

Breastfeeding Support groups within Devon



October 2019

All information has been obtained via local practitioners working within these areas, therefore many of these organisations are voluntary organisations. This list forms a mixture of health-based services and community voluntary services. We recognise the value of the voluntary sector in supporting parents.

An accredited trained Breastfeeding Counsellor/ practitioner/peer supporter or Health professional is reported to be present at all these groups.

These groups are free to attend.

This list often changes – to check for current information you can access the most up to date list on <https://www.devon.gov.uk/positive-about-breastfeeding/> or via the Maternity Voice Partnership website on <https://www.devoncommunities.org.uk/devon-maternity-voices-partnership>

EAST DEVON

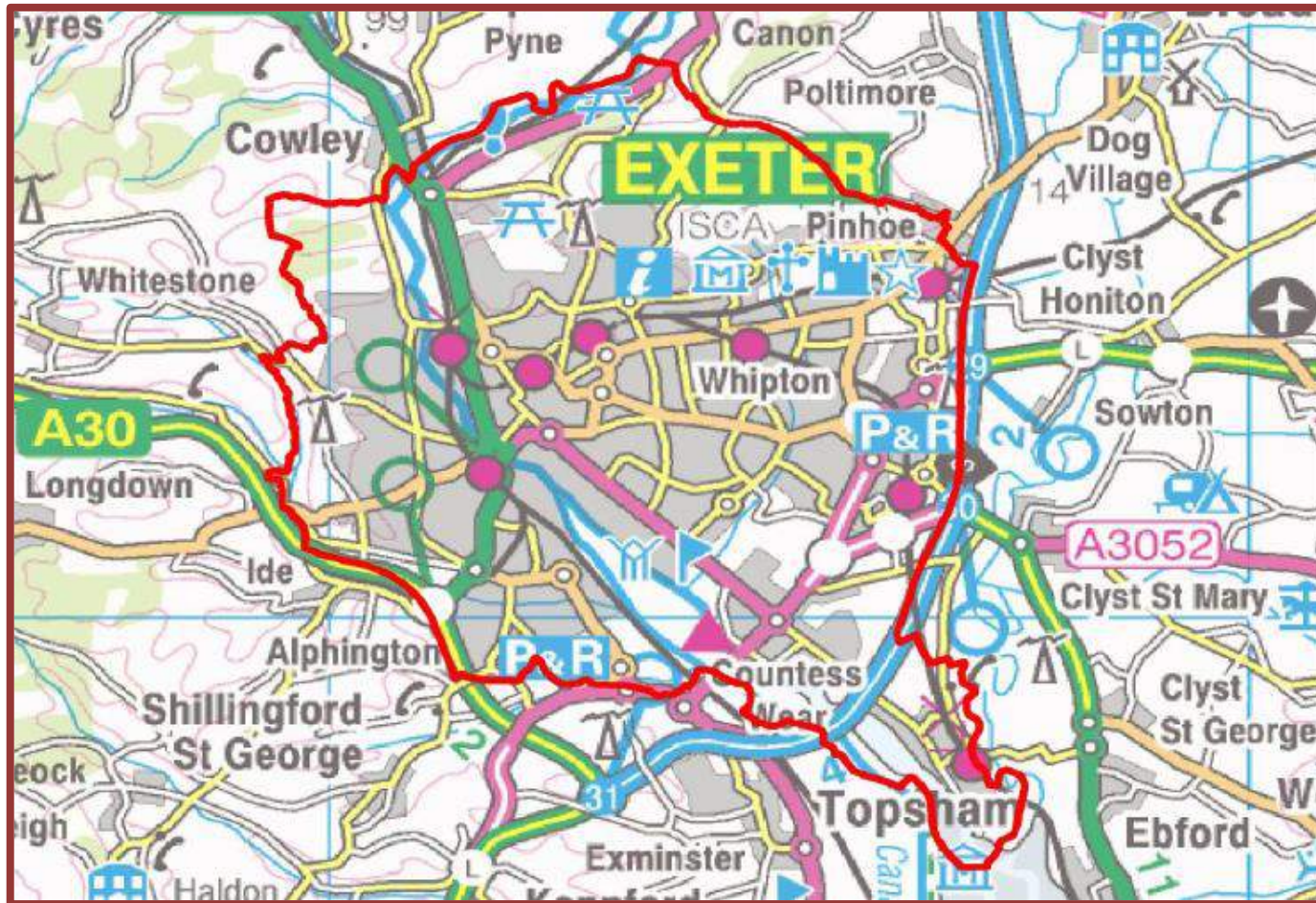


EAST DEVON

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

| | | | | |
|--|--|--|--|--|
| | | <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 | | |

