



# Leeds is **Breastfeeding Friendly**

## Breastfeeding Friendly Venues

The Breastfeeding Friendly campaign is about supporting breastfeeding mothers. We can all play a part in giving the babies of Leeds the best possible start.

This page features businesses and outlets in Leeds that have committed to providing you with a welcoming, comfortable and spacious environment in which to breastfeed your child when you're out and about.

### **Community Centres**

#### **Armley Moor Health Centre**

Community Health Centre. Baby feeding room available on the ground floor.

#### **Beeston Hill Health Centre**

Health Centre with GP's and community services. Staff will be able to find a spare room for anyone who requests for breastfeeding.

#### **Belle Isle Family Centre – St John & St Barnabas Church**

Charity run Family Centre.

#### **Bramley Children's Centre**

Family support for pre-birth to 5 years. Breastfeeding welcomed throughout the setting and group venues. Breastfeeding peer support available.

#### **Bramley Clinic**

Community Health Centre. Baby feeding room available at rear of reception.

#### **Burmantofts Health Centre**

Community Health Centre and GP services. Room available on request from community reception.

#### **Carr Manor Children's Centre**

Provides family support from pre-birth to 5 years. Breastfeeding welcomed everywhere in the centre. Small private room available.

## **Chapelton Health Centre**

Community health Centre with GP services. A private room can be made available on request form the community reception.

## **East Leeds Health Centre**

Community Health Centre. Baby feeding room available on the ground floor.

## **Garforth Clinic**

Community Health Centre. A room can be made available if required. Breastfeeding families welcome.

## **Halton Health centre**

Community Health Centre. Comfortable seating available and private facilities if required.

## **Harehills Joint Service Centre**

Provides face to face contact for the public accessing Leeds City Council. A comfortable public waiting area is available for breastfeeding or private rooms can be made available.

## **Health for All – Middleton Family Centre**

Charity run Family Centre.

## **Holt Park Health Centre**

Community Health Centre. Breastfeeding welcome. A room can be made available if required.

## **Horsforth Clinic**

Community Clinic. Breastfeeding welcome. A private room is available if required.

## **Hunslet Health Centre**

Community Health centre. Private breastfeeding facilities can be made available if required.

## **Kippax Health Centre**

Community Health centre. Breastfeeding welcome. A room can be made available if required.

## **Leafield Clinic , 107-109 King Lane**

Comfortable seating. Free water. Private area if requested.

## **Little Ducklings Playgroup – Queens Hall, Burley in Wharfedale**

Playgroup running Stay & Play group for parents & carers of 0-4's. Breastfeeding welcome, seating area with tea, coffee & cake.

## **Meanwood Health Centre**

Community Health Centre with GP services. Ask at community reception and room will be made available if

required.

## **Middleton Health Centre**

Community Health Centre. Breastfeeding welcome anywhere. A room is available if required.

## **Ministry of Food, Kirkgate Market**

Ministry of Food - Leeds Kirkgate Market. Comfortable chairs, hot and cold drinks available if desired.

## **Morley Health Centre**

Community Health Centre. Breastfeeding welcome. Room available if required.

## **Osmondthorpe One Stop Centre**

Provides face to face contact for the public accessing Leeds City Council. There is a public waiting area with private rooms if required.

## **Otley Clinic**

Community Clinic. Breastfeeding welcome in the clinic. If a room is required one can be provided if available.

## **Otley One Stop Centre**

Provides face to face contact for public to access Leeds City Council. There is a public waiting area with a private room if required.

## **Park Edge Health Centre**

Podiatry and physiotherapy services.

## **Parkside Health Centre**

Community Health Centre. Breastfeeding welcome. There is an allocated room on the ground floor for breastfeeding families.

## **Public Health Resource Centre**

Resource Centre: Provides resources to wider Public Health workforce (including voluntary sector), meeting rooms etc. Comfortable seating. Screened private area. Free drinking water and hot drinks.

## **Pudsey Health Centre**

Community Health Centre. Comfortable chairs available and there is a baby room for private breastfeeding if required.

## **Pudsey Wellbeing Centre**

Health, Social and Voluntary sector services hosted by the centre. Support and social groups such as weekly breastfeeding group. Breastfeeding room, baby change and children's play area available. NCT support worker offers free breastfeeding support.

## **Rothwell Health Centre**

Community Health Centre. Breastfeeding welcome. A private room can be made available on request.

## **The Gate – Belle Isle TMO, Aberfield Gate**

Community Resource Centre, providing advice, support & training. Breastfeeding welcome, private room, cups of tea.

## **Thornton Medical Centre**

Community Health Centre. Breastfeeding welcome, room available if required.

## **Wetherby Health Centre**

Community Health Centre. Dedicated breastfeeding room available if required.

