

Middleton Family Hub Networking Newsletter – Community Version

A newsletter brought to you by Middleton Family Hub - Issue 4

This newsletter is a great opportunity to promote more partnership working with our local Schools, whilst supporting families of our settings and to cascade updated local info as best as we possibly can to support families within the community, and give families the extra chance to seek opportunities they may be interested in.



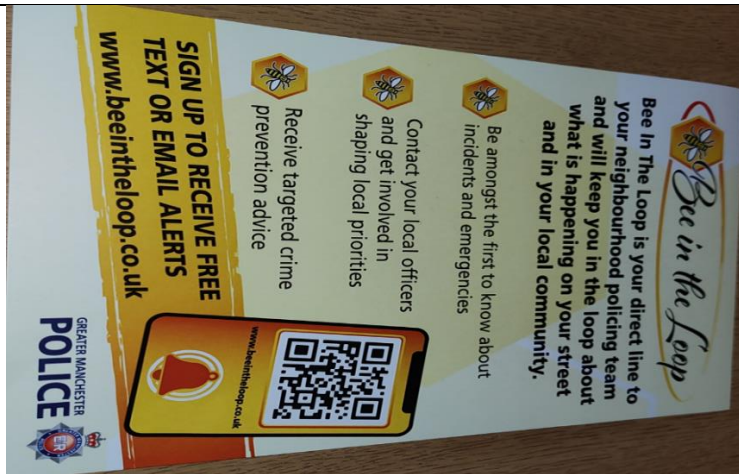
Family hubs provide a single access point to integrated family support services for early help early years with social, emotional, physical and financial needs. Each family hub is designed for the local community while incorporating three key delivery principles: access, connection and relationships.
Service 0-19 25 if SEND.



Providing information on health, social care, childcare and family services within the borough of Rochdale.

Visit Our Rochdale for all Family Hub Services and timetables.

<p>Parenting Team</p>	<p>We would like to include an input on the ParentsPlus Adolescent programme and the bitesize session we are running for parents – Thurs 27 Feb</p> <div data-bbox="338 680 769 1285"> </div> <div data-bbox="778 965 1193 1285"> </div>
<p>Family Hubs</p>	<p>Please visit Our Rochdale (QR Code above) for details of FREE sessions for children and families</p> <p>Family Hubs are based in Rochdale, Heywood, Middleton and Pennine area</p>
<p>Themed Events for Parents</p>	<div data-bbox="347 1482 678 1960"> </div> <div data-bbox="766 1482 1077 1960"> </div>
<p>GMP Police</p>	<p>To be held at Middleton Library Long Street M24 6DU - 13th Feb 11 – 12 - All welcome</p>



POLICE SURGERIES

Meet your local officers alongside partner agencies and raise concerns about key issues within the community.

The next surgery will be held on:

Monday 24th February 2025

Located at: ******* MIDDLETON MONTHLY *******
Tesco Extra, Barton Road, Middleton

Time: **10:00am – 12:00noon**

To help us identify the issues in your area please get in touch with your Neighbourhood Policing Team and tell us what matters to you.



Sign up to receive free community alerts
www.BeeintheLoop.co.uk

For non-emergency calls or to report a crime call: **101** or use Live Chat at gmp.police.uk
Use **999** only in emergencies where there is a threat to life or crime in progress



