



Winter Edition

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w www.vabarnsley.org.uk/services/breastfeeding.php

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Antenatal Contact

we are increasing our antenatal contact throughout the Barnsley Borough. We provide infant feeding information to pregnant ladies and their families please contact the team for further information.



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Breastfeeding Link Workers

bflink news

Supporting Barnsley to be a Breastfeeding Friendly Town



PROJECT UPDATE

La Leche League

We are currently rolling out 4 La Leche League Peer Counsellor Training Programmes at Rising Stars Children's Centre, Royston Meadstead and Wilthorpe. As a result of this training graduates are supported to become active volunteers and we are really excited at the prospect of having volunteers under the umbrella of VAB working alongside the team.



Policy Launch
The new Barnsley Borough Wide Joint Policy will be Launched on 17th January 2011

Future Jobs Fund

Sadly we say goodbye to Paul Binns who has been our Administration Assistant for the last 12 months. We would like to say a big thank you to Paul for his efforts and wish him well in his future. Whilst we say goodbye to Paul as part of this project the role of Administration Assistant will be taken over by Yasmin who will be joining us in January 2011. Like Paul, Yasmin could be with us for the next 12 months.

Project Update Cont....

Kirk Balk Year 11's

We have delivered breastfeeding awareness sessions to Year 11 pupils studying for a Diploma in Health and Social Development. As a result of these sessions the students are asked to design and produce promotional work to promote breastfeeding. The photo below is a small snip it of the work they produced.

The sessions were evaluated well and a letter was received from the Leader of Learning saying thank you and explaining the engagement and involvement of real practitioners is an invaluable part of the diploma learning experience.



MedEquip4Kids

The Link Workers have been successful in securing funding through Vicky Bunnage at Medequip4kids - The charity improving children's healthcare. We have obtained promotional books about breastfeeding along with other resources. The new materials will be distributed to the Children's Centres in the new year. A launch will take place at Rising Stars Children's Centre on 28th January 2011 along with the graduation for the volunteers who have completed the La Leche League Peer Counsellor Training Programme.





Daddy's perspective... Marc Stokes-Denson

Being there to see our son born was a day I will never forget for many reasons, I remember the moment he arrived in the world and I announced he was a boy, I put Harry on Jo's Chest and even though she was exhausted I knew she was keen to breastfeed, as we had discussed it before. Watching 'Harry bobs' take a drink from his mum was a beautiful moment that seemed so natural.

In the early stages I felt a bit of a spare part and a little left out and I have been envious of the time they have together. However it was not long before I accepted this and found a more supportive role in the early stages. I did not even wake in the night, which on the face of it seems a little selfish but there was little I could do with regard to feeding. However me being more rested I realised I could support them both in a different way so the mornings became time for Harry and I, allowing Jo time to rest, this was the way I discovered that I could support them both.



My role has been more to support Jo and to be there when she needed me, I remember the first time we went out in public I made sure we were together as a family, I did not want her to breastfeed on her own as she was already nervous and someone objecting would not have helped, so I felt it was important I was there with her. Needless to say it went without comment and my thoughts are if anyone has a problem with it, it is their problem, not yours. At first it takes a little getting used to seeing your wife feed in public but eventually it becomes so normal you hardly notice.

There has been no point that I have pressured Jo she has made her own decisions, even when she had mastitis and it was painful to feed she persevered with breast feeding and got through it. I have nothing but admiration for her and her determination to continue, it has been a joy to see them both when feeding.

Once Jo started expressing I was able to do the occasional feed in the morning, so it was myself that fed him his first bottle which was an achievement I was proud of, I would take him downstairs I would change him and we would watch Rory The Race Car and play whilst mum rested, we would then make breakfast together and take it upstairs when Jo was ready to treat her to breakfast in bed. The morning became time Harry and I had together and we would chat and play whilst mum rested.

'The breastfeeding lady' has been great and has been able to support Jo in her determination to breastfeed Harry, they have been able to answer any questions and guide Jo in techniques to make it easier. I have nothing but praise for the whole experience and this is the reason I wanted to write how it is from the male point of view.

Barnsley's Breastfeeding Groups

Bolton-on-Dearne

Dearne Community
Children's Centre, 01709 890303
Tuesday, 12.30 - 1.30pm

Cudworth

Buttercup Children's Centre,
01226 780105,
Tuesday, 9.30am—11.30am

Darfield

All Saints Children's Centre,
01226 753366 & 07920 781910,
Wednesday, 11.45am -12.45pm

Darton

Darton Children's Centre,
Kexborough Community House,
01226 320108,
Tuesday, 11.30—1pm

Grimethorpe

Milefield Children's Centre,
01226 715127,
Wednesday, 9.30—11.30am

Hoyland Common

Hoyland Common
Children's Centre,
01226 352090,
Wednesday, 1 - 2.30pm
Not on first Wednesday of every month

Lundwood

Lundwood Children's Centre,
Littleworth Lane,
01226 248564,
Tuesday, 11am - 1pm

Penistone

Penistone Children's Centre
01226 761317
Friday, 12 - 1pm

Royston

Royston Meadstead Children's Centre,
01226 722153 & 07853 367304,
Friday, 1—3pm

Stairfoot

Hunni Bees Children's Centre,
c/o Hunningley Primary School. 01226
287286,
Mon 9.30 - 11 am

Thurnscoe

Embankment Children's Centre,
Station Rd, 01709 899050,
Wednesday, 10.30am—12.30pm

Wombwell

King's Oak Children's Centre,
01226 273240,
Wednesday, 12.45—1.45pm

Worsbrough

Rising Stars Children's Centre,
c/o Worsbrough Common Primary School
01226 320513, Thursday, 1- 2.30pm

**To help you prepare for your breastfeeding experience
antenatal information is provided at all of the above
mentioned groups**

Feedback

VAB welcomes feedback on its services from customers and service users. If you wish to make a compliment, complaint or comment about the service you receive.

Please contact our main office for a copy of our procedure or send your comments to:

The Core
County Way, Barnsley, South Yorkshire, S70 2JW
Tel: 01226 320100 Fax: 01226 320101
Email: info@vabarnsley.org.uk

Newsletter/Press Queries

If you have any queries regarding this publication, wish to be featured in the next edition or alternatively if you want to be added/deleted from the mailing list contact

Angela Beaumont on 01226 320108 or email bflink@vabarnsley.org.uk

Opening Hours

Monday -Thursday 9.00am - 5.00pm
Friday - 9.00am - 4.30pm



Breastfeeding Link
Worker Project
is funded by

