



## MUM2MUM Annual Progress Report 2017

### What is the MUM2MUM breastfeeding peer support training programme?

MUM2MUM peer support training is for mothers who have breastfed to equip them with the necessary skills to support other women with breastfeeding. The training programme involves a 7 week training course. This is complemented by e-learning and shadowing opportunities, including support from Infant Feeding Specialists across the Royal United Hospitals Bath NHS Foundation Trust, Salisbury NHS Foundation Trust and Great Western Hospitals NHS Foundation Trust who lead the scheme.

### What has the MUM2MUM programme achieved this year in Wiltshire?

- 9 breastfeeding peer supporter training courses delivered across Wiltshire
- 29 peer supports completed training and 23 currently still undergoing training
- 35 Peer Supports currently active in Spurgeons Children's Centres and 17 Peer Supports active in The Rise Trust Children's Centres
- 16 Peer Supporters active in our Maternity Units and Community Birthing Centres

### What have volunteers said about the MUM2MUM programme?

- 79% felt the taught sessions were interesting and varied
- 67% felt more confident after the taught sessions
- 83% felt the sessions were relaxed and enjoyable

*"Now I've started shadowing, I can really put into practice what I've learnt and I'll really looking forward to independently supporting breastfeeding women. Thanks Heather and Sally for organising the course, and for your time!"*

*"I really enjoyed all the sessions and feel like I learnt a lot. I felt comfortable asking lots of questions and feel that the training was a good foundation for starting peer supporting. I found the assessment helpful and it helped me feel more confident in what I am doing."*



*"women supporting women, what could be better"*

*"The taught sessions and interaction definitely complimented the online learning."*

*"the course gave me the ability to give something back"*