



# **“Breastfeeding – Reasons to be proud”**

## **26 January 2009**

**Commodore Hotel, Cwmbrân**

### **AGENDA**

- 9.00 – 9.25 Coffee & Registration
- 9.25 – 9.35 Welcome & Outline of the day  
Breast Start team
- 9.35 – 9.45 Introduction: Sue Sky, Breastfeeding Co-ordinator for Wales
- 9.45 – 11.00 **MAIN TALK: Reasons to be Proud: the philosophy and practicalities of Peer Support (PS)** Deborah Robertson
- 11.00 – 11.15 Coffee
- 11.15 – 12.15 Workshops
- 1 Finding creative solutions to the challenges arising in our peer support programmes Deborah Robertson
  - 2 Group successes, funding, fundraising, promoting Peer Support groups – What works for us? Breast Start team
- 12.15 – 1.00 Lunch
- 1.00 – 1.30 Breastfeeding friendly premises, local update  
Lena Evans, Health Visitor
- 1.30 – 2.30 Repeat of workshops as above
- 2.30 – 2.45 Conclusion & close