

Breastfeeding support

Free service for breastfeeding mums in Bury

In partnership with your midwife or health visitor, the Health Trainer Service can offer support and information on the following breastfeeding issues:

- Building confidence
- Establishing breastfeeding
- Positioning and attachment
- Resolving breastfeeding issues
- Feeding on demand
- Expressing and storing milk
- Hand expressing
- The benefits of breastfeeding



Your health trainer can provide practical support and information to achieve the best outcome for you and your baby.

Who can access the service?

This service is for parents, aged 16 years and above who:

- Either live, work or study in Bury, or
- Who are registered with a GP in the area **and**
- Who are in contact with either a named midwife or health visitor

Health trainers normally work Monday to Friday, 9.00 am - 5.00 pm.

What else can health trainers help with?

In addition to breastfeeding support, health trainers can also help with a range of other issues that can affect your health and wellbeing, such as:

- Eating healthily
- Weight management
- Stopping smoking
- Improving your sleep
- Self-managing your long-term condition
- Reducing your alcohol consumption
- Improving your general wellbeing

To access support from the health trainers, call us on:

T: 0845 071 0699 or

E: buryhealthtrainers.penninecare@nhs.net

Bury

www.penninecare.nhs.uk