



ANTENATAL:

Discussions and education. Collect syringes and receive practical support with collecting/ storing colostrum from 36 weeks gestation.

POSTNATAL:

Practical support from trained infant feeding specialists.

Peer support from other new parents.

Mondays: 10.30-12.30 Revive Coffee Shop **CHERTSEY** 99 Guildford Street KT16 9AS (join Little Lights Facebook page for tickets)

Tuesdays: 12.30-14.30 Moorcroft Community Centre **WOKING** Old School Place GU22 9LY

Thursdays: 12.30-14.30 Ashford Maternity Hub **ASHFORD** Ashford Hospital, London Rd TW15 3AA

Fridays: 12.00-14.00 St John's Church **EGHAM** Manor Farm Lane TW20 9HR

Please note numbers are restricted to 15 people at a time and facemasks must be worn unless you are medically exempt.

Please contact the infant feeding team for more details: asp-tr.infant-feeding@nhs.net