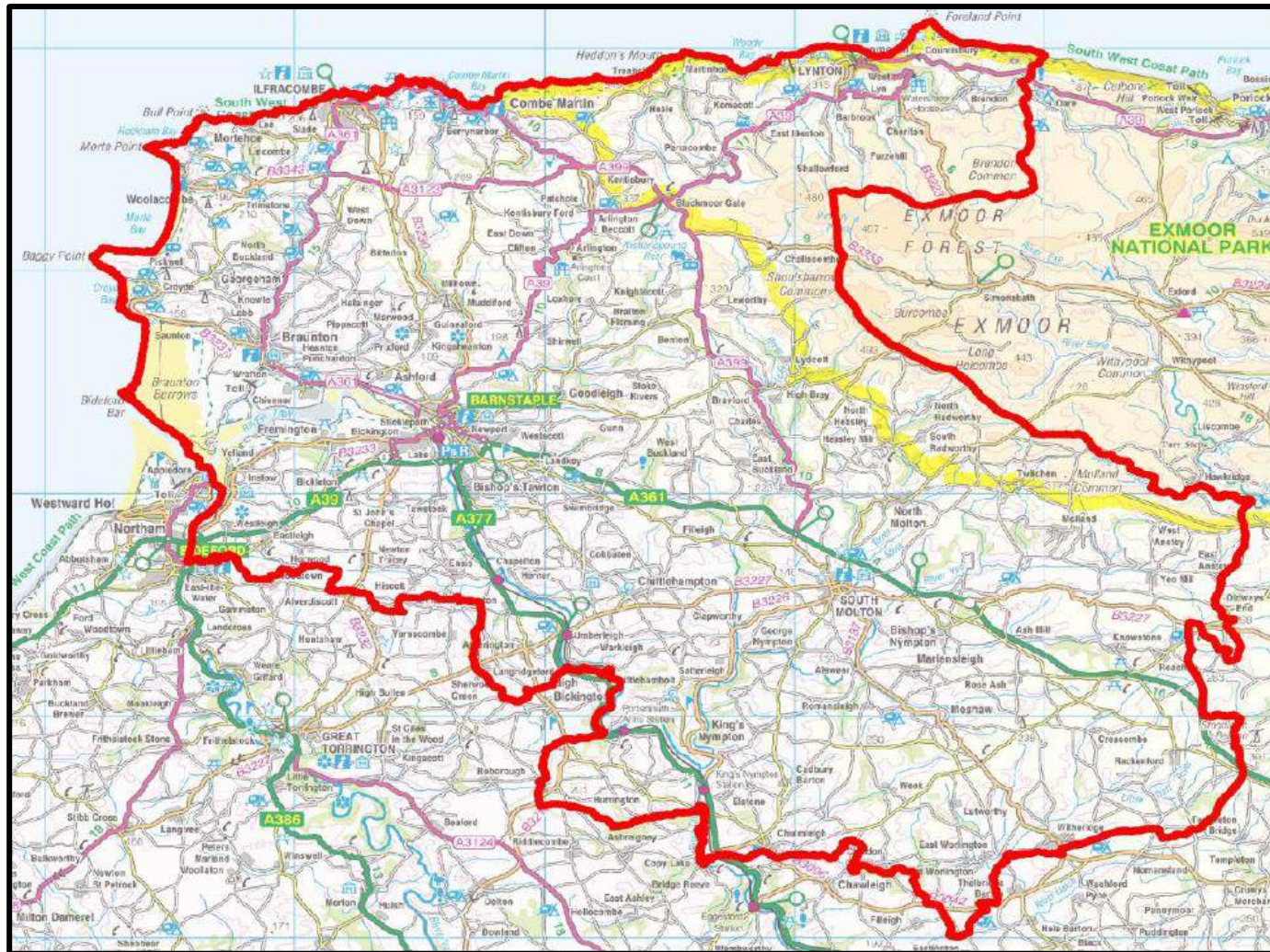
MID DEVON



MID DEVON				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Hummingbirds Café Peer Support</u> Healthy Babies UK, 4 Barrington Street, Tiverton, EX16 6PU, Every Monday 10.30 -12.30</p>	<p><u>Breast Buddies</u> Culm Valley Childrens Centre John Tallack Building Meadow Lane Cullompton EX15 1LL Every Tuesday (Term time only) 10.30- 12.00</p>	<p><u>BIBS (Breastfeeding Information Breastfeeding Support)</u> Old Haywards Community Room, Old Haywards School East Street, Crediton Devon Every Wednesday Term Time Only 10.00 – 11.30</p>	<p><u>Family Focus</u> Crediton Hospital, Markby Room, Crediton, EX17 3NH Every Thursday 9.30 - 11.00</p>	
		<p><u>Family Focus</u> Mid Devon Childrens Centre Lazenby Rd, Tiverton EX16 4AL Every Wednesday 9.30 - 11.00</p>	<p><u>Family Focus</u> Culm Valley Integrated Health Centre, Cullompton EX 15 1FE, Every Thursday 11.00 - 12.45</p>	



### NORTH DEVON



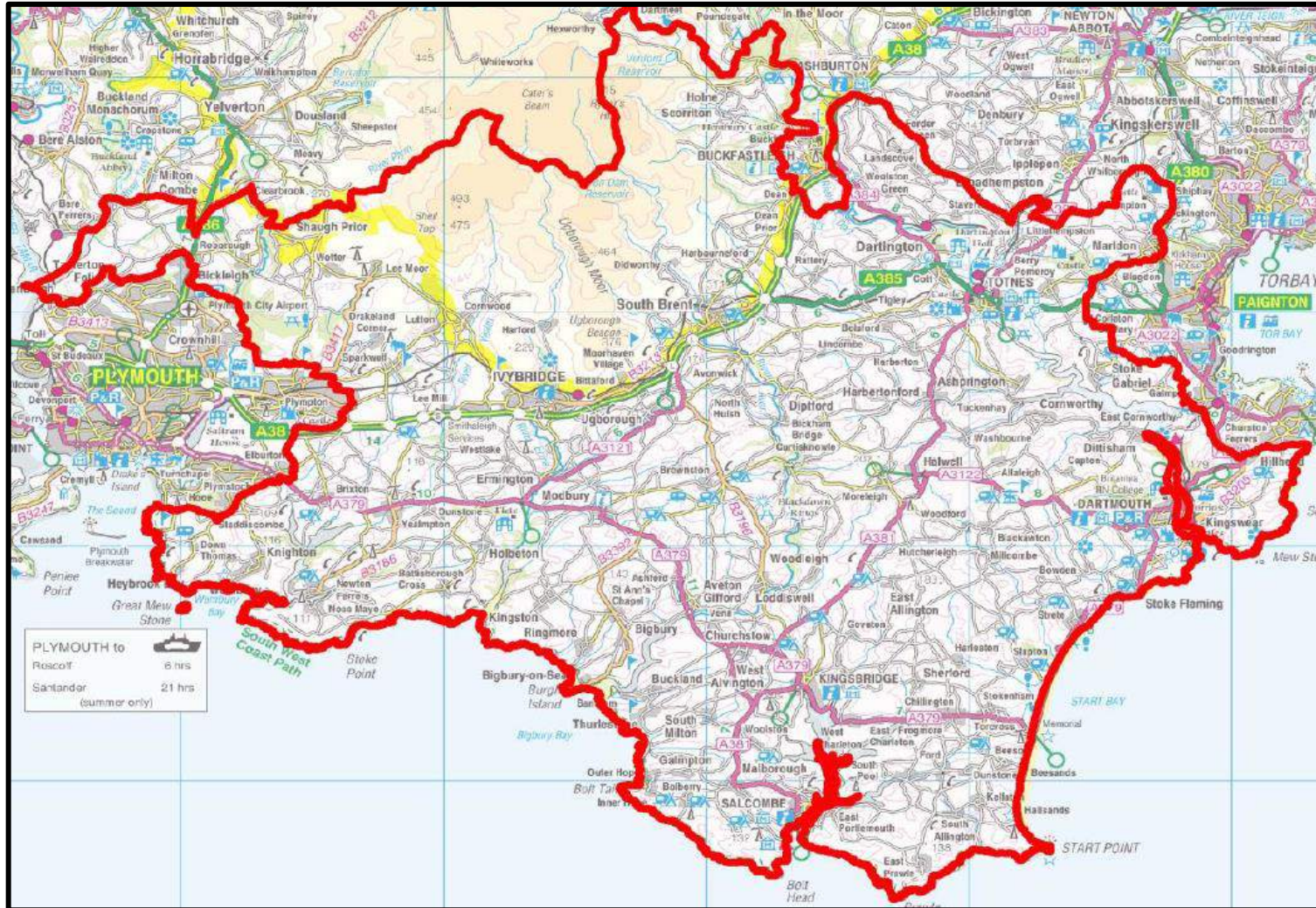