For more information visit:
gmp.police.uk

Dental List 2025

Dental Practice	Address	Locality	Postcode	Phone	Email	Under 18	Over 18	Waiting list
Drake Dental Practice	113 Drake Street	Rochdale	OL16 1PZ	01706 644717	info@drakedentalpractice.co.uk	Yes	No	Currently private - Will take on under 18's on NHS
Kirkholt Dental Centre	6/7 The Strand, Kirkholt	Rochdale	OL11 2JG	01706 352319	kirkholtdentalcentreroch@gmail.com	No	No	Not taking any on any patients at the moment
One Dental Centre	1 Milnrow Road,	Rochdale	OL16 1UG	01706 796658	onedental@rochdale@gmail.com	No	No	Taking from their NHS waiting list but this is currently full
Bamford Dental Practice	Bamford Precinct, Norden Road	Rochdale	OL11 5PT	01706 527700	reception@bamforddental.co.uk	No	No	Not taking anymore NHS patients at all, only private going forward.
518 Dental	518a Bury Road	Rochdale	OL11 4DQ	01706 527127	admin@518dental.co.uk	No	No	Not taking any on any patients at the moment
Edenfield Dental Care	388 Edenfield Road	Rochdale	OL12 7NH	01706 648301	smile@edenfielddental.com	Yes	No	ADDING ON TO NHS WAITING NEED TO EMAIL SMILE@EDENFIELDDENTAL.COM EACH PERSON WILL NEED TO SUPPLY NAME, DOB, CONTACT NUMBER AND EMAIL AND ADDRESS. CHILDREN UP TO 17 CAN REGISTER OVER THE PHONE
Crescent Orthodontics and Dental Practice	152 Drake Street	Rochdale	OL16 1PX	01706 645135	info@rochdaleorthodontics.co.uk	Yes	No	Only taking under 18's at the moment
Roch Valley Dental Practice	23 Roch Valley Way	Rochdale	OL11 4PZ	01706 534469	rochvalley.dental@nhs.net	No	No	Keep checking, will take on when capacity allows
Whitworth Dental Care	311-315 Market street, Whitworth	Rochdale	OL12 8PW	01706 353355	whitworth.dentalcare@nhs.net	Yes	No	Currently taking on age 18 and under only but will match NHS fees for adults at the moment
Littleborough Dental Practice	115 Featherstall Road	Littleborough	OL15 8JZ	01706 376523	justinelockett@littleboroughdentalpractice.ct	Yes	No	Currently taking on 16 and under only
MF Dental Care	58-62 Church Street	Littleborough	OL15 8AU	01706 370058	enquiries@mf dental.co.uk	No	No	Keep checking, will take on when capacity allows
Dale Street Dental Practice (Affinity Dental)	36 Dale Street	Milnrow	OL16 4HS	01706 641051	reception@affinity-dental.co.uk	No	No	Private Practice for Adults
Middleton Bank Dental Practice	1a Long Street	Middleton	M24 6TE	0161 653 0930	reception@middletonbankdental.co.uk	No	No	Only registering patients in their waiting list - but are taking on when they can- worth calling in the complete a form
Langley Dental Group Ltd	215a Wood Street	Middleton	M24 5RU	0161 643 2428	reception@langleydentalpractice.com	Yes	Yes	Taking on NHS patients - please register on their website, once registered patients go on the waiting list
Fogg, Whittingham, Casserley and Chandley Dent	117 Long Street	Middleton	M24 6DL	0161 643 2176	fwcpatientenquiries@gmail.com	No	No	Keep checking, will take on when capacity allows
York St Dental Practice	27 York Street	Heywood	OL10 4NN	01706 360176	yorkstreetdentalcare27@gmail.com	No	No	Not currently taking over or under 18s
Fletcher Fosbrook Dental Practice	1st Floor, 42 Market Street	Heywood	OL10 4LY	01706 634677	info@f dental.co.uk	No	No	Not taking on any under or over 18's and have no waiting list
Tailor & Co	66 Church Street	Heywood	OL10 1LJ	01706 364200	natalie@tailorandco.com	Yes	Yes	Under 18's, parents can email child's details or can drop off details in the practice. For over 18's they are taking on but people have to book initial appointment on the website, people may need to go on every day to look for an available appointment, when they find one they book on and this also registers them.
Heywood Dental Practice	6 Manchester Street	Heywood	OL10 1DL	01706 369810	info@heywooddental.co.uk	No	No	Not currently taking NHS patients, only private going forward.
Heywood Dental Practice	181 Manchester Road	Heywood	OL10 2DP	01706 369636	heywooddental@yahoo.co.uk	Yes	No	Private Practice for Adults - only taking on under 18's
DHS Dental Practices Ltd	The Phoenix Centre, Church Street	Heywood	OL10 1LR	01706 367062	pauline.booth@nhs.net	No	No	Not taking on patients as at capacity

NSPCC

NSPCC

Pregnancy in Mind

Expecting a baby can cause complicated feelings. Pregnancy in Mind can help.