## **Woodhouse Health Centre**

Community Health Centre. Dedicated breastfeeding room available.

## **Woodsley Health Centre**

Community Health Centre. Breastfeeding welcome. A room can be made available if required.

## **Wortley Beck Health Centre**

Leeds Community Healthcare and GP surgery. Breastfeeding room available.

## **Yeadon Health Centre**

Community Health Centre and GP Surgery. A designated room is available for breastfeeding if required.

## **Children's Centres**

### **Alwoodley Children's Centre**

Provides family support from pre-birth to 5. Positive and supportive staff. Private areas if required, comfortable seating, drinking water freely available.

## **Ardley and Tingley Children's Centre**

Provides family support from pre-birth to 5. Comfy settee. All rooms have blinds for privacy.

## **Boston Spa Children's Centre**

Provides family support from pre-birth to 5. Rooms with comfortable seating. Wash basins, nappy change etc.

## **Burley Park Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre. Welcoming community spaces within the centre and its satellite site (Rosebank School).

## **Cardigan Centre**

A multi-purpose community centre. Quiet space will be made available on request. Welcome to breastfeed.

## **Castleton Children's Centre**

Provides family support from pre-birth to 5. Friendly and welcoming breastfeeding environment for mums attending any centre provision during the week. Breastfeeding support group: Fridays 10.30 - 12.00pm with health visitor support.

## **Chapel Allerton Children's Centre**

Provides family support from pre-birth to 5. Rooms with comfortable furnishings to help provide a home from home environment.

## **Choto Moni Children's Centre**

Provides family support from pre-birth to 5. Private sitting room available if required. Feeding cushions available. Regular attendance by breastfeeding peer supporters and breastfeeding counsellors. Breastfeeding support available in a number of groups.

## **Crossgates and Manston Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre.

## **Farnley Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre. Small private room available.

## **Gipton North Children's Centre**

Provides family support from pre-birth to 5. Comfortable spaces to feed. Staff trained as breastfeeding peer supporters. Bumps and babies groups that can offer specialist breastfeeding support and advice.

## **Gipton South Children's Centre**

Provides family support from pre-birth to 5. Support group for expectant families and children under 2. Family

outreach workers with breastfeeding peer support training. Comfortable spaces to feed.

## **Guiseley Children's Centre**

Support and services provided for families with children under 5 years old. Large community room with comfortable seating, screen is available or an office for more privacy for breastfeeding mothers if required.

## **Harehills Children's Centre**

Full day care for working parents, outreach provided. Suitable areas for breastfeeding parents are provided.

## **Harehills Children's Centre - Hovingham Primary School**

Satellite building of Harehills Children's Centre. Suitable areas are provided for breastfeeding families.

## **Hawksworth Wood Children's Centre**

Daycare and family support for families with children 0-5 years, breastfeeding families welcome. First Friends baby group held weekly with support and advice on breastfeeding.

## **Horsforth Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcome everywhere in the centre. Health visiting team facilitates a breastfeeding café.

## **Hunslet Children's Centre**

Provides family support, advice and information from pre-birth to five. Breastfeeding is welcome everywhere in the centre. Comfortable spaces are available to feed babies and children. New Beginnings Baby Group is on Thursdays 1:30-3:30.

## **Ireland Wood Children's Centre**

Centre for families and children under 5. Breastfeeding facilities available and tailored to individual needs.

## **Jellytots Children's Nursery**

Private children's nursery from babies to 5 years. Comfortable chairs and private area if required.

## **Kippax Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre.

## **Kirkstall Children's Centre**

Services to support families with children aged 0-5 years. Breastfeeding welcome - comfortable seating, private



room if required. Breastfeeding support group on Mondays 1-3pm.

## **Kirkstall Health Centre**

Breastfeeding welcome everywhere in the health centre.

## **Little London Children's Centre**

Healthy eating café Wed 9-1 and Tues 3;15-5pm. Quiet corner available for breastfeeding.

## **Lofthouse Children's Centre**

Services to engage and support families with children under 5. Breastfeeding welcome throughout the centre. Comfortable seating. Infant massage group and baby time groups run at the centre. Refreshments and information available at the centre.

## **Meadowfield Children's Centre**

Provides family support from pre-birth to 5. Changing facilities, comfy chairs, quiet areas and free drinking water.

## **Meanwood Children's Centre**

Provides family support from pre-birth to 5. Rooms with comfortable furnishings to help provide a home from home environment.

## **Moortown Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre. Private sitting room available if required. Baby café on Thursday 1.00 - 2.30pm offering specialist advice and support.

## **Morley South Children's Centre**

Provide family support from pre-birth to 5 years old. Breastfeeding support group every Monday 1:30-3pm [except bank holidays]. Comfortable seating, baby changing facilities and private room available if required.

## **New Bewerley Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcome everywhere in the centre. Comfortable spaces to feed.

