

## WHO ARE WE?

Treasure Chest began during Breastfeeding Awareness week in May 2005 after local mothers and health professionals saw a need for mother-to-mother breastfeeding support in the local community. It became a constitutional organisation in July of the same year when a constitution was agreed and a committee was elected to help the group achieve it's aim of:

- promoting, encouraging and supporting breastfeeding in the York area
- To achieve this general aim the group has specifically set out to:
- train peer supporters
  - support breastfeeding groups in the York area
  - educate mothers, their families and the wider community at all stages both antenatally and postnatally
  - improve the experience of local breastfeeding mothers and increase the length of time for which they breast feed

- liaise with other like minded groups.

Treasure Chest only exists in and around York, although there are many different breastfeeding peer supporter groups around the country who work under their own names. Treasure Chest tries to work closely with other breastfeeding organisations, such as the Association of Breastfeeding Mothers (ABM) and the National Childbirth Trust (NCT) and has good contacts locally with representatives of these national organisations.

Treasure Chest is financially self supporting obtaining all its funding through local or national charitable organisations. There are also occasional fundraising events organised by the committee to assist the work.

Treasure Chest is run by a team of volunteers and we are supported by Midwives and Health visitors. We regularly train new Peer Supporters in order to maintain our workforce.

Breastfeeding awareness week 2009 saw the launch of Treasure Chest South, which aims to extend the work that Treasure Chest already does, in the South of the City.

# Treasure Chest

BREASTFEEDING SUPPORT

We aim to promote, encourage and support breastfeeding in the York area

BREASTFEEDING SUPPORT

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[support@treasurechest.org.uk](mailto:support@treasurechest.org.uk)  
[thechair@treasurechest.org.uk](mailto:thechair@treasurechest.org.uk)  
[yorksouth@treasurechest.org.uk](mailto:yorksouth@treasurechest.org.uk)

**Phone: 07798858465**

**Please leave an answerphone message or text and someone will get back to you as soon as possible.**

### Treasure Chest drop-in group timetable

<b>Monday</b> Treasure Chest York North	<b>12.30-1.30pm</b>	<b>Oaken Grove Community Centre, Haxby. YO32 3QZ</b>
Tuesday	12.45-1.45pm	Clifton Moor Community Centre, YO30 4WD
Thursday	12.00-1.00pm	Clementhorpe Surgery, Cherry St. YO23 1AP
<b>Friday</b> Treasure Chest York South	<b>1.00-2.30pm</b>	<b>The Avenues Childrens Centre, Tang Hall, YO31 0UT</b>



[www.treasurechest.org.uk](http://www.treasurechest.org.uk)

## Who's who

Treasure Chest is made up of **Peer Supporters** and **Breastfeeding Counsellors**.

**Peer Supporters-** These are mums who have recently breastfed who undergo training to enable them to support other mothers who wish to breastfeed. Currently Peer supporters have 20 hours of training (10weeks of 2 hour sessions), the training covers areas such as counselling and listening skills, how breastfeeding works and how to tackle breastfeeding problems. After completing their training Peer Supporters build on these skills by working in the community under supervision from a mentor for a few months then going on to work alone. Peer supporters can offer you support, guidance, provide you with breastfeeding information and help you access further help if it is needed.

**Breastfeeding Counsellors-** Our breastfeeding counsellors have trained with the ABM. The training consists of ten modules and usually is carried out over a period of two years, via correspondence. This is a more advanced qualification and is nationally recognised. All ABM counsellors have breastfed for a minimum of six months. Breastfeeding counsellors can help support mothers who are experiencing more serious breastfeeding problems.

**The Committee-** Treasure Chest is run by a committee of volunteers, **The Chair** organises the committee and has overall responsibility for the running of Treasure Chest. **The Chair** can be contacted by emailing [thechair@treasurechest.org.uk](mailto:thechair@treasurechest.org.uk).

## How we can help you.

Treasure Chest offers a range of support to breastfeeding mothers.

### Ante-natal Support

Treasure Chest currently helps run ABM Breastfeeding Workshops throughout the city in partnership with NHS midwives and health visitors. These aim to help expectant mothers prepare for breastfeeding. Mums-to-be can request peer support at these workshops. Treasure Chest is also able to support mums-to-be on a one to one basis if you have any issues you would like to discuss before the birth of your baby. (See contact info on the back of this leaflet.)

### Post-natal support

**Hospital** - We currently have a number of peer supporters who visit the maternity wards at the hospital (G2 and G3). If you would like support on the ward after you have had your baby, the midwives should be able to put you in contact with a peer supporter.

**Telephone** - If you give your details to us antenatally a peer supporter will ring you after you have had your baby and offer support over the telephone. Alternatively you can ring **07554214471** and leave you details for a call back. If you are contacted by phone you may be offered a home visit, however this is up to the individual peer supporter.

**Drop in groups** - You can get support from Treasure Chest by coming to see us at a drop in group. Our main groups run on **Mondays during term time at Oaken Grove Community Centre in Haxby 12.30-1.30pm** and **The Avenues childrens centre, Tang Hall, Friday 1.00-2.30pm**. You can also find Treasure Chest peer supporters at **Clifton Moor post-natal group at Clifton Moor Community Centre, Tuesday 12.45-1.45pm** and **Clementhorpe Breastfeeding Group, Cherry St Surgery, Thursday 12-1pm** These sessions welcome breastfeeding mums and babies of any age.

## Why Choose Us?

What can we at Treasure Chest offer you that differs from the support you may get elsewhere?

*Firstly*, we are all mothers who have breastfed, just like you and we have experienced first hand the challenges and rewards that breastfeeding brings. *Secondly*, we have recent and ongoing breastfeeding support training so should be able to give you an up to date and overall view of the breastfeeding experience, not just tell you what happened to us. *Thirdly*, we are all volunteers so we are not working 'to the clock' we can offer you as much time as you need to support you in resolving any issues you may have. *And finally*, we adopt a strictly 'hands off' approach. We try to support you while you figure out what works best for you and your baby, rather than dictating what you should and shouldn't do. We believe that this gives you the best chance to establish and continue with successful breastfeeding.

## FEEDBACK

As has been mentioned already Treasure Chest is run by volunteers often with young families themselves and although we aim to provide you with the best support possible problems can sometimes occur (either in the organisational stage or the support you receive). If you have any issues regarding Treasure Chest please do not hesitate to contact [thechair@treasurechest.org.uk](mailto:thechair@treasurechest.org.uk), who will hopefully be able to resolve any issues. Alternatively if you visit our website [www.treasurechest.org.uk](http://www.treasurechest.org.uk) you can fill in an online evaluation form.

We welcome your feedback both positive and negative, it really does help us to constantly improve our service.