NORTH DEVON				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early Nourishment Feeding Drop in</u> Henry Williamson Room, Barnstaple Library 12 Tuly Street Barnstaple EX31 1EL Every Monday 10.00 - 12.00	<u>Early Nourishment Feeding Drop in</u> Bideford Bay Childrens Centre Victoria Park Kingsley Road Bideford EX39 2QQ Alternate Tuesdays 13.00 -14.30	<u>Breastfeeding support Group</u> Devon Antenatal and First Aid Hub, Boutport street, Barnstaple, EX31 1TD Every Wednesday 11.30 - 13.30	<u>Family Focus</u> South Molton Methodist Church Hall, North Street South Molton EX36 3AL Every Thursday 9.30 -11.30	<u>Family Focus</u> Forches Cross Childrens Centre, Forches Cross Primary School Forches Ave, Barnstaple, EX32 8EF Every Friday 9.00 - 11.00
<u>Family focus</u> Chivenor Church Royal Marine Base Braunton EX31 4AZ Every Monday 9.30 - 11.30	<u>Family Focus</u> Ilfracombe Children's Centre, Marlborough Rd, Ilfracombe, Devon, EX34 8JL, Every Tuesday 13:30 - 15:30	<u>Family Focus</u> Bideford Bay Childrens Centre, Victoria Park Kingsley Road Bideford EX39 2QQ Every Wednesday 13.30 -15.30		
	<u>Family Focus</u> Barnstaple Health Centre, Vicarage Street, Barnstaple, EX32 7PH Every Tuesday 13:30 - 15:30			