## **New Wortley Children's Centre**

Provides family support from pre-birth to 5.

## **Otley Children's Centre**

Support for families with children under 5. Bumps and Babes group with trained staff to provide support.

Breastfeeding welcome.

## **Quarry Mount Children's Centre**

Provides childcare and family support. Breastfeeding welcome - free water, private room available and comfortable seating.

## **Roundhay Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcome everywhere in the centre, comfortable spaces to feed. Smaller private room available. Well baby clinic every Thursday morning 10:00 - 11.30am.

## **Scott Hall Sports Centre**

Comfortable areas available for private breastfeeding if required. Family friendly venue.

## **Shakespeare Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcome everywhere in the centre.

## **Shepherd's Lane Children's Centre**

Provides family support from pre-birth to 5.

## **Shire Oak Primary School**

Breastfeeding welcome.

## **Swarcliffe Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcome everywhere in the centre. Comfortable spaces to feed. Private rooms available on request.

## **Swinnow Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding welcomed everywhere in the centre. Sofas and quiet room available if required.

## **Templenewsam and Colton Children's Centre**

Provides family support from pre-birth to 5.

## **Tumbledown Adventure Play**

Comfortable seating areas at café tables and comfy sofas. Fresh, chilled water is always freely available for all.

## **Villages East Children's Centre**

Provides family support from pre-birth to 5. Breastfeeding cushions available, comfortable seating, water cooler. Private area if preferred.

## **Wetherby Children's Centre**

Provides family support from pre-birth to 5. Side rooms available on request. Links to local breastfeeding café and health visitors.

## **Leisure Centres**

### **Leeds Met Students Union**

Bars and food outlets within Leeds Met Students Union (including The Met Bar, Leeds Met Headingley Campus, Kirkstall bar). Trained 'breastfeeding friendly aware' staff, comfortable seating areas and a mix of private and semi-private spaces available on site if required.

### **Leeds University Union**

Union for students but open to public. Private room available for breastfeeding if required and seating available in cafes and common rooms. Baby changing facilities also available.

### **Middleton Park Visitor Centre**

Local Authority park. Café with chairs, clean environment. Baby changing facilities.

### **Pudsey Wellbeing Centre**

Café and group. Breastfeeding friendly environment with comfortable seating. NCT breastfeeding peer supporter available at the group on Mondays. Call the centre for more information.

### **The Adelphi**

City centre family friendly pub with home cooked food and more. Room for privacy available on request. Weekly mum and baby breastfeeding group on Thursdays 945-1115.

### **The Reginald Centre**

Provides a range of community services including housing, welfare services, GP surgery.

## **Cafes**

### **Café 164, Munro House, Duke St.**

Sandwich Shop and espresso bar. Breastfeeding welcome everywhere. Comfortable seating.

## **Latte Lounge, Chapel Allerton**

Coffee and Sandwich lounge. Friendly atmosphere and aware staff. Separate semi-private lobby area if required. Baby changing and high chair.

## **LS6 Café, Hyde Park Corner**

## **Nurture @ Oxford Place**

Café open Monday to Friday 10am - 2pm. Breastfeeding welcome everywhere. The Deacon's office can be made available for privacy if required.

## **Pickles and Potter, Leeds Centre**

## **Shops**

## **Head Start Hairdressers, Chapel Allerton**

Drinking water, tea and coffee available.

## **Mothercare World, Crown Point**

Baby/Mother Store. Family room available for breastfeeding. Comfortable seating.

## **YCS Computers, Roundhay Road**

Computer and service repairs.

## **Churches**

## **Harehills Lane Baptist Church**

Courtyard Café @ Harehills Lane Baptist Church. Soft seating, toys for older children.

## **Leeds Methodist Mission**

Rooms available to hire. Person to person listening service (Monday to Friday 10am - 2pm). Breastfeeding welcome everywhere. The Deacon's office can be made available for privacy if required.

## **Oxford Place Methodist Church**

Methodist Church and Fellowship. Services 10.30am. Breastfeeding welcome everywhere. The Deacon's office can be made available for privacy if required.

## **Restaurants**

### **Fazenda Rodizio Bar and Grill**

Brazilian style rodizio restaurant. Welcoming environment for breastfeeding families.

### **Wagamama**

Japanese restaurant. Breastfeeding welcome anywhere in the restaurant and there are more discreet areas if required.

## **Voluntary Sector**

### **Hamara**

Community centre providing information, advice and healthy living services. Breastfeeding welcome everywhere.

### **Refugee Council, Dewsbury Road**

Advice Service for asylum seekers and refugees. Breastfeeding welcome everywhere. Private area available on request.

## **Housing Office**

### **Belle Isle Tenant Management Organisation – Aberfield House**

Landlord functions to rented social housing tenants.