

## WIGTON

- Cafe Twelve62, Market Hall
- Cafe Revive, High Street
- Glasshouse, Wheatsheaf Yard
- Granary, Market Place
- Greenhill Hotel, Red Dial
- Monkey Tree, West Street
- Orton Grange Farm and Coffee Shop, Orton
- The Country Kitchen Cafe, Dalston
- The Original John's Plaice

## SILLOTH & SURROUNDING

- Baby Chillout Tent, Solfest 24-26th August'12
- Blue Dolphin Cafe, Wampool Street
- Cups & Saucers Tea Room, Seaville
- Dunes Coffee Shop, Bank Mill Nurseries, Mawbray
- Golf Hotel, Criffel Street
- Silloth Cafe, Station Road
- The Bistro, Bank Mill
- The Gin Case, Mawbray Hayrigg
- The Station Tea Room, Station Road
- Wheyrigg Hall Hotel

## HESKET NEWMARKET

- Oddfellows Arms
- The Old Crown
- The Old Smithy Crafts, Gifts & Tea Room
- Village Shop & Tea Room

## CALDBECK

- Watermill Cafe , Priests Mill

## ASPATRIA

- Craggs Coffee Shop, Bothel
- Great Escape Coffee Shop, Moota Garden Centre
- The Chapel Coffee Lounge, Outgoing Road

## SOFT PLAY AREAS

- Adventure World Soft Play, Currock Road Trade Centre, Carlisle
- Aztec Soft Play, Crown Street, Carlisle
- Brewsters Play Zone, Lakeland Gate, off Warwick Road, Carlisle
- Curly Tails, Walby Farm, Carlisle
- Magic Castle, Nelson Street, Carlisle
- Rookies, Station Road, Wigton

	<b>Authors:</b> Helen Ferris Infant Feeding Coordinator Tel: 07879632018
<b>Issue Date:</b> June 2012	
<b>Review Date:</b> June 2013	<b>Joanne Pollock</b> Community Development Officer (Health) Tel: 01228 817356 JoannePo@Carlisle.gov.uk

# Where Can I Breastfeed My Baby?



A Directory of Breastfeeding Friendly Premises in your local area.

In Association with:

North Cumbria University Hospitals 

NHS Trust

**CARLISLE**  
CITY COUNCIL



www.carlisle.gov.uk

## CARLISLE

- Arches Coffee Shop, Fisher Street
- ASDA Cafe, Kingstown Estate
- Auctioneer, Montgomery Way
- Bar Solo, Botchergate
- Barnardos Carlisle South SureStart Childrens Centre
- Barnardos Carlisle West SureStart Childrens Centre, Shadygrove & Wigton Rd
- Belah Community Centre
- Bon Appetit, Fisher Street
- Botcherby Community Centre
- Cafe M, The Lanes
- Cafe Sol, Castle Street
- Cafe Zest, House of Fraser English Street
- Carlisle Library, The Lanes
- Castle View Restaurant, Debenhams, East Tower Street
- Castlegate Coffee House, Castle Street
- Celebrations, Bank Street
- Circle Cafe Bar, Lowther Arcade
- Civic Centre, Rickergate
- Costa Coffee, Scotch Street
- Cumberland Infirmary; Time Out & Costa Coffee, Welcome to breastfeed anywhere & private facilities available on maternity unit.
- Currock Community Centre
- Denton Holme Community Centre
- Dobbies Restaurant, Dobbies Garden World
- Eliot Cafe, Tesco, Warwick Road
- Foxes Cafe Lounge, Abbey Street
- Gilded Lily, Lowther Street
- Greystone Community Centre
- Hammonds Pond Cafe, Scalegate Road
- Harraby Community Centre
- Holme Bakery & Cafe, Denton Street
- Holme Bistro, Denton Street
- John Watt & Son, Bank Street
- Lakeland Gate, off Warwick Road
- Lancercost Tea Rooms, Lancercost Priory
- Latte Lounge, Lowther Street
- Le Gal Cafe Bar, Devonshire Street
- Little Frankie's, Lowther Street
- Marks & Spencer Coffee Shop, English Street
- Merienda, Treasury Court
- Mother Care, Scotch Street
- Moreish Cafe, Market Hall
- Morrisons Cafe, Kingstown Road
- Morton Manor Community Centre
- McDonalds, Kingstown Estate
- McDonalds, Scotch Street
- Muffin Break, The Lanes
- Nandos, Warwick Street
- No 10 Cafe, The Sands Centre
- Old Hall Cafe, Pettril Bank Community Centre
- Pausa Coffee Shop, Dunelm Mill, Charlotte Street
- Pizza Express, Lowther Street
- Pumpkin Cafe, Carlisle Train Station
- Ristorante Adriano, Rickergate
- Ritazza Cafe, Carlisle Train Station
- Sainbury's Cafe, Bridge Street
- Sally's Tea Room, Wigton Road
- Starbucks, Scotch Street

- The Animal Refuge Tea Room, Wetheral Shields
- The Manor Cafe, Morton Community Centre
- The Old Arcadian, English Street
- The Old Engine House, West Walls
- Toby Carvery, Warwick Road
- Topiary Coffee Shop, Houghton Hall Garden Centre
- Trinity Area Community Trust, Wigton Road
- Tullie House Garden Restaurant, Castle Street
- Yewdale Community Centre
- Waterstones, Costa Coffee, Scotch Street
- 15 Botcherby Avenue, Health Drop-in

## LONGTOWN

- Gretna Bakery, High Street
- Longtown Library, Lochinvar Centre
- Longtown Memorial Hall Community Centre
- Barnardos Carlisle Rural Surestart Childrens Centre

## BRAMPTON

- Brampton Community Centre
- Brampton Library
- Downagate Community Centre
- Howard Arms Hotel, Front Street
- Off the Wall, Front Street
- Jacobites, Front Street
- White Lion Hotel, High Cross Street

\*Your local GP surgery supports this initiative\*