

Breastfeeding support In Cardiff and the Vale

What's available

For information, support or help with breastfeeding you are welcome to attend any of our breastfeeding support groups in Cardiff and Vale. All groups are run by experienced health visitors or midwives, apart from the peer support groups who are run by mothers who have been trained to provide breastfeeding support. You don't have to have a problem to attend – you might just like to come along for a cup of tea and to meet other breastfeeding mums!

Where to go

Monday

12.30-3.30pm Breastfeeding Clinic, Flying Start Family Centre, Gladstone Road, Barry, CF63 1NH
1-3pm Rumney Breastfeeding Group, Rumney Primary Care Centre, Barmouth Road, CF3 3LG

Tuesday

9-3.30pm Breastfeeding Clinic, Woodville Christian Centre, Crwys Rd, Cardiff, CF24 4ND

Wednesday

10-11.30am Peer Support Group 'Baby Latte', All Saints Church, Victoria Square, Penarth, CF64 3EH.
10-12pm Flying Start Breastfeeding Drop in Group, the Flying Start Family Centre, Gladstone Road, Barry, CF63 1NH.
1.30-3.30pm Cardiff Bay Breastfeeding Group. The Salvation Army, Corporation Road, Grangetown, Cardiff CF11 7AY

Thursday

1-3pm Latch On (NCT) Peer Support Group, Ararat Centre for the Community, Whitchurch, Cardiff, CF14 1PT, - <https://www.facebook.com/groups/172510566203972/>

Friday

1-3.30pm Breastfeeding Clinic, St David's Hospital, Canton, Cardiff, CF11 9XB.

Useful numbers

Association of Breastfeeding Mothers

08444 122 949

www.abm.me.uk

Breastfeeding Network

0300 100 0210

www.breastfeedingnetwork.org.uk

La Leche League

0845 120 2918

Midwifery led Unit, UHW

029 2074 5030

National Breastfeeding Helpline

0300 100 0212

National Childbirth Trust

0300 330 0771

List updated October 2019. This information is available in Welsh on request

Cymorth bwydo o'r fron Yng Nghaerdydd a'r Fro

Beth sydd ar gael

Am wybodaeth, cefnogaeth neu gymorth gyda bwydo o'r fron, mae croeso i chi fynychu unrhyw un o'n sesiynau cymorth bwydo o'r fron yng Nghaerdydd a'r Fro. Mae pob grŵp yn cael ei redeg gan ymwelydd ieched neu fydwraig, ac eithrio'r grwpiau cefnogi cyfoedion sy'n cael eu rhedeg gan famau sydd wedi eu hyfforddi i roi cymorth bwydo o'r fron. Does dim rhaid i chi fod â phroblem er mwyn mynychu – galwch heibio am baned ac i gwrdd â mamau eraill sy'n bwydo o'r fron!

Ble i fynd

Dydd Llun

12.30-3.30yp Clinig Bwydo o'r Fron, Canolfan Deulu Dechrau'n Deg, Heol Gladstone, Y Barri, CF63 1NH.
1-3yp Grŵp Bwydo o'r Fron Rhymni, Canolfan Gofal Sylfaenol Rhymni, Heol Barmouth, CF3 3LG

Dydd Mawrth:

9-3.30yp Clinig Bwydo o'r Fron, Canolfan Gristnogol Woodville, Crwys Rd, Caerdydd, CF24 4ND

Dydd Mercher

10-11.30yp Grŵp cefnogi cyfoedion 'Baby Latte', Eglwys All Saints, Sgwâr Victoria, Penarth, Bro Morgannwg, CF64 3EH

10-12yp Grŵp Bwydo ar y Fron Dechrau'n Deg, Canolfan Deulu Dechrau'n Deg, Heol Gladstone, Y Barri, CF63 1NH.

1.30-3.30yp Grŵp Bwydo o'r Fron Bae Caerdydd Byddin yr Iachawdwriaeth, Corporation Road, Grangetown, Caerdydd CF11 7AY

Dydd Iau

1-3yp Grŵp Cefnogi Cyfoedion, Canolfan Gymunedol Ararat, Yr Eglwys Newydd, Caerdydd, CF14 1PT - <https://www.facebook.com/groups/172510566203972/>

Dydd Gwener

1-3.30yp Clinig Bwydo o'r Fron, Ysbyty Dewi Sant, Treganna, Caerdydd, CF11 9XB.

Rhifau defnyddiol

Cymdeithas Mamau sy'n Bwydo o'r Fron

08444 122 949

www.abm.me.uk

Rhwydwaith Bwydo o'r Fron

0300 100 0210

www.breastfeedingnetwork.org.uk

Cynghrair La Leche

0845 120 2918

Uned dan arweiniad Bydwagedd,

YAC 029 2074 5030

Llinell Gymorth Genedlaethol Bwydo

o'r Fron 0300 100 0212

Ymddiriedolaeth Genedlaethol Geni

Plant 0300 330 0771

Diweddarwyd y rhestr ddiwethaf ym mis Hydref 2019.