



PRESS RELEASE: May 2007

Baby Café awarded £4,696 to support Horley's breastfeeding mums

Picture shows, from left to right, Sarah, Kayo and Lucy with their babies at the Baby Café.



The Redhill, Reigate and Horley NCT Branch were awarded £4,696.14 in March 2007 by the Local Network Fund to help finance their Horley Baby Café and to fund a Peer Support Scheme.

The Horley Baby Café offers a drop-in where women can get breastfeeding information and support from skilled helpers. It's relaxed, child-friendly, café-style gives women a place to socialise where breast feeding is seen as the norm. You don't need to be a member of the NCT to come along and pre-school children are also welcome, refreshments are free and so is the support that mums receive.

Anelisa visits the café with her baby Luca. She says 'I had problems feeding and visited every week. Eventually my baby got better. I had only moved to Horley a few months before the baby was born and didn't know anyone. The Baby Café has really helped me to get out of the house and make new friends.'

Breastfeeding is become more and more uncommon in some parts of Surrey. The Baby Café helps mums to feel that they are not different just because they choose to breastfeed and it gives them an opportunity to share their experiences with others.

Kayo, who has received a huge amount of support from the Baby Café says 'I found breast feeding my baby difficult. It was not at all straight forward or easy. Having the café here means that I can always drop in and get advice on problems.'

The NCT want to use some of their funding to train a group of young mums from Horley to become Breastfeeding Peer Supporters. These mums will become 'breastfeeding friends', giving encouragement and guidance to new mums in the area. Mums who visit the Café will have the opportunity to get involved. The training will include finding out more about breastfeeding and basic listening and counselling skills. Those who take part will be supported by the NCT breastfeeding counsellor and health visitor at the Baby Café.

The Baby Café runs from the bungalow at Meath Green Infant School, Kiln Lane, Horley. It is open on Mondays from 10.30 until 12.30 during term time. For more information contact Anne Humphreys on 01737 245556.

The Local Network Fund provides grants of between £250 and £7,000 to enable communities to develop projects and activities for children and young people with limited opportunities or access to services that many young people take for granted. The fund is administered in Surrey by Surrey Community Action.

Groups can find out more about the fund by contacting Sarah Crabb from Surrey Community Action on 07917 366612.

Surrey Community Action is resourcing the Voluntary and Community Sector across Surrey through access to advice, training, funding and advocacy. Surrey Community Action actively promotes volunteering and our website www.surreyca.org.uk can signpost you to local opportunities at a volunteer centre near you. Help is especially needed in health or as a school governor.

If you are interested in volunteering the details of local volunteer centres in Surrey are on our website: www.surreyca.org.uk/vb.htm