Find space for you.
Email 'Pregnancy in Mind' to northwesthub@nspcc.org.uk
0151 556 1000



What is it?

You can join Pregnancy in Mind (PiM) for free group support.

- PiM typically meets once a week for eight weeks.
- Sessions are for either parent. You can come on your own or bring a support person.
- Some PiM groups meet face to face while others meet online.
- **We'll explore:**
 - Coping strategies.
 - How to understand your mental health.
 - Mindfulness and ways to boost your mood.
 - Relaxation.
 - Connecting with your baby.

Each week, there's a 1-2-1 chat about your wellbeing. You'll be able to highlight any concerns you have. Following each session we'll share resources you can use in your own time.

Once your baby has arrived, there'll be an opportunity for you to meet with the practitioner who runs your group individually to chat and check in on your wellbeing.

You can manage difficult feelings you're experiencing with support from Pregnancy in Mind.
To sign up, speak to your midwife or email 'Pregnancy in Mind' to northwesthub@nspcc.org.uk 0151 556 1000

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SEND Advice Line

We wanted to share some important information about our **SEND Advice Line Family Hub Drop in Sessions**, as well as the **Riverside Drop in Sessions**, which are now available to support families of children and young people with special educational needs and disabilities (SEND).

SEND ADVICE LINE FAMILY HUB SESSIONS
No Appointment Necessary
0500 303 0380
SENDAdviceLinesRochdale.Gov.UK

Our drop-in sessions are a safe, friendly space for Parents and Carers who need a little extra support with Special Educational Needs and Disabilities (SEND). Whether you're looking for advice, information, or just someone to talk to, we are here to help. We offer advice on all things SEND, including signposting to other services, local support groups, resources and more. We can also assist with navigating the SEND Journey. We will guide you through the different pathways, steps, and processes to ensure you know where to turn next.

No question is too big or small. If we can't answer it right away, we'll make sure to get the information you need. We are here to support you emotionally and practically, so you don't have to do it alone.

Date	Time	Family Hub
26.02.25 26.03.25 30.04.25 28.05.25 25.06.25	All Day	Langley Family Hub, Windsorere Rd, Middleton, Manchester, M24 4LA
3.02.25 3.05.25 7.04.25 12.05.25 2.06.25	9.15am - 11.15am	Belfield Family Hub, Samson Street, Rochdale, OL16 2XW
31.01.25 28.02.25 28.03.25 25.04.25 30.05.25 27.06.25	9.30am - 11.30am	Howard Street Family Hub, Howard Street, Rochdale, OL12 0PP
26.02.25 26.03.25 28.04.25 28.05.25 25.06.25	9am - 11am	Derby Street Family Hub, Derby Street, Heywood, OL10 4QJ

SEND ADVICE LINE RIVERSIDE DROP IN SESSIONS
No appointment necessary
0500 303 0380
SENDAdviceLinesRochdale.Gov.UK

New Drop-In Dates for 2025:

SEND Advice Line in Partnership with Barnardo's SENDIASS Service

The SEND Advice Line will be running monthly drop-in sessions throughout 2025, in collaboration with Barnardo's SENDIASS Service. These sessions will be held at Number One Riverside, Smith St, Rochdale, OL16 1XU.

Our service is available to Parents, Carers, Young People, and Professionals, offering expert advice, guidance, and signposting on all matters related to SEND. Whether you need support, information, or simply someone to talk to, both teams will be available.

