



# World Breastfeeding Week 2023

**ENABLING BREASTFEEDING**

Making a difference for working parents



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for working parents  
WABA | WORLD BREASTFEEDING WEEK 2023

**JOIN US AT ANY OF THE  
BREASTFEEDING  
CELEBRATION EVENTS**



# Celebration

# Events World Breastfeeding Week

## Derry/ Londonderry

MONDAY  
31ST JULY 2023

## Creggan Country Park

A buggy walk  
followed by coffee morning  
10.30am-12.30

[Brona.mcsorley@westerntrust.hscni.net](mailto:Brona.mcsorley@westerntrust.hscni.net)

## Omagh

TUESDAY  
1ST AUGUST  
2023

## Silverbirch Hotel, Omagh

A buggy walk to the Grange park  
followed by coffee morning  
10.30am-12.30noon

[kerry.ohanlon@westerntrust.hscni.net](mailto:kerry.ohanlon@westerntrust.hscni.net)

## Limavady

WEDNESDAY  
2ND AUGUST 2023

## Roe Valley Country Park-

Dry Arch Surestart in partnership with WHSCT  
Al's Coffee

A buggy walk & Coffee morning  
11.30am

Tel: Dry Arch SureStart 02877742904

## Enniskillen

THURSDAY  
3RD AUGUST 2023

## Enniskillen Castle

Buggy walk followed by refreshments  
11am-1pm

[diane.armstrong@westerntrust.hscni.net](mailto:diane.armstrong@westerntrust.hscni.net)



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# Local Events

## Omagh- Enniskillen

**Monday  
31st July**  
12-1.30pm

### **Belleek Community Centre- Surestart**

**Walk to marina and refreshments**

**WHST in partnership with rainbow surestart**

ALL WELCOME- OPEN TO FAMILIES  
OUTSIDE OF SURESTART CATCHMENT AREA  
ENQUIRIES TEL:- 02881679483

**Tuesday 1st  
August**  
10.30-12.30

### **Silverbirch Hotel, Omagh**

**A buggy walk to the Grange park followed  
by coffee morning**

ALL WELCOME  
ENQUIRIES EMAIL:  
KERRY.OHANLON@WESTERNTRUST.HSCNI.NET

**Wednesday  
2nd August**  
10.30-12noon

### **Lisnaskea Library**

**Coffee morning**

ALL WELCOME  
ENQUIRIES EMAIL:  
JACINTA.BOYLE@WESTERNTRUST.HSCNI.NET

**Wednesday  
2nd August**  
10.30-12noon

### **Irvinestown Surestart- The Arc Coffee morning**

**WHST in partnership with Cherish Surestart**  
ALL WELCOME- OPEN TO FAMILIES OUTSIDE OF  
SURESTART CATCHMENT AREA  
ENQUIRIES TEL: 02868621970

**Wednesday  
2nd August**  
All Afternoon

### **South West Acute Hospital Breastfeeding Promotion Stand**



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# Local Events

## Omagh- Enniskillen

**Wednesday  
2nd August**

All Afternoon

**Omagh Hospital  
Breastfeeding Promotion  
Stand**

**Thursday  
3rd August**

11-1pm

**Enniskillen Castle**  
Buggy walk followed by refreshments

ALL WELCOME  
ENQUIRIES EMAIL:  
[DIANE.ARMSTRONG@WESTERNTRUST.HSCNI.NET](mailto:DIANE.ARMSTRONG@WESTERNTRUST.HSCNI.NET)

**Thursday  
3rd August**

10am

**Loughmacrory**  
Buggy Walk around the lough  
followed by picnic

ALL WELCOME  
ENQUIRIES EMAIL:  
[SANDRA.CHARTERS@WESTERNTRUST.HSCNI.NET](mailto:SANDRA.CHARTERS@WESTERNTRUST.HSCNI.NET)

**Friday  
4th August**

10.30-12noon

**WHST Antenatal  
Online Workshop**

OPEN TO ALL  
ANTENATAL PARENTS

### Microsoft Teams

Join on your computer,  
mobile app or room  
device

Meeting ID: 350 263 704  
835

Passcode: w88hGQ

**Monday  
7th August**

11-12.30

**Castledearg Surestart  
Tea Party**

WHST in partnership with Rainbow Surestart

ALL WELCOME- OPEN TO FAMILIES OUTSIDE OF  
SURESTART CATCHMENT AREA  
ENQUIRIES TEL:- 02881679483



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# Local Events

## Limavady- Derry- Strabane

### Creggan Country Park

**Monday  
31st July**

10.30-12.30

**Buggy Walk followed by a coffee morning**

ALL WELCOME  
FOR ENQUIRIES EMAIL  
[BRONA.MCSORLEY@WESTERNTRUST.HSCNI.NET](mailto:BRONA.MCSORLEY@WESTERNTRUST.HSCNI.NET)