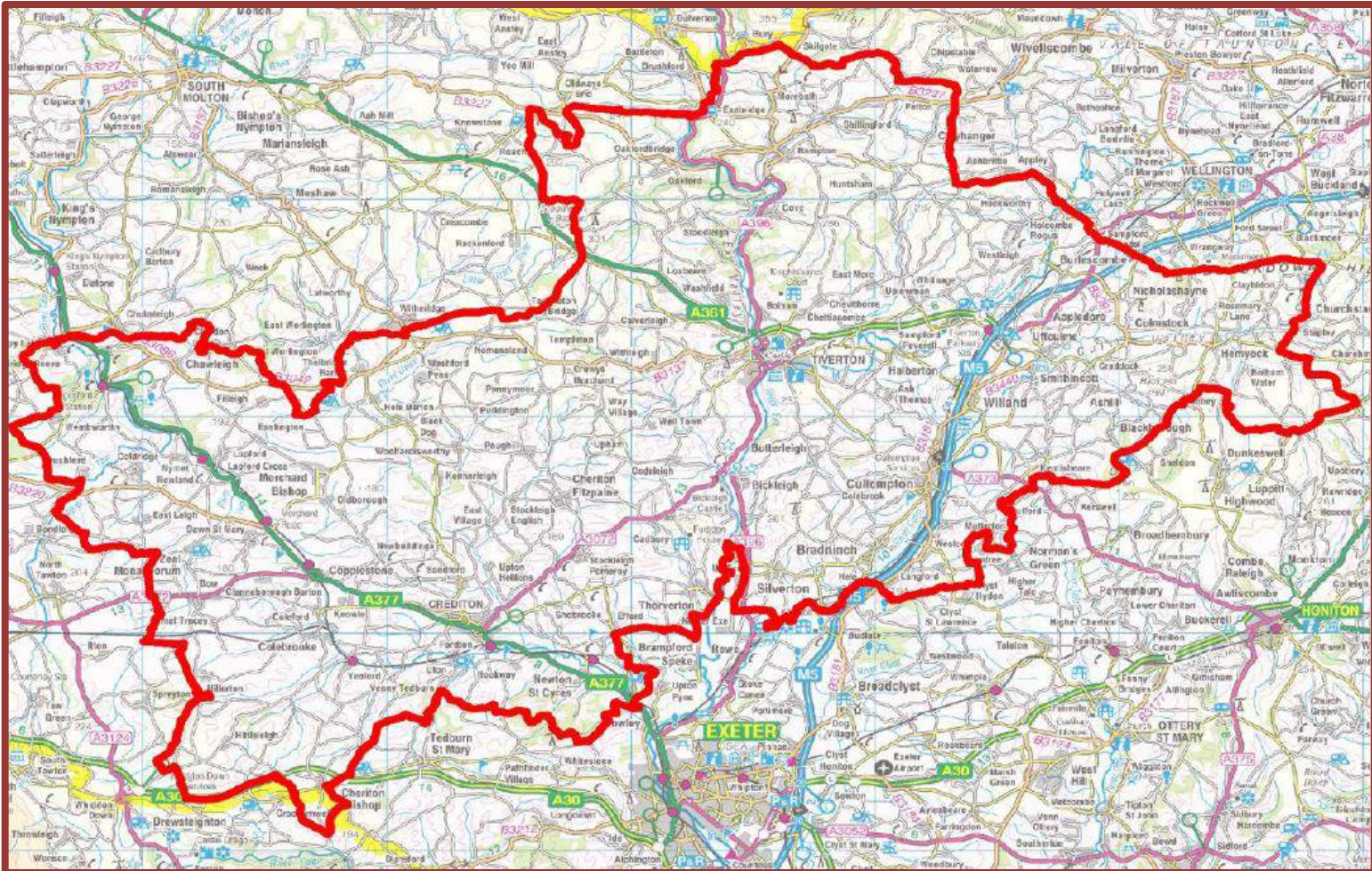
EXETER



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> | | | |

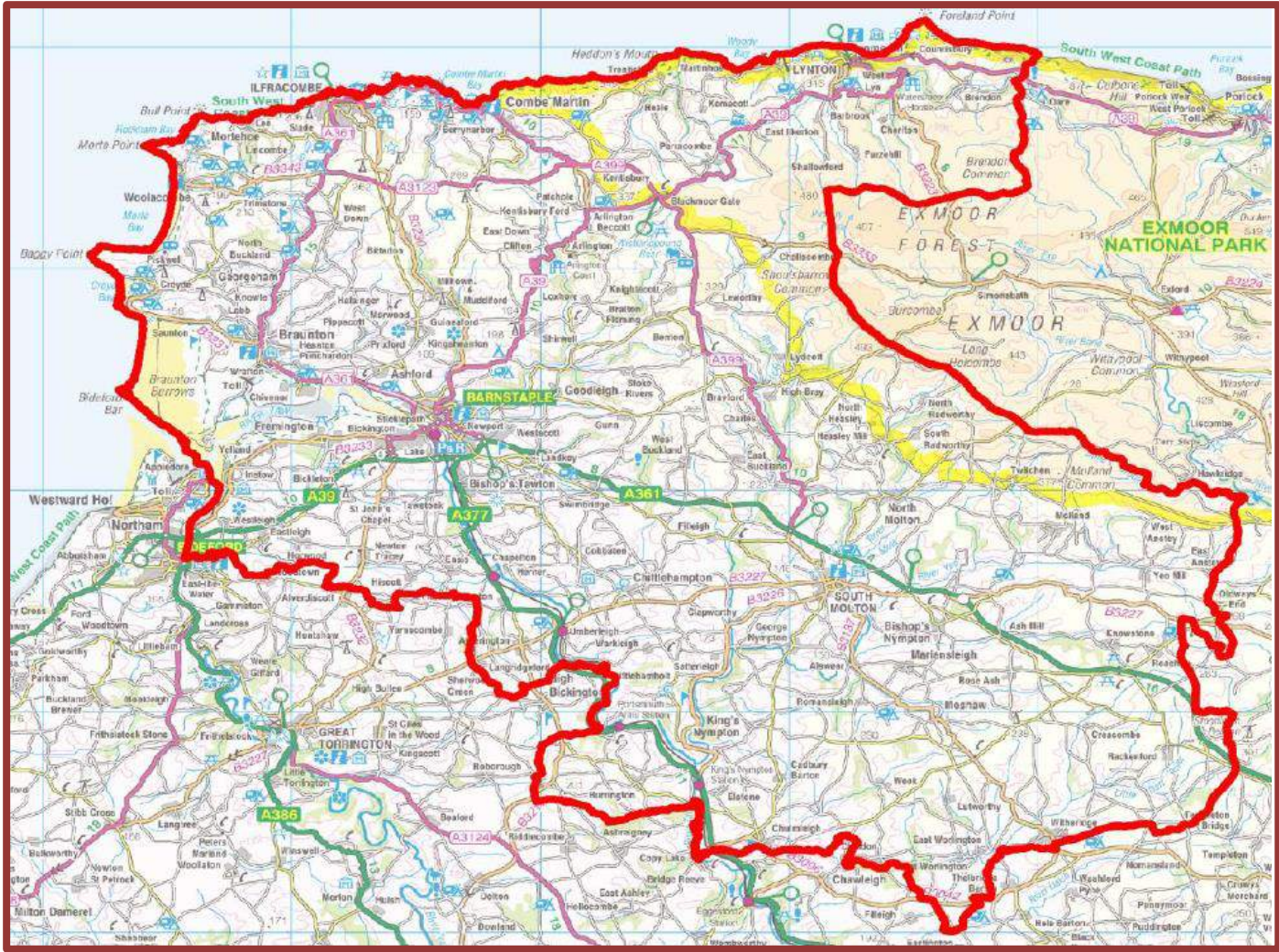
MID DEVON



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> | |