PLYMOUTH



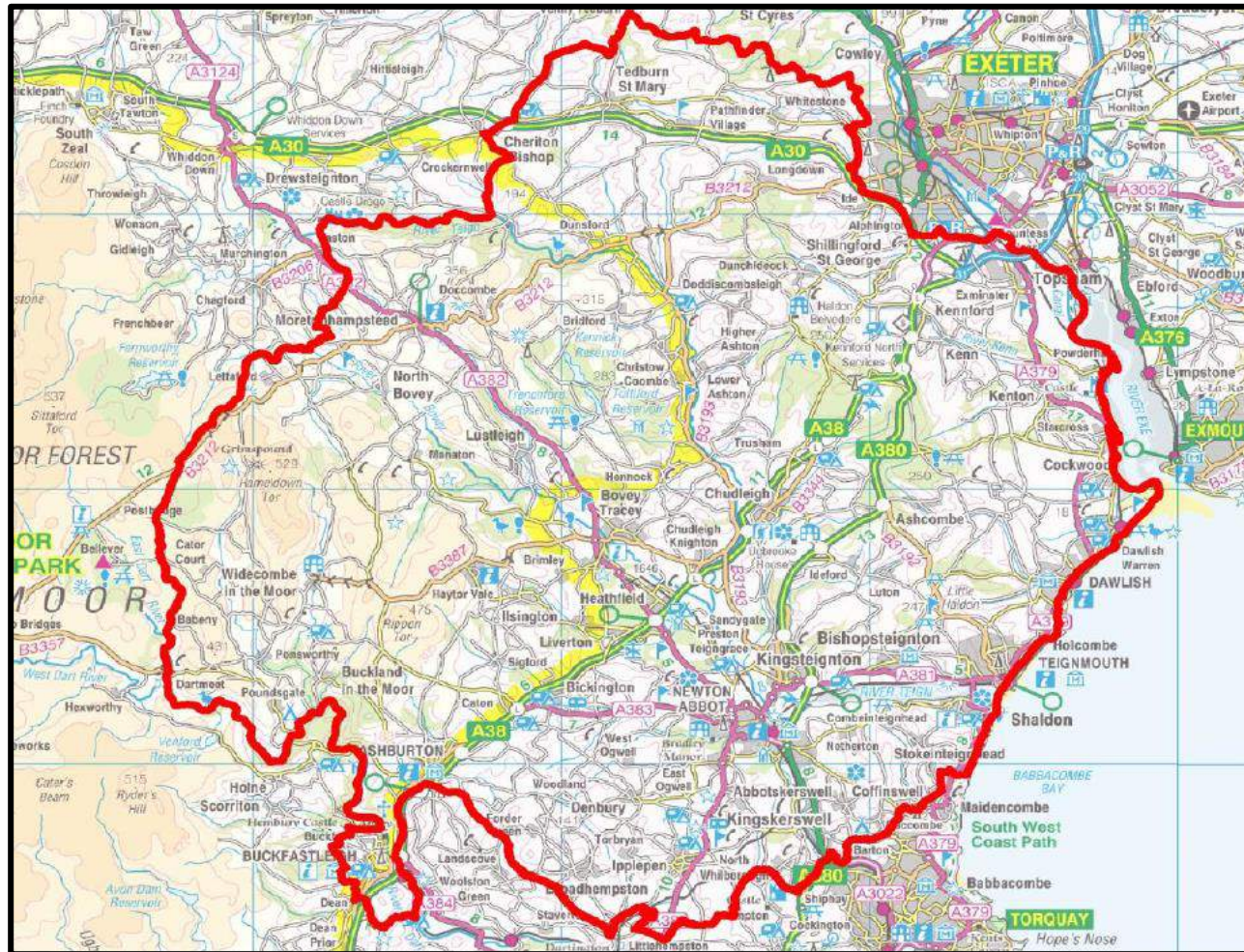
PLYMOUTH AREA				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Latch on Four Woods</u> Four Woods Children's centre, 415 Crownhill Road, Plymouth, PL5 2LN Every Monday 10.00 - 11.30	<u>Latch on DELL (Efford)</u> DELL Childrens centre 375 Blandford Road Efford Plymouth, PL3 6JD Every Tuesday 10.00 - 11.30	<u>Latch on Barne Barton</u> The Barn Kit Hill Crescent Barne Barton Plymouth, PL5 1EJ Every Wednesday 12.00 -13.00	<u>Latch on Whiteleigh</u> Four Greens Community Hub 15 Whiteleigh Green, Plymouth, PL5 4DD Every Thursday 10.00 – 11.00	<u>Latch on Peverell</u> Hope Baptist Church Peverell Park Road, Plymouth, PL3 4QG Every Friday 10.00 - 11.15
<u>Latch on Plympton</u> The Rees Centre Mudgeway, Plympton, Plymouth, PL7 2PS Every Monday 13.30 – 15.00	<u>Latch on Plymstock</u> St Marys church, Church Road (next to the Plymstock Inn) Plymstock PL9 9BD Every Tuesday 10.00 - 11.30	<u>Latch on Morice Town</u> Morice Town Childrens centre, Charlotte Street Plymouth, PL2 1RJ Every Wednesday 13.30 - 15.00	<u>Latch on Nomony</u> Cattedown Nomony Children's Centre 27 St Johns Road Cattedown, Plymouth, PL4 0PA Every Thursday 13.00 - 14.30	<u>NCT Crownhill</u> NCT Bumps and Babes Group Crownhill Family Centre Crownhill Fort Road Plymouth, PL6 5BX Every Friday 10.00 - 11.30