Date	Time
Wednesday 15th January 2025	09:30 am - 11:30 am
Wednesday 19th February 2025 (SEND Advice Line only)	
Wednesday 19th March 2025	
Wednesday 16th April 2025	
Wednesday 21st May 2025	
Wednesday 18th June 2025	



Girls Group

The Girls Group (ages 11-18) runs at Langley Family Hub on a Monday evening 5.30pm-7.30pm by Rochdale Youth Service. This week the group looked at what makes us happy, sad or is a comfort to us for Children's Mental Health Week. Discussions evolved around if the use of vapes, drugs or alcohol make us feel good or do they ultimately make us feel worse by being addictive. We also looked at risks involved and by using researched examples of real life stories helped the girls to explore the reality of certain behaviours.



Home Start



Homestart Baby Bubbles. Supporting positive mental health and relationships for every parent, carer and infant. Please contact our PIMH Coordinator to find out more information about our sessions. Sessions need to be booked please contact: Ali: 07749360686 or email ali@hrs.org.uk

Middleton Library
 Long Street
 Middleton
 M24 6DU

9.30 – 11.00am **(term time only)**

DATES:

Tuesday 14th Jan
 Tuesday 11th Feb
 Tuesday 18th March

Mental Health and Neurodiversity Padlets for Children, young people and parents/carers

It's okay not to be okay...

Range of resources and topics on neurodiversity, mental health and wellbeing

Self-help resources and guides for children and young people aged 0-25

Local and national services and support

Advice for parents and carers

We care and your mental health matters to us.

Scan the QR code to explore the range of resources available or visit the website below for help, advice and support.

We are here for you.

Resources to help children and young people with their emotional and mental health.

www.padlet.com/RaisingRochdale/MentalHealth

Heywood, Middleton & Rochdale Integrated Care Partnership

RAISING ROCCHDALE

ROCHDALE BOROUGH COUNCIL

NEURO DIVERSITY

We all think differently and different is amazing!

ADHD, authenticity, Tourette's Syndrome, Dyspraxia, OCD, creativity, innovative thinking, Autism, Dyslexia & Dyscalculia, unique

Advice for parents and carers

Self-help resources and guides for children and young people aged 0-25

Local and national services and support

Range of resources and topics on neurodiversity, mental health and wellbeing

Heywood, Middleton & Rochdale Integrated Care Partnership

RAISING ROCCHDALE

ROCHDALE BOROUGH COUNCIL

The padlets contain lots of useful information, advice and signposting to services and support available both locally in Heywood, Middleton and Rochdale and nationally.

Work & Skills team

Single Access Point

The Single Access Point is available for all our Rochdale residents who would like to access support or information relating to work and skills. Our advisors will link people to the right support and programmes, including job opportunities and provide ongoing support to those who need it.

We hold drop-in sessions at locations across the borough each week, no booking is required so you can pop in to see one of our work and skills advisors. You can find our drop-in details here: [Work and skills hubs | Rochdale Borough Council](#)

For more information or to contact the team, you can reach us at:
 Email: jobandskills@rochdale.gov.uk
 Phone: 01706 926657

Get Rochdale Working Facebook Page

The 'Get Rochdale Working' Facebook page currently has over 32k members, posting daily with local jobs and training courses available to residents.

You can find our Facebook page here: [Get Rochdale Working | Facebook](#)

Youth Hub support for 18 – 24 year olds

The Youth Hub is available to any young person, aged 16-24, who is living in the borough who need support in accessing training, qualifications and employment. Young people can refer themselves or be referred by agencies they're working with.

Contact the youth hub at:
 Email: jobandskills@rochdale.gov.uk
 Phone: 01706 926657

Digital support

This free service for Rochdale borough residents will help get you online and understand how to use laptops, mobile phones, tablets, and other digital devices. We cater to all levels of digital knowledge and you can use your own device or our equipment. We can also lend digital devices for people to use at home.