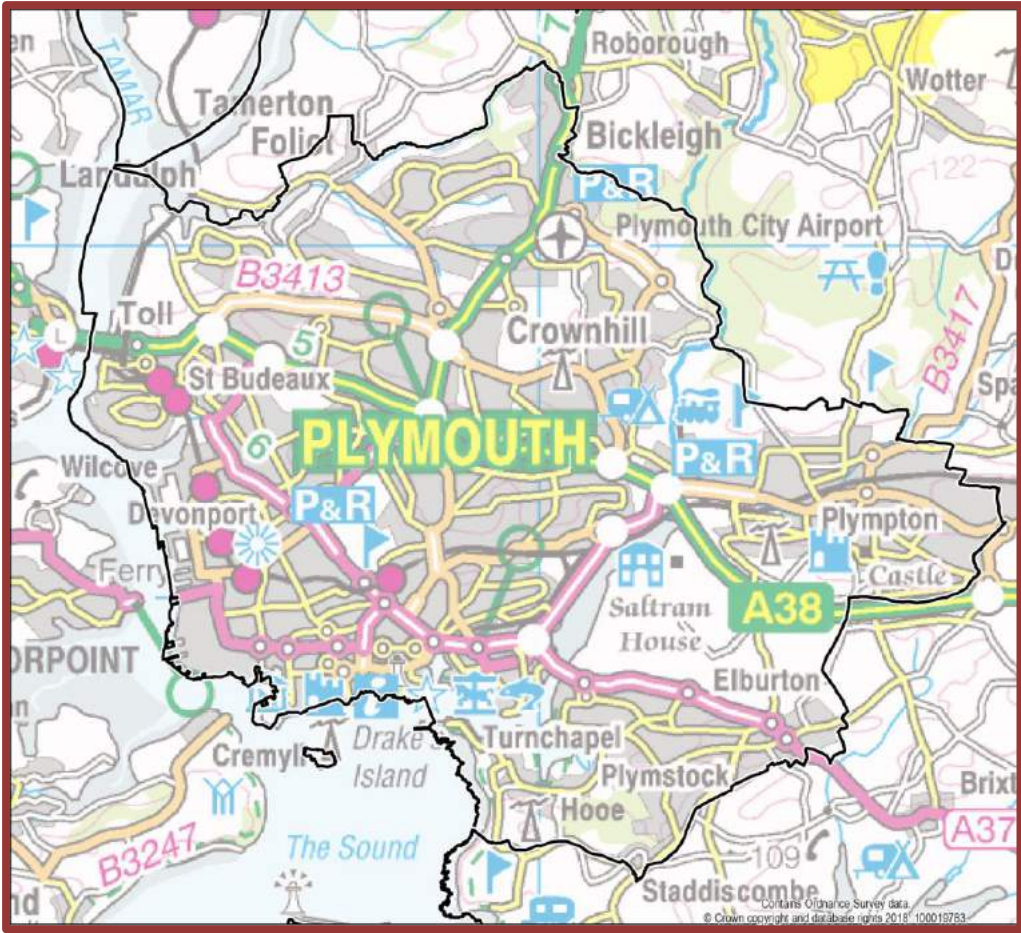
NORTH DEVON



NORTH DEVON

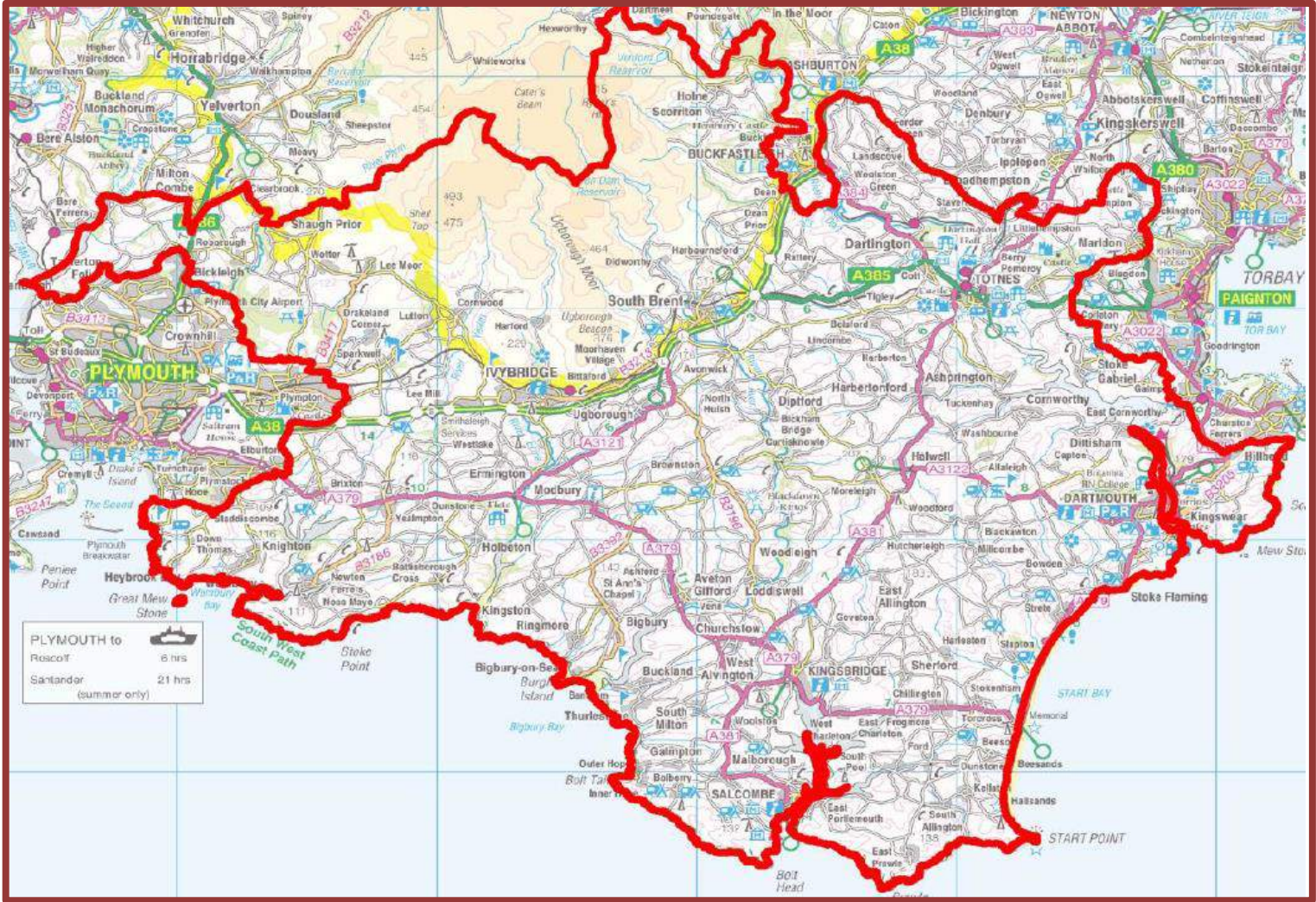
| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p><u>Early Nourishment Feeding Drop in</u> Henry Williamson Room, Barnstaple Library 12 Tuly Street Barnstaple EX31 1EL Every Monday 10.00 - 12.00</p> | <p><u>Early Nourishment Feeding Drop in</u> Bideford Bay Childrens Centre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

