

Treasure Chest

Breastfeeding Group

Annual Report 2018/19

Treasure Chest was founded in 2005 and aims to protect, support and encourage breastfeeding in the York area. We are a group of volunteers who are passionate about breastfeeding and have undertaken training to enable us to provide information and support to other families. At the moment we have 45 active breastfeeding peer supporters who use their skills and knowledge to help families across York meet their breastfeeding goals, whatever they may be.

Antenatal Workshops

In 2018-19 we had a total of 122 families attending our monthly antenatal workshops. The sessions are free and pregnant women and their partners gain a better insight of how to get off to a good start in breastfeeding their new baby. We discuss what to expect, covering everything from the first feed to breastfeeding in public and expressing. There is also the opportunity to talk to a breastfeeding parent about their experiences and ask questions.

After the sessions we ask the couples to complete feedback questionnaires. Our analysis of the results shows that 100% of participants found the workshops useful and 80% felt more confident about breastfeeding afterwards. Participants commented that they appreciated the amount of useful information received, the friendly, relaxed atmosphere, and the practical nature of the workshop.

To find out more information about the workshops or to book a place, please see our website www.treasurechest.org.uk

We'd like to thank The Avenues Children's Centre for allowing us to use their venue.

Training



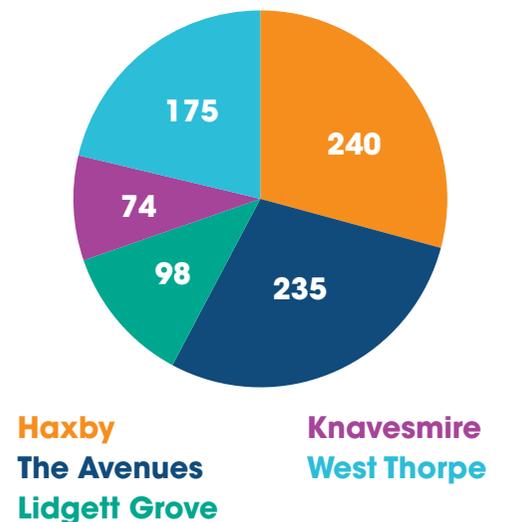
In Summer 2018, eight new peer supporters completed their training with us. Our course is facilitated by two International Board Certified Lactation Consultants, and consists of 10 two hour sessions covering topics such as how breastfeeding works, normal baby behaviour, how to work through common problems and basic counselling and listening skills. Our trainees also undertake six months of shadowing an experienced peer supporter at one of our support groups to further develop the skills they have learnt during training. Peer Supporters are aware of their boundaries and when to refer or signpost to other agencies. They have ongoing supervision and regular updates and training are mandatory.

Support Groups

Treasure Chest peer supporters attend weekly support groups across York, five days a week. Families can come along to chat with our friendly peer supporters about any questions they have or just to chat to other breastfeeding mums for moral support. In 2018-19 a total of 822 families attended our groups.

In March this year, our Thursday group moved to Southlands Methodist Church on Bishopthorpe Road. We made the decision to move there from Knavesmire Children's Centre as numbers attending the group had dropped and we felt that a busier venue (Southlands has a community café running every Thursday) would encourage more families to attend.

Number of families at weekly support groups in 2018-19



Other ways of providing support

Facebook group – Our Facebook group, 'Treasure Chest & Beyond', was established in 2014 and has become a very important part of our work in supporting mums. People can post any time day or night and will usually quickly receive a supportive response. We have a rota so that we can ensure that the majority of posts are responded to by a peer supporter but the replies from other mums are equally important. There were around 1,500 posts asking for support in 2018/19 which is almost 30 per week. Although we always encourage people to attend a support group, we know that online support can be crucial in helping a mum to meet her breastfeeding goals.

Hospital visiting – Some of our peer supporters have undertaken additional training to allow them to visit new parents on the postnatal ward at York Hospital.

Yoga groups – peer supporters regularly attend antenatal yoga classes to let women know about Treasure Chest before their baby has arrived.

Fundraising

In 2018-19 we have received grants from the Co-op 'Local Causes' and Tesco's 'Bags for Life' scheme, as well as many donations

from families who we've helped. One mum raised £563 for us by running the Great North Run! Most of the money we raise is spent on training new peer supporters and ensuring that they are DBS checked. This year we also invested in a new pull-up banner and gazebo so that we can attend outdoor events.



Treasure Chest breastfeeding support groups	
MON	10-11.30am Costa Coffee, Haxby (Private room)
TUE	10-12noon The Avenues Children's Centre, Tang Hall
WED	10-11.30am Lidgett Grove Community Cafe, Acomb
THUR	12:30-2pm Southlands Methodist Church, Bishopthorpe Road
FRI	10.30-11.30am, West Thorpe Methodist Church, Dringhouses

www.treasurechest.org.uk Treasure Chest & Beyond (York)

Events

As part of the worldwide 'Big Latch On' we organised a get together at Thor's Tipi in August. The



event was a huge success and over 50 mums and family members joined us to celebrate breastfeeding!

This year, peer supporters have also attended the following events:

- West Bank Summer Fair
- Copmanthorpe Carnival
- Bump & Baby Expo
- Big Latch On
- Celebration coffee morning for newly trained peer supporters



The future...

We want to continue our important work in 2019-20. We are already in the process of training 10 new peer supporters and hope to run a second course in the autumn.

We would like to say a huge thank you to all the volunteers who give their time to support breastfeeding families in York.