<u>Latch on Green Ark</u> (Devonport) Green Ark Children's Centre Fore Street Devonport Plymouth, PL1 4DW Every Monday 11:00 - 12.30pm	<u>Latch on North Prospect</u> Lark Beacon Hub 165 North Prospect Road Plymouth, PL2 2ND Every Tuesday 13.00 – 14.30	<u>Latch on Southernway</u> Southway Youth and Community Centre, Hendwell Close Plymouth , PL6 6DU Every Wednesday 09.30 - 10.45		
<u>Latch on Crownhill</u> Crownhill Family Centre, Crownhill Fort Road Plymouth, PL6 5BX Every Monday 1:00 - 2.30pm				

### SOUTH HAMS



SOUTH HAMS				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Ivybridge Latch on</u> Ivybridge Methodist Church, Fore Street, Ivybridge PL21 9AB. Every Monday 10.00 - 11.30	<u>Family Focus</u> South Hams Hospital, Plymouth Road Kingsbridge TQ7 1QR Every Tuesday 9.30 - 11.00	<u>NCT Breastfeeding support Group</u> Totnes Library The Mansion Fore Street Totnes TQ9 5RP Every Wednesday 10 -12	<u>Dartmouth Nurslings</u> Flavel Church Mayors Avenue Dartmouth, TQ69NF Every Thursday 10.30 - 12.00	<u>Family Focus</u> Dartmouth Childrens Centre Milton Lane TQ6 9HW Every Friday 9.30 -11.00
<u>Family Focus</u> The Den South Brent Primary School Totnes Road South Brent TQ10 9JN 1st and 3rd Mon only 13.00 – 14.30		<u>Family Focus</u> South Hams Childrens Centre Pathfields Totnes TQ9 5TZ Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday 9.30 - 11.30	<u>Family Focus</u> Ivybridge Library The Watermark Ivybridge PL21 0SZ Every Thursday 10.30 - 12.00	
		<u>Kingsbridge Nurslings</u> Kingsbridge Family Church Baptist Lane Fore Street Kingsbridge Devon TQ7 1QD Every Wednesday 10-12		

