



## MEDIA RELEASE

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### **New breastfeeding peer supporter training launched in Market Harborough**

Mums in the Market Harborough area are invited to join Leicestershire Partnership NHS Trust (LPT)'s latest training programme, which starts at the beginning of May, to become volunteer breastfeeding peer supporters, providing advice and practical help to new mums through the Harborough-based Babies and Bosoms breastfeeding support group (BABs).

LPT's health visiting service (which holds the prestigious international 'Baby Friendly' accreditation for the high quality of its infant feeding support), trains a number of mums each year to become breastfeeding peer supporters: people who can provide new mothers in the local community with valuable help in relation to breastfeeding, including on-the-spot advice via phone and social media.

Working closely with our health visiting teams, other breastfeeding organisations and children's centre staff, the peer supporters help to champion breastfeeding as the



best choice where possible for parents and babies. The next training course for the Market Harborough area starts on Tuesday 9 May, and will run weekly for nine weeks on a Tuesday evening from 7pm – 9pm at

Market Harborough children's centre. Places are still available on this course.

Carole Fishwick, LPT's Infant Feeding lead, explains: "All of our peer supporters undergo a training programme which covers everything from how to latch a baby on to the breast to the emotional impact that breastfeeding can have on women. The training ensures that they provide a very knowledgeable first port of call. Our peer supporters do such an important job because breast feeding can sometimes be difficult, and without their help many new mums would give up."



The Babies and Bosoms (BABs) group in Market Harborough has been consistently well attended since it was first set up four years ago by the local health visiting team which continues to facilitate the weekly sessions. As well as offering new mums a welcoming, supportive and

friendly environment where they can share tips and experiences, practise feeding their babies in public and access trusted advice, the group provides a structured programme of games, quizzes, discussions and visiting speakers. Feedback about the group has been very positive, with comments including; "it's a friendly atmosphere where we are not afraid to ask questions", "great information and a supportive service", and "it's somewhere we can make friends and share experiences."

Health visitor Penny Ely explains: "This is a very popular group in the local area, which covers Broughton, Lutterworth and Kibworth as well as Market Harborough. We're keen to encourage as many local ladies as we can to join the peer supporters training programme starting on Tuesday 9 May, as we see first-hand the difference it makes for new mums to be able to talk to someone who has recently been through the experience of breastfeeding."

Breastfeeding provides a range of health benefits for both mothers and babies. Breastfed babies are less likely to suffer from gastro-intestinal, respiratory, urinary tract and ear infections. They are less likely to have asthma, eczema, food allergies and diabetes. The danger of obesity in later childhood is also lessened by breastfeeding. At the same time, mothers who breastfeed may find it easier to return to their pre-pregnancy weight and are less likely to develop breast and ovarian cancers.

Additional breastfeeding resources and information for new parents are available on LPT's website [www.leicspart.nhs.uk/infantfeeding](http://www.leicspart.nhs.uk/infantfeeding).

If you know of anyone who would be interested in joining the peer supporter training programme in May or who would like to find out more about BABs, please contact the health visiting team on 01858 411521

**ENDS**

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#### **NOTES TO EDITORS**

- Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk). Our registered charity is called Raising Health (charity number 1057361). The charity fundraises to support excellent care initiatives, equipment and innovations which go above and beyond core NHS provision to enhance the experience of our patients, service users and staff. See [www.raisinghealth.org.uk](http://www.raisinghealth.org.uk)
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