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## News...

[2019](#)[2018](#)[2017](#)[News](#)[2016](#)[2015](#)[December](#)[November](#)[October](#)[September](#)[August](#)[July](#)[June](#)

[Dr Kate Granger brings her #hellomynameis tour to West Cumberland Hospital](#)

[Dr Rushmer appointed in prestigious new role at England's first dedicated emergency care hospital](#)

[Events to mark National Breastfeeding Celebration Week](#)

[North Cumbria is among first three health and care systems to be included in Success Regime](#)

[Positive feedback from national inpatient survey](#)

[State of the art scanner arrives at the Cumberland Infirmary](#)

[Trust gears up to welcome aspiring medical students](#)

[Trust planning next phase of West Cumberland Hospital redevelopment](#)

[Trust submits planning permission for temporary wards at the Cumberland Infirmary due to fire safety works](#)

[Trust takes necessary action to ensure fire safety compliance at the Cumberland Infirmary](#)

[May](#)[April](#)[March](#)[February](#)[January](#)[2014](#)

[Home](#) > [News](#) > Events to mark National Breastfeeding Celebration Week

# Events to mark National Breastfeeding Celebration Week

Posted on Friday 19th June 2015

A series of events are being held across north Cumbria as part of National Breastfeeding Celebration Week, which runs from 20 to 28 June 2015.

The annual event aims to raise awareness of the health and wellbeing benefits of breastfeeding for mothers and their infants, as well as showcasing the great work going on in communities to support and promote breastfeeding.

Breastfeeding support groups, run by volunteer peer supporters with the backing of North Cumbria University Hospitals, operate throughout the year across the region. Many of these groups have organised special events next week as part of the national celebration.

Wigton and Solway Peer Supporters are holding a fundraising event on Monday 22 June from 10am to 1pm at Wigton Bowling Club, in West Road, Wigton. They will be selling pre-loved baby clothes and refreshments, and there will be a raffle and face painting. Proceeds will go towards to room hire for their weekly meetings. Further details can be found on the Wigton and Solway breastfeeding group Facebook page.

In Carlisle, the Morton Manor breastfeeding support group will hold a teddy bears' picnic on Friday 26 June from 1pm to 2.30pm, with refreshments and a raffle. This is a joint venture organised by health visitors, midwives and peer supporters. All are welcome; see their Facebook page for more information.

The breastfeeding peer supporters in West Cumbria will be attending the NCT Baby Café from Wednesday 24 to Friday 26 June, 10am to 4pm, next door to Costa Coffee in Workington town centre. Tea and coffee will be available, alongside information about breastfeeding.

Midwife Helen Ferris, infant feeding co-ordinator for North Cumbria University Hospitals NHS Trust, said: "Breastfeeding gives babies the best possible start in life and also has many health benefits for mothers, but it can be difficult without proper support. Our volunteer peer supporters are women who have breastfed their own babies and know how hard it can be, but also how rewarding it can be.

"The peer supporters offer invaluable help to breastfeeding mums so events such as these are really important to raise funds for the groups they help out at, and also to spread the word about the support available."

Breastfeeding peer supporters in Penrith will be promoting their group at an event in the town centre next month, with a stand at the Penrith on a Plate food festival on Saturday 18 July. There will be an area for mums to feed their babies, information leaflets, a raffle and cake sale, all in conjunction with Count the Kicks, a charity which provides information for expectant parents.

Rachel Mirfin, one of the Penrith peer supporters, said: "Breastfeeding is about more than just mum and baby. So as well as providing support and information for mums and mums-to-be, the peer supporters will be on hand to help dads find out how they can support breastfeeding, and for businesses to find out how they can become more breastfeeding friendly."



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