PLYMOUTH



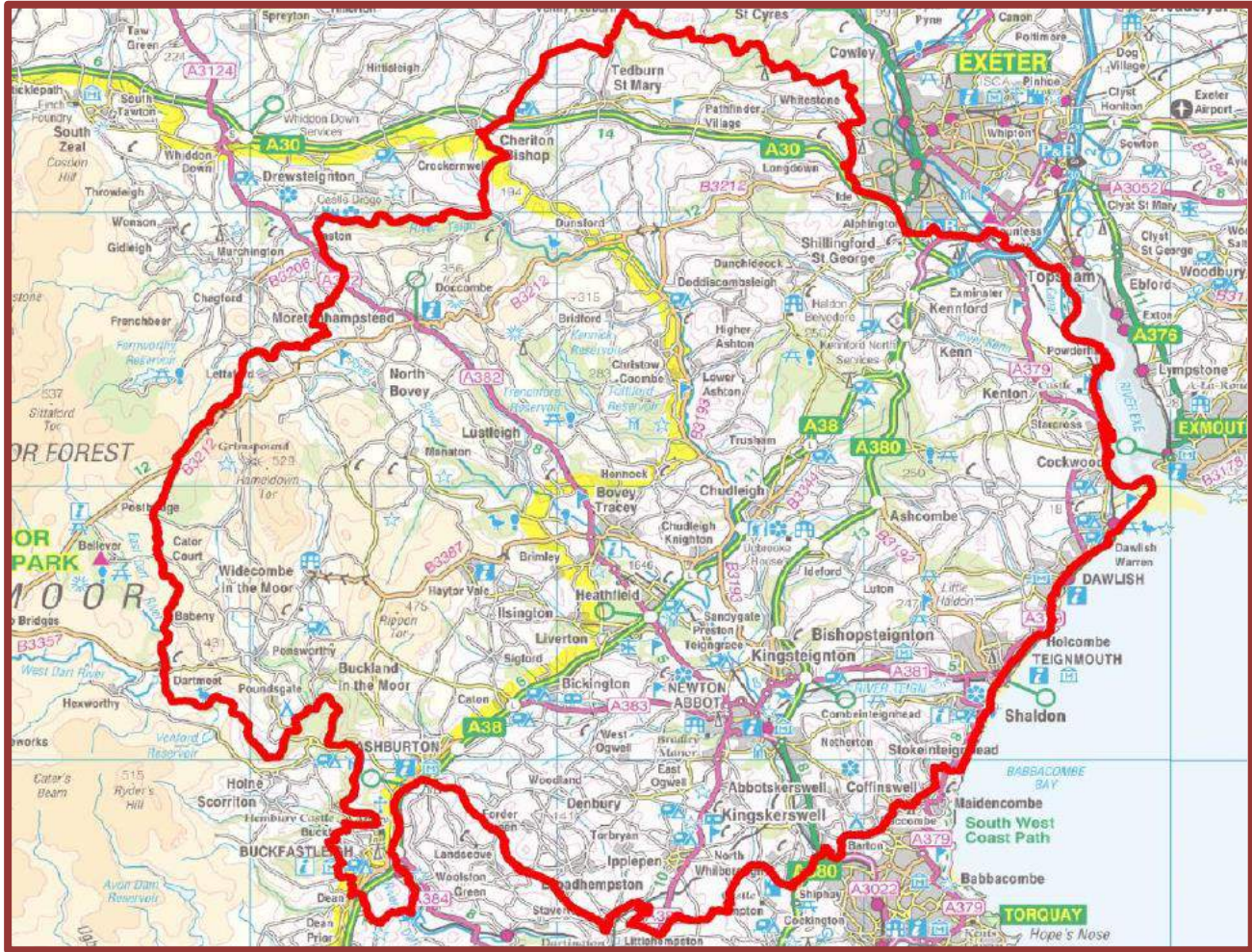
| PLYMOUTH | | | | |
|---|--|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <u>Latch on Four Woods</u> Four Woods Children's centre, 415 Crownhill Road, Plymouth, PL5 2LN Every Monday 10.00 - 11.30 | <u>Latch on DELL (Efford)</u> DELL Childrens centre 375 Blandford Road Efford Plymouth, 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



