



(Baby and Breastfeeding Encouragement and Support)

Are you breastfeeding your baby or thinking about it?

Why not come along to our BABES group?



Our Baby and Breastfeeding Encouragement and Support groups (known as BABES) offer a welcoming atmosphere, tips, and also practical ways of helping mums to enjoy their breastfeeding experience and help you with any concerns.

It is an opportunity for you and your baby to meet new people in an enjoyable place. BABES groups also welcome parents to-be who are considering feeding choices.

Day and time : Monday from 09:30 – 11:00
Venue : Ashfield North Family Hub – Summer House

If you are interested in BABES and you want to see if it's right for you and your baby:

- Get in touch by phone, email (details below)
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.
- Drop into the BABES group.

T: 0115 9773741
E: FHAshfield@nottscc.gov.uk
W: nottinghamshire.gov.uk/care/familyhubs