### TEIGNBRIDGE



TEIGNBRIDGE				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Family Focus</u> Teignbridge Childrens Centre (Newton Abbot) Coronation Road, Highweek, Newton Abbot TQ12 1TX 1<sup>st</sup> and 3<sup>rd</sup> Monday 9.15 - 11.15</p>	<p><u>Family Focus</u> Child Health Clinic Dawlish Community Hospital Barton Terrace Dawlish EX7 9QH 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday 10.00 - 12.00</p>	<p><u>Family Focus</u> St Andrews Hall St Andrews Cl, Ashburton, TQ13 7DT 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 10.00 - 11.30</p>	<p><u>Teign Valley Breastfeeding Support Group.</u> Teign Valley Community Hall, Christow EX6 7WA. Every Thursday 10.30 - 12.30</p>	<p><u>Bosom Buddies</u> Teignbridge Children's Centre (Teignmouth), Mill Lane, Teignmouth, TQ14 9BQ, Every Friday 09.30 - 11.30</p>
<p><u>Family Focus</u> ABC Childrens Centre St Luke's Church (rear) Buckfastleigh TQ11 0DA 2<sup>nd</sup> and 4<sup>th</sup> Monday 13.00 - 14.30</p>	<p><u>Family Focus</u> Kingsteignton Community Hall Rydon Rd, Kingsteignton TQ12 3LP 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 12.30 – 14.00</p>	<p><u>Family Focus</u> Teignbridge Children's centre (Teignmouth), Teignmouth Hospital, Mill Lane Teignmouth TQ14 9B Every Wednesday 13.00 - 15.00</p>	<p><u>Family Focus</u> Buckland Community Centre, Gilbert Road, Buckland, Newton Abbot, TQ12 4HS Every Thursday 13.30 - 15.30</p>	<p><u>Family Focus</u> Teignbridge Childrens Centre (Moorsedge) St Catherine's School, Musket Rd, Heathfield, TQ12 6SB Every Friday 9.15 - 11.15</p>