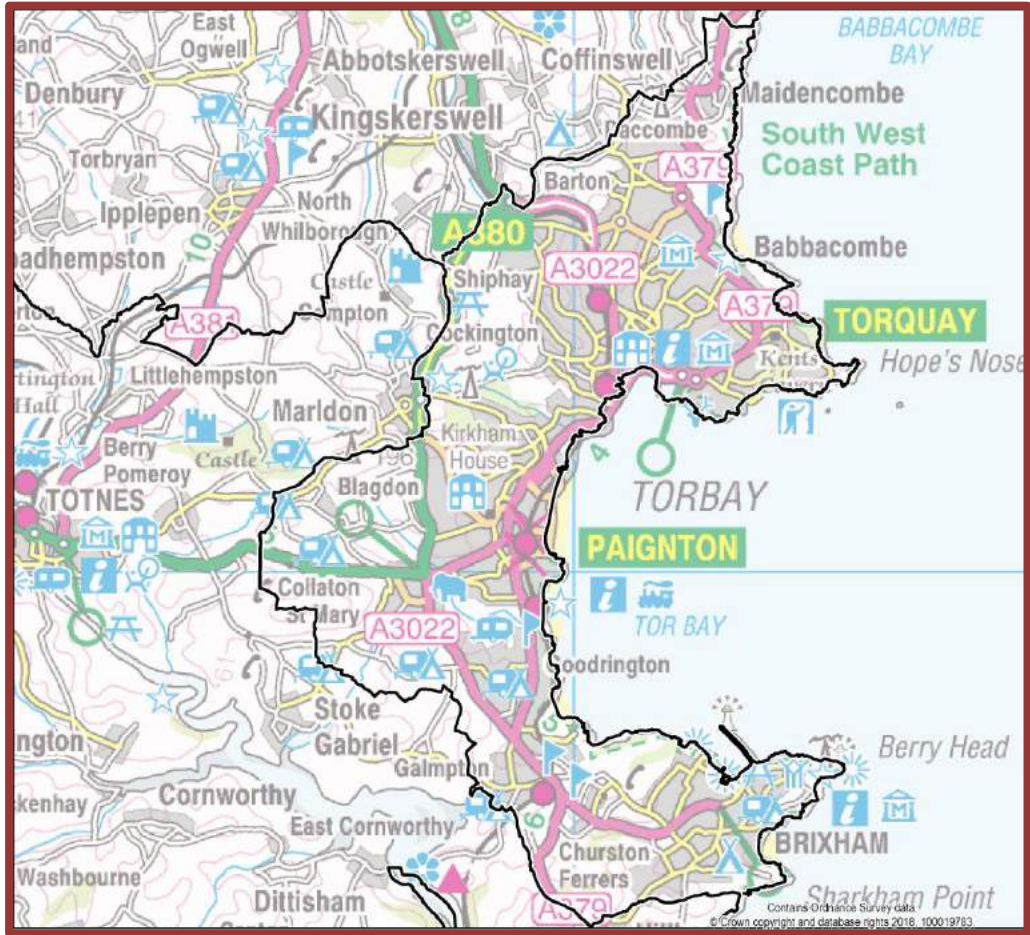
| SOUTH HAMS | | | | |
|---|--|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p><u>Ivybridge Latch on</u> Ivybridge Methodist Church, Fore Street, Ivybridge PL21 9AB. Every Monday 10.00 - 11.30</p> | <p><u>Family Focus</u> South Hams Hospital, Plymouth Road Kingsbridge TQ7 1QR Every Tuesday 9.30 - 11.00</p> | <p><u>NCT Breastfeeding support Group</u> Totnes Library The Mansion Fore Street Totnes TQ9 5RP Every Wednesday 10 -12</p> | <p><u>Dartmouth Nurslings</u> Flavel Church Mayors Avenue Dartmouth, TQ69NF Every Thursday 10.30 - 12.00</p> | <p><u>Family Focus</u> Dartmouth Childrens Centre Milton Lane TQ6 9HW Every Friday 9.30 -11.00</p> |
| <p><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</p> | <p><u>Totnes Nurslings</u> Totnes United Free Church 56 Fore Street Totnes TQ9 5RU Every Tuesday 10.00-11.30</p> | <p><u>Family Focus</u> South Hams Childrens Centre Pathfields Totnes TQ9 5TZ Every 2nd and 4th Wednesday 9.30 - 11.30</p> | <p><u>Family Focus</u> Ivybridge Library The Watermark Ivybridge PL21 0SZ Every Thursday 10.30 - 12.00</p> | |
| | | <p><u>Kingsbridge Nurslings</u> Kingsbridge Family Church Baptist Lane Fore Street Kingsbridge Devon TQ7 1QD Every Wednesday 10-12</p> | | |

