

## TREASURE CHEST



## Breastfeeding Group

*“I was really relieved when I heard about Treasure Chest, they sorted out my problems in no time”*

*“Treasure Chest are brilliant!”*

*“I was on the verge of giving up breastfeeding as it had become a real struggle, but then I found Treasure Chest who was so supportive. I got some great tips and information that I’m proud to still be exclusively breastfeeding my 5 month old and enjoying every minute”*

# Treasure Chest Breastfeeding Group

**We promote, support and encourage breastfeeding in the York area**

Treasure Chest Breastfeeding Group was established in 2005 by a group of health professionals and local women who had an interest in breastfeeding and in helping empower other women to breastfeed.

Treasure Chest aims to promote, support and encourage breastfeeding by:

- supporting breastfeeding groups in the York area
- educating mothers, their families and the wider community at all stages both antenatally and postnatally
- improving the experience of local breastfeeding mothers and increasing the length of time for which they breast feed
- training peer supporters
- liaising with other like minded groups

Breastfeeding Support is available in a range of ways, including workshops, hospital visiting, drop-in groups and by email.

We run training courses for local mothers to train as breastfeeding peer supporters in order to provide practical breastfeeding support and accurate information. All our peer supporters are CRB checked.

### Why Choose Us?

Firstly, we are all mothers who have breastfed, just like you and we have experienced first hand the challenges and rewards that breastfeeding brings.

Secondly, we have recent and ongoing breastfeeding support training so should be able to give you an up to date and overall view of the breastfeeding experience, not just tell you what happened to us.

Thirdly, we are all volunteers so we are not working ‘to the clock’ we can offer you as much time as you need to support you in resolving any issues you may have. And finally, we adopt a strictly ‘hands off’ approach.

We try to support you while you figure out what works best for you and your baby, rather than dictating what you should and shouldn’t do. We believe that this gives you the best chance to establish and continue with successful breastfeeding.

**If you are pregnant or breastfeeding then come to one of our Drop-in groups for FREE friendly support and information**

**Mondays: 12:30pm – 1:30pm (Term-time only)  
at Oaken Grove Community Centre, Haxby, York YO32 3QW**

**Thursdays: 1:00pm – 2:30pm  
at The Knavesmire Children's Centre, Trafalgar Street, York YO23 1HY**

**Fridays: 9:30am – 11:30am (Run in conjunction with health visitors)  
at The Global Centre, Low Poppleton Lane, York YO24 6BB**

**We advise you check our website or email us for up to date times and venues before attending**

For more information visit us at [www.treasurechest.org.uk](http://www.treasurechest.org.uk) or email [support@treasurechest.org.uk](mailto:support@treasurechest.org.uk)

**You can also contact the National Breastfeeding Helpline on 0300 100 0212**