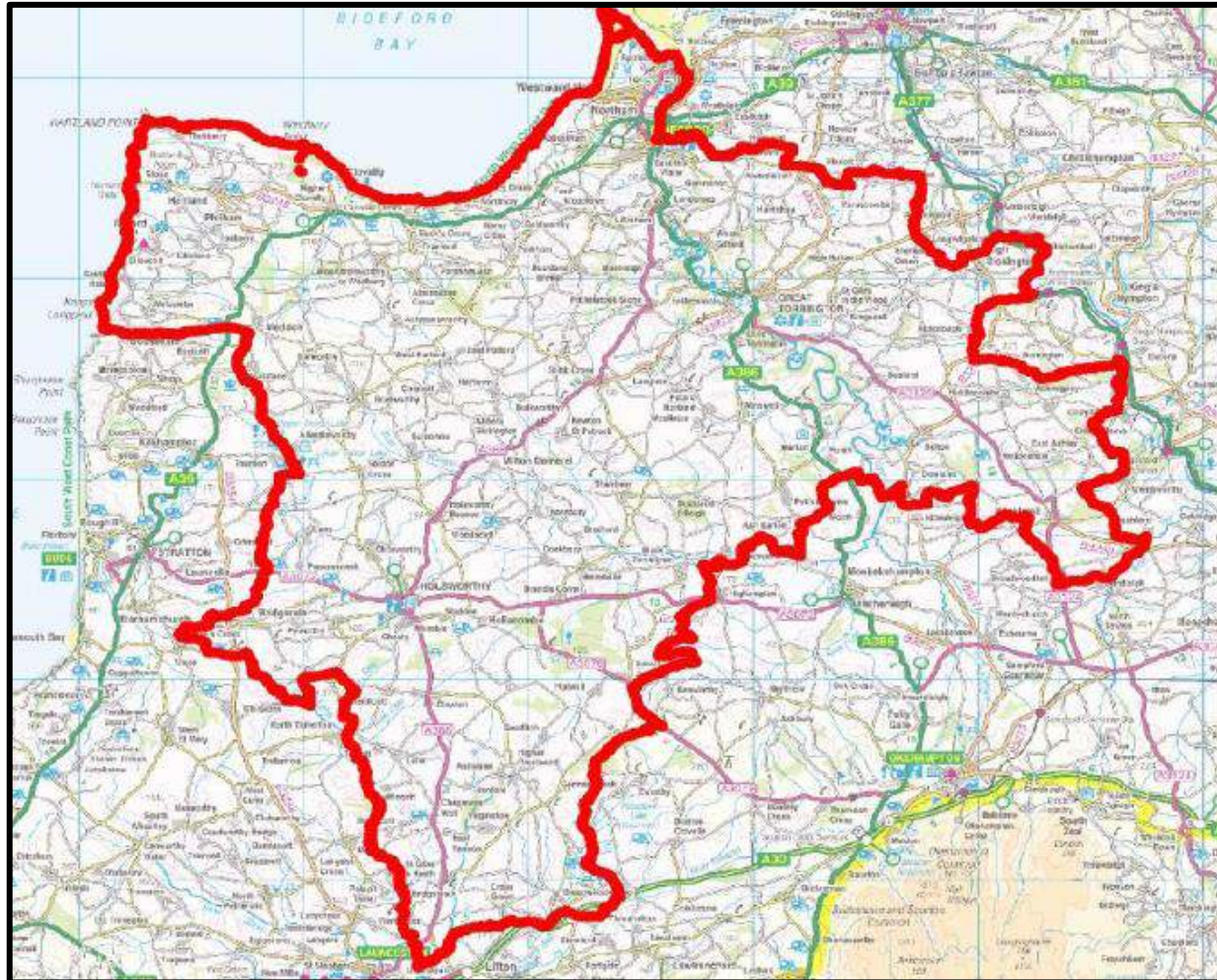
TORBAY



TORBAY				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Baby Café</u> The Beehive Paignton Enterprise Centre Bishops Place Paignton, TQ3 3DZ Every Monday 10.00 - 11.30	<u>Child Health Clinic</u> The Barn Enterprise Estate Rea Barn Road, Brixham, TQ5 9DF Every Tuesday 9.00 - 10.30	<u>Child Health Clinic</u> Chelston Hall Medical Practice Old Mill Road, Torquay, TQ2 6HW Every Wednesday 9.00 – 11.30	<u>Child Health Clinic</u> Paignton Health and Wellbeing Centre (Corner Place Team), Church Street, Paignton, TQ3 3AG Every Thursday 10.00 - 12.00	<u>Baby café .</u> Zig Zag Children Centre Market St, Torquay TQ1 3AQ Every Friday 10.00 - 11.30
	<u>Child Health Clinic</u> Barton Surgery Lymington House Barton Hill Road Torquay, TQ2 8JG Every Tuesday 9.30am – 11.30	<u>Child Health Clinic</u> Castle Circus Health Centre, Abbey Road, Torquay, TQ2 5YH 2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Wednesday of each month 9.30-11.30	<u>Child Health Clinic</u> Brixham Hospital Greenswood Road, Brixham, TQ5 9HW Every Thursday 1.30 -3.00	<u>Child Health Clinic</u> Roselands Nursery (Mayfield Team) Porlock Way, Paignton TQ4 7RH Every Friday 9.30am – 11.30
	<u>Child Health Clinic</u> Croft Hall Medical Practice 19 Croft Road Torquay, TQ2 5UA Every Tuesday 10.00 – 12.00	<u>Child Health Clinic</u> Preston Baptist Church (Pembroke Team) Old Torquay Road Paignton TQ3 2RB Every Wednesday 9.30 - 11.30		
	<u>Child Health Clinic</u> The Barn Childrens Centre Rea Barn Road Brixham TQ5 9DF Every Tuesday 9.00 - 10.30			