TEIGNBRIDGE



| TEIGNBRIDGE | | | | |
|---|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p><u>Family Focus</u> Teignbridge Childrens Centre (Newton Abbot) Coronation Road, Highweek, Newton Abbot TQ12 1TX 1st and 3rd Monday 9.15 - 11.15</p> | <p><u>Family Focus</u> Child Health Clinic Dawlish Community Hospital Barton Terrace Dawlish EX7 9QH 1st & 3rd Tuesday 10.00 - 12.00</p> | <p><u>Family Focus</u> St Andrews Hall St Andrews Cl, Ashburton, TQ13 7DT 1st and 3rd Wednesday 10.00 - 11.30</p> | <p><u>Teign Valley Breastfeeding Support Group</u> supported by ABM Breastfeeding Counsellors. 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 2nd and 4th Monday 13.00 - 14.30</p> | <p><u>Family Focus</u> Kingsteignton Community Hall Rydon Rd, Kingsteignton TQ12 3LP 2nd and 4th 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> |

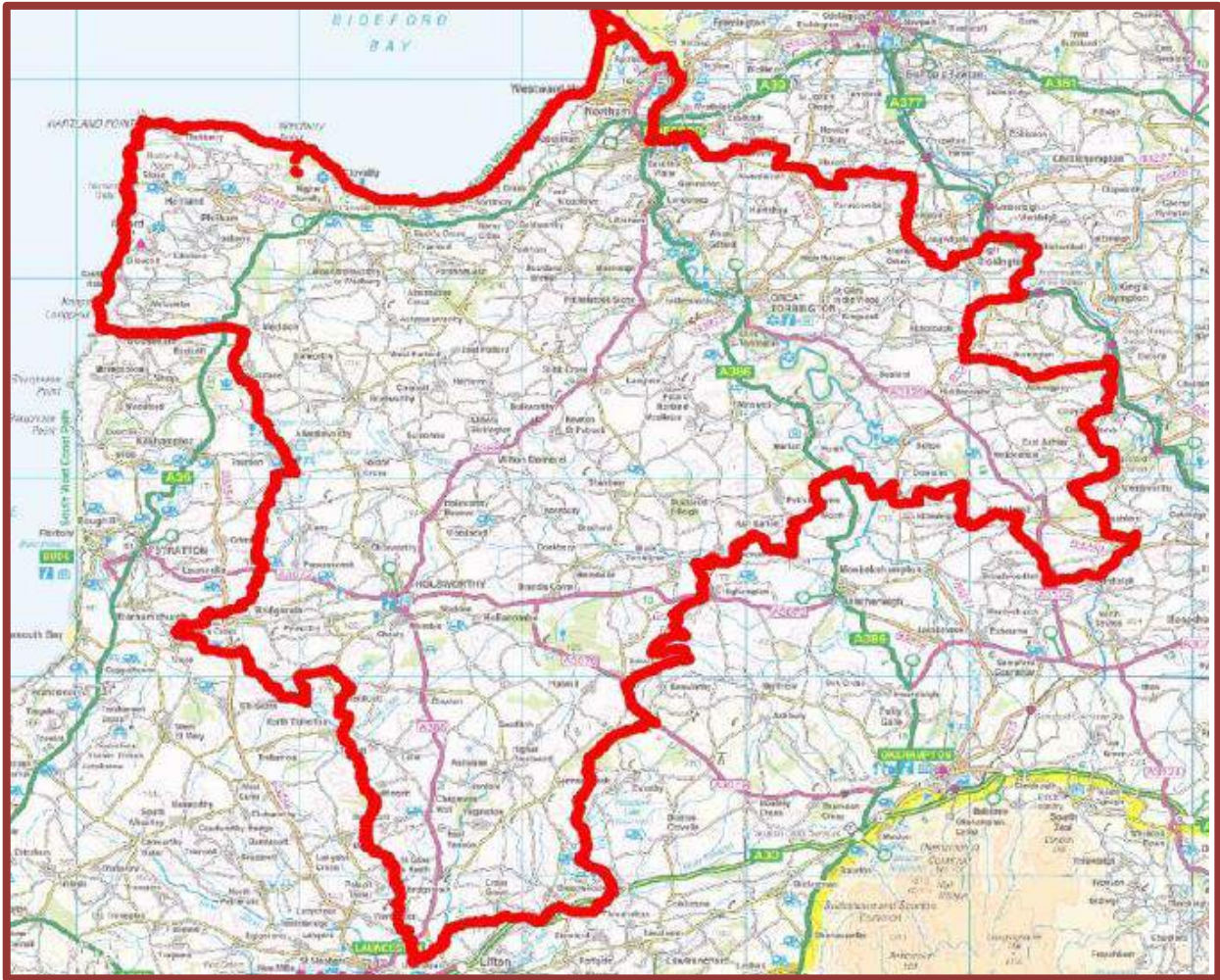
TORBAY



| 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> The ROC Centre in Chelston 6a Old Mill Road Chelston Torquay TQ2 6AU 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 nd , 3 rd and 4 th 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 | | | |

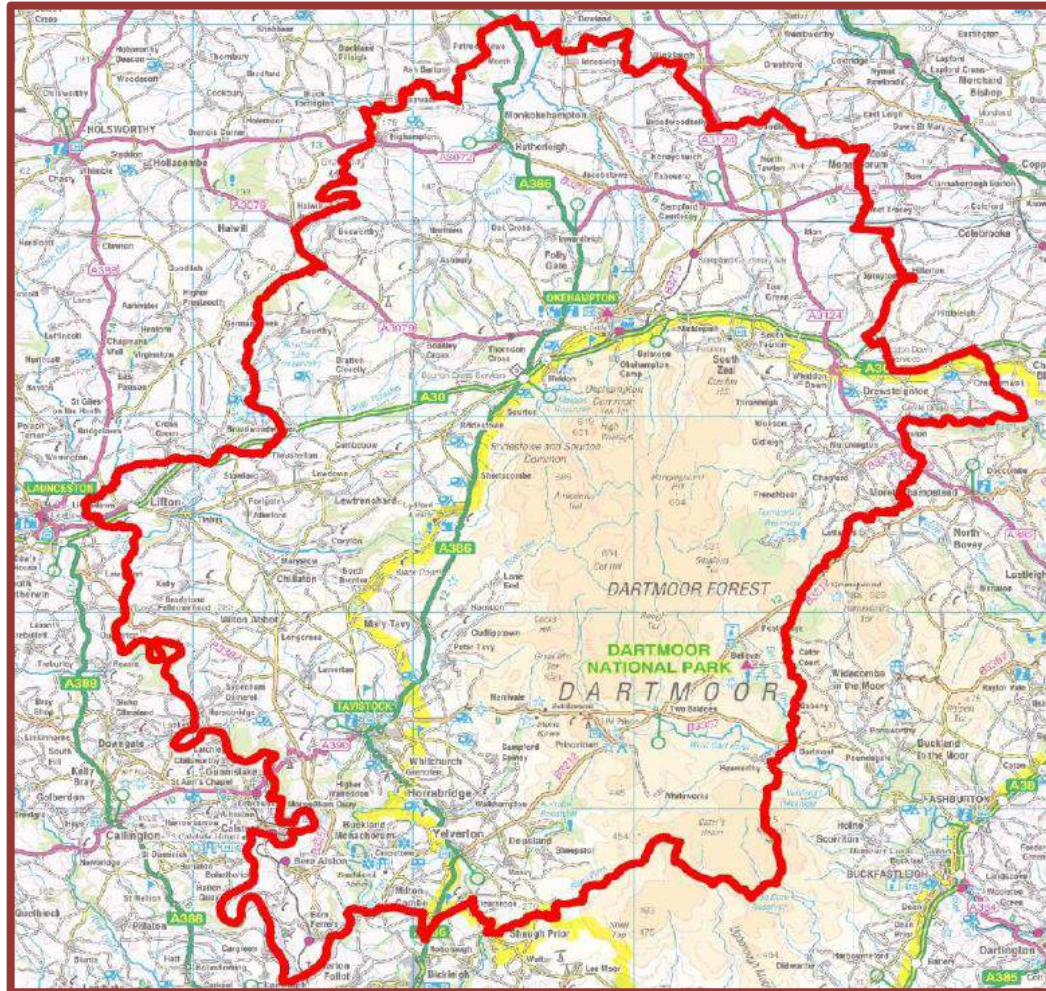
| | | | | |
|--|--|--|--|--|
| | <u>Child Health Clinic</u> Old Farm Surgery 67 Foxhole Road Paignton, TQ3 3TB Every Tuesday 10.00 - 12.00 | | | |
|--|--|--|--|--|

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