We're part of the National Databank, and we can offer people up to 6 months of free data. We can provide SIM cards and help you set them up so you can use the internet on your devices.

Criteria for this can be found here: [Digital Tech \(Digitech\) Library | Rochdale Borough Council](#)

The digital team also run drop-in sessions across the borough, details and dates can be found here: [Computers and technology - events](#)

To find out more and access this service, contact us on:

Email: dtl@rochdale.gov.uk

Phone: 01706 926653

ESOL Advice Service

We provide a single access point for all residents that need English classes. Our ESOL classes support residents to improve their written and spoken English.

Talk English offer classes to residents with little to no English, to improve speaking, listening, reading and writing skills.

To find out more and access this service, contact us on:

Email: jobandskills@rochdale.gov.uk

Phone: 01706 926657

Contact the work and skills team

Residents and organisations can contact the work and skills team about any of the above services at:

Email: jobandskills@rochdale.gov.uk

Phone: 01706 926657

Customer Service Drop In Sessions

Rochdale Borough Council
Support that grows with you

Langley Family Hub
Rochdale Borough Council
Customer Services –
Drop In sessions

Customer Services - Support for families who need help applying for school places, Council tax, benefits, housing, blue badges, welfare rights and advice and more, here in your local Family Hub. Ask staff for more information

Date	Times
20 th February	1:00 – 3:00 pm
20 th March	1:00 – 3:00 pm
17 th April	1:00 – 3:00 pm

Funded by UK Government

ROCHDALE BOROUGH COUNCIL

SCAN ME

Please visit Our rochdale for sessions within other areas

Dad Matters

There is a new dad online workshop that covers attachment and bonding, parental mental health and accessing appropriate services and support

You can follow 'Dad Matters' on Facebook, X and Instagram

Who can I contact if I am worried about my relationship with my baby, or my own well-being?

dadmatters.org.uk or tinyurl.com/GMPLMH
Your Midwife, Health Visitor, GP, Adult Mental Health Services
Parent Infant or Early Attachment Service

Other Useful resources

- NHS choices - nhs.uk
- ICON - Crying Support iconpage.org
- CRY-SIS - Crying Support [08451 228669](http://08451228669)
- BASS - Baby Sleep bassonline.org.uk
- Dad Dad - Info app thedadpad.co.uk/app
- Baby Buddy - info app bestbeginnings.org.uk/baby-buddy
- Relodge - Domestic Abuse 0808 801 0327
- The Samaritans 116 123
- Mind 0300 123 3393
- Calm thecalmszone.net
- Shout 247 text SHOUT to 85256
- Hub of Hope - free support hubofhope.co.uk
- Hearts and Minds - free support heartsandmindpartnership.org/

Dear Dad!

This resource is for:

I am your:

And you can contact me here:

HOME START HOST

DAD MATTERS

Why is my mental health and well-being so important for my baby?

When a parent experiences poor mental health it can affect the way they respond to, bond with and care for their child. This can affect their child's psychological, intellectual, social and emotional development.

What is the likelihood of developing mental health issues as a new dad?

In England, 1 in 8 men experience depression, anxiety, panic disorder or obsessive compulsive disorder. Postnatal depression affects 1 in 10 dads.

Research for men to develop postnatal depression is 3-6 months following the birth, but symptoms can come on anytime in the first few years of being dad.

Signs to look for can include one or more of:

- Fearful panic
- Confusion
- Irritability
- Feeling of helplessness
- Loss of interest in work and life
- Withdrawal from family life, work and social activities
- Greater risk taking
- Frustration
- Physical symptoms like headaches, loss of appetite, insomnia, constipation, and low motivation.

Babies Cry - You Can Cope

Crying is one of the many ways your baby communicates and it's an opportunity for you to connect with them. Understanding why your baby is crying is essential. Connecting methods can help.

