



# Western Health and Social Care Trust

Press Release  
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## **WESTERN TRUST PROMOTES BREASTFEEDING FOR BABIES WITH PICNIC IN THE PARK AT CASTLE ARCHDALE**

The Western Health and Social Care Trust is inviting mums and mums-to-be to a picnic in the park at Castle Archdale later this month to mark Breastfeeding Awareness Week.

The Western Trust funded event will take place on May 13 and local breastfeeding support group members along with pregnant mothers and any interested mum is welcome to attend.

Ann McCrea, Western Trust breastfeeding co-ordinator said: "Breastfeeding is vitally important for the baby and the mother. Breast milk contains everything a baby needs for healthy growth and development, providing the best possible start in life for the baby. It helps reduce the risk of infections, allergies and childhood diabetes and at the same time the mother will develop a close bond with the child and benefit from a lower risk of breast cancer, ovarian cancer and osteoporosis".

The event aims to increase awareness about the importance of breastfeeding for both the baby and the mother's health and focuses on encouraging women to access the support that will help them to breastfeed for longer. Various activities will be available on the day to mums and mums-to-be including breastfeeding information and updates, Teddybear's Nature Trail, play for older children, pampering sessions for mums, a balloon release and light picnic lunch.

Throughout National Breastfeeding week, there are also a number of other events taking place in the Western Area in venues including, community

facilities, health centres, hospital's, workplaces and schools, to help give advice to mums and mums-to-be on the benefits of breastfeeding.

For more information about breastfeeding or breastfeeding activities in your area contact your local midwife, health visitor or breastfeeding support group or visit [www.breastfedbabies.org](http://www.breastfedbabies.org)

Ends

**For further information contact:  
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(028) 7161 1188 / 7161 1429**

**Health Promotion Department  
Western Health and Social Care Trust  
(028) 7186 5127**

### **Notes to the Editor**

Please feel free to avail of photo opportunities. Various Health Visitors, Midwives and members of the Local Breastfeeding Support groups with their babies will be at the following event.

- **Tuesday 13<sup>th</sup>** - Breastfeeding Celebration Day in The Castle Court Yard, Castle Archdale Park, Enniskillen 11.00 a.m. – 2.00 p.m.