

Breastfeeding support

If you would like to attend one of the NHS Breast Buddies' support groups, please email the team with your baby's name, date of birth and postcode to book a place. Partners, grandparents, friends, and children are welcome.

Go to www.hacw.nhs.uk and search for 'Breastfeeding'

Email to book a place: WHCNHS.infantfeeding@nhs.net

District	Location	Day/time
Kidderminster	Brookside Family Hub	Tuesday 10:00-11:00am
Bromsgrove	Pear Tree Family Hub	Wednesday 10:00-11:30am
Redditch	Holly Trees Family Hub	Tuesday 1:00-2:30pm
Worcester	The Hive	Friday 11:30am-1:00pm

Contact the team

For individual breastfeeding support until your baby is 6-8 weeks old, email WHCNHS.infantfeeding@nhs.net

If your baby is over 8 weeks old, you can access support at a Breast Buddies group (above) or other groups (below).

You can also ask a member of the Health Visiting team for support by calling 01905 520032.

Search for 'Worcestershire Welcomes Breastfeeding' on Facebook

Go to Worcestershire Acute Hospitals NHS Trust [Homepage - Worcestershire Acute Hospitals NHS Trust](#) and search for 'breastfeeding support'

Request Changes – last updated September 2025

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershire.gov.uk and include FAO: Best Start Website

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Area	Group	Location	Day/Time	Cost	Details
Wychavon (Evesham)	Evesham Breastfeeding Mothers	The Baptist Church, Offenham Road, Evesham, Wych Elm Grove, WR11 3FT.	Friday 12:00pm- 2:00pm	Free- donations welcome	NCT BF Counsellor Jane Watson Davis Tel: 07770 587177 jane@watsongarth.co.uk Facebook group: 'Evesham Breastfeeding Mothers' Do not need to be an NCT member to attend. Partners and toddlers welcome
Malvern	Malvern 'Baby Cafe'	The Cube, WR14 2YF	Wednesday 11:00am- 1:00pm	Free	NCT BF Counsellor Frances Thurlow francesthurlow@hotmail.co.uk 07463 668392 Facebook group: 'NCT Malvern Hills Baby Cafe' Do not need to be an NCT member to attend. 'All welcome, including pregnant women for support with all aspects of feeding'.
Worcester	NHS Breast Buddies Support Group	The Hive	Friday 11:30am- 1:00pm	Free	Email to book a place: WHCNHS.infantfeeding@nhs.net

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Worcester	Crowle NCT	Crowle Platinum Parish Hall, WR7 4AZ	Tuesday 10:00am-12pm	Free-donations welcome	NCT BF Counsellor Email: branch.worcesteranddroitwich@nct.org.uk No need to book, please just turn up. Donations gratefully received
Worcester	Baby Café	Held at Kyndfolk, Waterworks Road, Worcester, WR1 3EZ	Wednesday 10:00am-12pm	Free and no booking required	NCT BF Counsellor Go to Holistic Birth Worcestershire and search 'Breastfeeding support'
Redditch	NHS Breast Buddies Support Group	Holly Trees Family Hub	Tuesday 1:00-2:30pm	Free	Email to book a place: WHCNHS.infantfeeding@nhs.net
Redditch	NCT Baby Café	Windmill community centre, Redditch, B97 5YE	Monday 10:00am-12pm	Free	NCT BF Counsellor Bumps and Babies group runs alongside Go to NCT - The UK's leading charity for parents and search for 'local activities' and meet ups
Bromsgrove	NHS Breast Buddies Support Group	Pear Tree Family Hub	Wednesday 10:00am-11:30am	Free	Email to book a place: WHCNHS.infantfeeding@nhs.net

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Wyre Forest (Kidderminster)	NHS Breast Buddies Support Group	Brookside Family Hub	Tuesday 10:00am- 11:00am	Free	Email to book a place: WHCNHS.infantfeeding@nhs.net
Wyre Forest (Stourport)	Bump and Baby Cafe	Burlish Bike Park, The Bungalow Cafe, Puxton Lane, DY11 5DF	1 st Wednesday of the month 10-11.30am	Free	Go to Sell Tickets Online Free Event Ticketing with TicketSource and search for 'Green Moon Community' Facebook group 'Green Moon Community' 07498222415 For expectant and new parents. There is also support with baby wearing and cloth nappies.
Wyre Forest (Bewdley)	The Milkworks	Arley Arboretum Tearoom, Bewdley, DY12 1SQ	Last Thursday of the month 10-11.30am	£5 (or pay what you can afford)	Go to Sell Tickets Online Free Event Ticketing with TicketSource and search for 'Green Moon Community' Facebook group 'Green Moon Community' 07498222415 There is also a group walk, reusable nappy library and baby wearing information, fit checks and support with slings/carriers.

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