



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 Malham Close, Flitwick, MK45 1PU	Monday	13.30 – 15.00
Sandy Children's Centre Laburnum Road, Sandy, SG19 1HQ	Tuesday	09.30 – 11.00
Dunstable Downside Children's Centre Oakwood Avenue, Dunstable, LU5 4AS	Wednesday	10.30 – 12.00
Biggleswade Library 1 Chestnut Avenue, Biggleswade, SG18 0LL	Thursday	13.30 – 15.00
Shefford Children's Centre School Lane, Shefford, SG17 5XA	Friday	11.30 – 13.00
Leighton Buzzard Children's Centre East Street, Leighton Buzzard, LU7 1EW	Friday	10.00 – 11.30
Houghton Regis Children's Centre, Parkside Site Parkside Drive, Houghton Regis, 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	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	10.30 – 11.30

Information correct at time of writing – please check your Children's Centre, Family Hub or Flying Start programme for the most up to date details.

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