**Tuesday  
1st August**

10-12noon

### Shantallow Surestart Breastfeeding Celebrations Carnhill Resource Centre

OPEN TO FAMILIES OUTSIDE LIVING  
INSHANTALLOW SURESTART CATCHMENT AREA  
FOR ENQUIRIES EMAIL  
[EMMA.ODONNELL3@WESTERNTRUST.HSCNI.NET](mailto:EMMA.ODONNELL3@WESTERNTRUST.HSCNI.NET)

**Tuesday  
1st August**

9.45am

### Minding Mums- Couch to 5K- facilitated by WHSCT meet at Bakery, Ebrington square

THIS IS A CELEBRATION FOR EXISTING GROUP MEMBERS OF  
THE COUCH TO 5K PROGRAMME.

FOR MORE INFORMATION TEL 07719532034

**Tuesday  
1st August**

11am-12.30

### Dungiven Health Visitors & MDT Celebrate Breastfeeding

meet at Peach and Passion

ALL WELCOME  
ENQUIRIES EMAIL:  
[MARIA.SOMERS@WESTERNTRUST.HSCNI.NET](mailto:MARIA.SOMERS@WESTERNTRUST.HSCNI.NET)

**Tuesday  
1st August**

10am-2.30pm

### Altnagelvin Hospital Breastfeeding Promotion Stand



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# Local Events

## Limavady- Derry- Strabane

**Wednesday  
2nd August**  
10.30am

### **Strabane Health Visitor Breastfeeding Group**

STRABANE COMMUNITY PROJECT GARDENS  
TEDDY BEARS PICNIC  
FOR ENQUIRIES EMAIL:  
NORAH.PEARSON@WESTERNTRUST.HSCNI.NET

**Wednesday  
2nd August**  
11.30am

### **Roe Valley Country Park- Dry Arch Centre in partnership with WHSCT**

AL'S COFFEE  
A BUGGY WALK & COFFEE MORNING  
FOR ENQUIRY TEL:  
DRY ARCH SURE START 02877742904

**Thursday  
3rd August**  
9.45am

### **Minding Mums- Couch to 5K- facilitated by WHSCT** meet at Bakery, Ebrington square

THIS IS A CELEBRATION FOR EXISTING GROUP MEMBERS OF  
THE COUCH TO 5K PROGRAMME.

FOR MORE INFORMATION TEL 07719532034

**Friday  
4th August**  
10.30-12noon

### **WHSCT Antenatal Online Workshop**

OPEN TO ALL  
ANTENATAL PARENTS

#### **Microsoft Teams**

Join on your computer,  
mobile app or room  
device

**Meeting ID:** 350 263 704  
835

**Passcode:** w88hGQ

**Saturday  
5th August**  
12-2pm

### **North West Baps A celebration of Breastfeeding**

ST.COLUMBS PARK HOUSE WALLED GARDEN  
FOR ENQUIRIES EMAIL:  
NWBAPS@GMAIL.COM



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# Neonatal Units

## SWAH & Altnagelvin Hospital

**NINICU Celebrations in the Neonatal Units for Breastfeeding Mothers**

**SWAH**

1st - 7th August

**Altnagelvin**

Thursday 3rd  
August

# Regional Event

## Breastival 2023

**Saturday  
5th August  
10am**

**A day of FREE fun, learning & connection  
to celebrate World Breastfeeding Week.**

BOTANICAL GARDENS  
[HTTPS://BREASTIVAL.CO.UK/](https://breastival.co.uk/)

**Contact your Community Midwife or  
Health Visitor for support regarding  
Breastfeeding.**

[Infant Feeding | Western Health & Social Care Trust \(hscni.net\)](#)



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# WHSCCT- Supporting Breastfeeding Mothers Returning to work

**Breastfeeding mothers returning to work can avail of a free  
'Return to Work' pack.**

This pack contains; a cool bag, ice block, reusable water bottle and breastmilk storage bottles to assist in continuing the breastfeeding journey. The pack also contains additional information on safe storage of breastmilk.

**Contact the Health Improvement Equality and Involvement Dept. on  
028 7186 5127 or email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)**

## Thank you for Celebrating World Breastfeeding Week 2023



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Have you had a recent experience relating  
to breastfeeding?

# Your views matter

Your story matters and could help bring about  
positive change to meet the needs of our  
patients and their families

Scan here to share your story:



**Care  
Opinion**

What's your story?