

Breastfeeding support groups in Runcorn and Widnes

The Health Improvement Team offers a professional and caring approach to supporting mothers and families to establish and continue breastfeeding for as long as they wish.



What do we do?

- ⇒ We provide one-to-one breastfeeding support in your home and the hospital
- ⇒ We host breastfeeding drop-in clinics and groups in the community
- ⇒ We work with local residents, businesses and charities to promote and support breastfeeding

Breastfeeding Support Groups in Runcorn and Widnes. These groups are all drop-in sessions.	
Marks and Spencer Cafe Widnes Shopping Park (N.B. due to limited space and health and safety reasons, children and babies should be kept close to you at all times.	Tuesday 9.30am - 10.30am
Halton Lodge Children's Centre Grangeway, Halton Lodge, Runcorn, WA7 5LU	Wednesday 1pm - 2pm
Community Hub (upper level of Town Square) Runcorn Shopping City	Thursday 10.00am - 11.00am
Warrington Road Children's Centre Naylor Road Widnes	Friday 11.30am - 12.30pm

To speak with the Infant Feeding Team, please call the number below.

(Office hours Mon - Fri 9am to 5pm)

0300 029 0029

or visit www.haltonhealthimprovement.co.uk

Support is also available from the National Breastfeeding Helpline
0300 100 0212 (lines open 9.30am - 9.30pm)
www.nationalbreastfeedinghelpline.org.uk