- It's OK to walk away
- Never, ever shake a baby

Speak to someone if you need support such as your family, friends, peer supporter, Midwife, GP or Health Visitor.

ICCN

Greater Manchester NHS GMCA

HOME START HOST

DAD MATTERS

How can I bond with my new baby?

- Some men find bonding with their baby difficult, but you don't have to wait until they are born to start!
- Babies can hear in the womb from about the 18th week of pregnancy. Try talking, singing and reading to your baby, before and after they are born.
- If it feels a bit awkward try playing your baby your favourite songs, telling them about your hobbies, your work or your ambitions for their future.
- Skin to skin also increases your and your baby's levels of the hormone, oxytocin, which promotes bonding and attachment.
- Carrying your baby, in your arms, or a sling/carrier can also help you to learn their cues and become more reactive to their signals, helping you to get to know them better.

How can I help my baby's brain development?

- Baby's parents help them build their brain into a strong and stable blueprint for the future.
- Your baby's brain wiring (neuronal pathways) is already 70% connected when they are born.
- How well their wiring develops can affect the way they communicate, handle problems, and how they learn.
- It can also impact their relationships and physical and emotional health when they become adults.

How do I do skin-to-skin?

- Skin-to-skin is a safe and easy way to bond with your baby. It's a natural instinct to hold your baby close and cover them with your hands.
- Hold your baby close, supporting their head with both hands.
- You can also use a blanket to help keep your baby warm and how they react to things around them.
- Consistent, positive and loving relationships help your baby's brain to grow and lower the effects of stress.
- Babies are primed to look for two way interaction with their care givers, including touch, facial expressions, and conversation. When you respond to their cues you are literally helping them to build positive brain connections.
- Responding to your baby, especially when they are upset or sick, and providing them with a safe, supportive and loving relationship is also important.

New Dad Workshop

Free online sessions for dads to be and new dads with babies under 12 weeks.

What we will cover

- Attachment and Bonding
- Parental Mental Health
- Accessing appropriate services and support

Learn from other dads, ask questions and support others...

to find out more and to book your free place, please visit www.DADMATTERS.org.uk/workshop

Dadmatters@homestarthost.org.uk

@DadmattersUK

Facebook, YouTube, Instagram, Twitter, Video

HOME START HOST

NHS GMCA

DAD MATTERS

Getting To Know Your Baby Hints and Tips

Before baby is born

Babies can hear what's going on, so tell them stories, sing with them, talk to them. They will recognise your voice, so are already getting to know you.

Plan the birth with partner

Talk about expectations, hopes and worries. This will establish a plan for baby in your mind and support you and your partner to have honest conversations.

Choosing toys

Holding the same kind of comforter or toy when together is a great way to make up stories and giving it a name you can always use to support your relationship.

Reflect on your experience

Record your experience, it will help you reflect on this unique time and something to share with your kids.

After baby arrives

Watching them, learning their cues, wondering just what are they thinking and feeling is a great way to support your bond.

Serve and Return

Your baby wants and needs more time to respond. So leave a space for them after questions. They may not speak or make a sound but will move and arm or smile. They communicate with their bodies.

Skin to skin and responsive touches

Help baby feel safe. Regulate their emotions and learn how to settle. You can't hold your baby too much. Responding to them is helping build their brain.

It's not always perfect

That's OK! But if you're feeling worried, anxious, stressed or not coping, please reach out to us, your partner or a professional.

Altus – Reach



REACH

Would you please promote this free enrichment activity to young people (11-16) whom you work with. Musical Theatre Thursdays and Basketball commencing from next week. Information is also on REACH (www.rochdalereach.co.uk).

LOOKING FOR SOMETHING FUN TO DO AFTER SCHOOL?

Young people across Rochdale have told us what activities they would like to do.

We have something for everyone, from dance to boxing, cricket to basketball and Ju Jitsu.