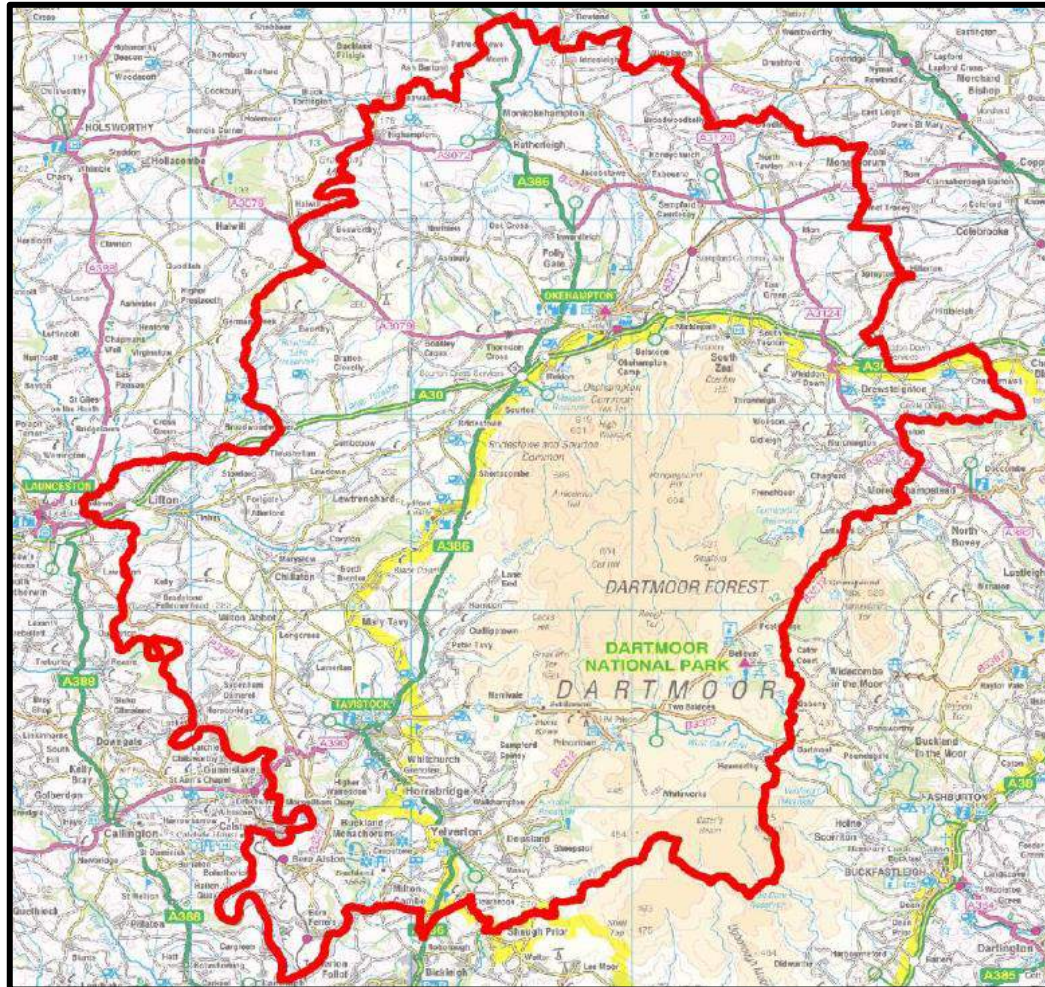
	<p>Child Health Clinic Old Farm Surgery 67 Foxhole Road Paignton, TQ3 3TB Every Tuesday 10.00 - 12.00</p>			
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### TORRIDGE



TORRIDGE				
Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Family Focus</u> Child Health Drop in Torrington Children's Centre, Borough Road, Torrington, EX38 7NU Every Tuesday 9.30 - 11.00	<u>Family Focus</u> Great Oak Meadow, Holsworthy EX22 6EX Every Wednesday 13.30 - 15.00		

### WEST DEVON



WEST DEVON				
Monday	Tuesday	Wednesday	Thursday	Friday
		<u>Boobie Babies</u> Tavistock Area Children's Centre Abbey Rise Tavistock PL19 9FD Every Wednesday 10.00 - 11.30	<u>Family Focus</u> Ockment Centre North St, Okehampton EX20 1AR Every Thursday 9.30 - 11.30	
		<u>Family Focus</u> Tavistock Children's Centre, Abbey Rise, Tavistock PL19 9FD, Every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday 14.00 - 15.30pm		

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A trained Breastfeeding practitioner/peer supporter or Health professional is present at all of these groups.  
 These groups are free to attend.