



Breastfeeding Support & Social Groups are social support groups for all families feeding their babies breastmilk either directly from the breast, or via a bottle, exclusively or in combination with formula.

They can be found in the following places:

Your Baby - Your Milk - You're Welcome

Bedford Borough	Day	Time
Daisy Hill Family Hub Hillgrounds Road, Kempston, Bedford, MK42 8QH	Monday	09.30 – 11.30
Queens Park Family Hub Marlborough Road, Bedford, MK40 4LE	Tuesday	09.30 – 11.30
Cherry Trees Family Hub Hawkins Road, Bedford, MK42 9LS	Wednesday	13.30 – 15.00
St Mary's Church Hall Church Lane, Goldington, MK41 0AN	Thursday	11.00 – 12.15
Pinecones Family Hub Slade Walk, Bedford, MK41 7SA	Friday	09.30 – 11.30
Central Bedfordshire	Day	Time
Flitwick Children's Centre, Flitwick, MK45 1PU	Monday	13.30 – 15.00
Sandy Children's Centre, Sandy, SG19 1HQ **changing to 09:30 – 11:00 from 21st July 2026**	Tuesday	11.00 – 12.30
Dunstable Children's Centre, Downside, LU5 4AS	Thursday	13.00 – 14.30
Biggleswade Library, Biggleswade, SG18 0LL	Thursday	13.30 – 15.00
Shefford Children's Centre, Shefford, SG17 5XA	Friday	11.30 – 13.00
Leighton Buzzard CC, Leighton Buzzard, LU7 1EW	Friday	10.00 – 11.30
Houghton Regis CC, Parkside Site, LU5 5QN	Friday	10.30 – 12.00
Luton	Day	Time
Luton Central Library Family Hub St George's Square, Luton, LU1 2NG	Monday	13:00 – 14:30
Hockwell Ring Community Centre and Family Hub Mayne Avenue, Leagrave, Luton, LU4 9LB	Tuesday	13:00 – 15:00
Park Town Family Hub Bailey Street, Luton, LU1 3DU	Wednesday	09:30 – 11:30
Luton Central Library Family Hub St George's Square, Luton, LU1 2NG	Wednesday	14:00 – 15:00
St Francis Church Carteret Road, Luton, LU2 9JZ	Thursday	09:30 – 11:30
Pastures Way Nursery Pastures Way, Luton, LU4 0PE	Friday	09.30 – 11.30

For further information speak to your health visitor (0300 555 0606) or visit:

[NHS Bedfordshire Children & Young People's Services Facebook Page \(@BedsCYP\)](#) or
www.bedslutonchildrenshealth.nhs.uk/baby-friendly