All activities are **FREE** for 11-16 year olds and you don't have to be a Kingsway student to attend - everyone is welcome!

Book now and join us for the following activities:

MONDAYS 4:15 - 5:45pm	Boxing for Beginners delivered by Round 4 Round Boxing To book email: mawston@kingswaypark.org
TUESDAYS 4:15 - 5:45pm	Community Cricket delivered by The Cricket Asylum To book email: mawston@kingswaypark.org
TUESDAYS 5:00 - 6:00pm	Team Basketball delivered by Heywood Hoops Basketball mawston@kingswaypark.org
THURSDAYS 4:15 - 5:45pm	Brazilian Ju Jitsu (girls only class available) delivered by Red Rose Grappling To book email: mawston@kingswaypark.org
THURSDAYS 4:15 - 5:45pm	Musical Theatre Thursday's delivered by Footlights Theatre mawston@kingswaypark.org

Greater Manchester
Moving > < < <

yourtrust
Opening
School
Facilities

Kingsway Park
ALTUS

Early Break

We will be holding a drop-in for young people during the upcoming half-term on 20th February which is open to anyone up to the age of 21 (25 if a care leaver or SEN) in Rochdale – I have attached a poster for this. We have a variety of services attending so that young people have opportunity to speak to someone about: substances (vaping, drugs and alcohol), sexual health, emotional well-being, employment/education/training, housing, youth mentoring and provisions, SEND, exploitation concerns etc. We hope that this will be a success because if it's well attended this will give us scope to plan further dates during half-term and the summer holidays.

We're also offering training to professionals such as Basic Substance Awareness training, Hidden Harm (parental substance use), Stressed Out Brain and lunchtime learns on specific substances including Ketamine, THC vape and Nitrous Oxide which you can now book on through the Rochdale Safeguarding Board training page [Rochdale Safeguarding Events](#).

Scan the QR code to discover our services, access information, and learn about any training for external professionals and current job opportunities or visit our site: <http://www.earlybreak.org.uk>

Rochdale Partner Agency Drop-In

Feeling concerned about something?
In need of support?
Would it help to chat with someone?

Join our one-stop shop for young people up to 21 (or 25 with additional needs) to discuss various topics, including:

- Substance use and alcohol
- Mental health and emotional well-being
- Sexual health and youth mentoring
- Housing support
- Education, employment, and training
- Neurodiversity awareness
- Exploitation concerns and more!

Date: Thursday 20th February 2025
Time: 1pm-4pm
Location: Early Break office - 106 Drake Street, Rochdale, OL16 1QZ

Bump Birth and Beyond



Courses are held at Family Hubs in Heywood, Middleton and Rochdale between 5.30pm and 8.00pm. It is a great opportunity to help prepare for the birth of your baby and meet other parents to be.

Topics include:

- Infant feeding choices
- Responsive parenting
- Bonding and attachment
- Pain relief
- Labour and birth
- Early days with your baby
- Safer sleep

How to book: Please email us;

Bumpbirthandbeyond@secure.rochdale.gov.uk

- Call into your nearest Family Hub

- or Speak to your Midwife

You will also get to know about services available once baby is born

NEW SESSIONS

Below are the Saturday dates for the full course delivered on a full day at Derby street, condensed course 1weeks (Delivered in one day)

15th Feb

15th March

17th April

17th May

21st June

19th July

16th Aug

Breastfeeding Clubs



Our free groups are welcoming, friendly spaces that provide an opportunity to find out more about breastfeeding, meet other parents, share tips and experiences of your journey. Whether you're expecting, currently breastfeeding or combination feeding and live in Rochdale Borough we are here for you!

Please contact Feeding Team 0161 206 1098

FamilyHubs@Rochdale.Gov.UK if you would like more information.

For further support in evenings and weekends contact: National Breastfeeding Helpline (Evenings and Weekends): 0300 100 0212