

Bosom Buddies

Are you
pregnant and
interested in
breastfeeding?

Are you already
breastfeeding
and would
like to meet
other mums?

A team of local mums in
your area have trained as
volunteer breastfeeding peer
supporters to support you.



Peer supporters can help mums in
many different settings by:

- visiting hospitals and clinics
- meeting them at local support groups
- providing support via telephone/text

Come along to your local support group

**Wednesdays from 10am-12pm
The Retirement Centre, Bayhead,
Stornoway**