

For immediate release

**MUMS ON THE RUN ACROSS THE UK TO SUPPORT FAMILIES**

Hundreds of mums across the UK will be getting together for ‘Mums’ Milk Run’ fun runs during June to raise much needed funds for the Breastfeeding Network.

The Breastfeeding Network supports thousands of families every year, providing breastfeeding information and support in hospitals, at drop in groups, at home and via telephone helplines, both before and after their babies are born.

Between 9th and 14th June, at events across the length of the country, from Ayrshire to Portsmouth, mums, dads, friends, grandparents and kids will gather in parks, children’s centres and gardens for fun runs, toddles, picnics, cake sales and more to celebrate the achievements of mums and of the Breastfeeding Network both locally and nationally, and to raise vital funds to ensure the charity can continue it’s vital work.

Over the course of the week, the charity aims to raise £5000 which will help them support 1000 families to reach their breastfeeding goals.

One of the events taking part on the day will be in Portsmouth, and will be attended by this mum who said the Breastfeeding Network made a huge difference when she became a mum for the first time: *“I’d have never got past the first week without the fantastic BfN support. The support was absolutely essential for me and my baby! Now I absolutely love breastfeeding. But they also give you confidence as a mum in other aspects. I can’t praise them high enough. The support is quite literally life saving!’*

Shereen Fisher, CEO of the Breastfeeding Network said:  *“We provide non-judgemental, friendly breastfeeding support and information for all mums and families whatever their breastfeeding goals are – one day, one week, one month, one year or more – we’re here for you – and everyone is welcome at their local Mums’ Milk Run too! Get involved and help us support even more families.”*

Shereen herself is taking part in a 10k run on Saturday, ending at the Sandwell BfN Mums’ Milk Run event in Sandwell Valley park. For more info, visit: <https://www.justgiving.com/teams/MumsMilkRun>

**ENDS**

**Notes to Editors**

* Contact Felicity Lambert – [felicity.lambert@breastfeedingnetwork.org.uk](mailto:felicity.lambert@breastfeedingnetwork.org.uk) / 07826671222
* There are photo opportunities available at events across the UK, contact us for more details.
* Further case studies are available.

The **Breastfeeding Network** (BfN) ([www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)) aims to be an independent source of support and information for breastfeeding women and others. It aims to:

* Promote breastfeeding and a greater understanding of breastfeeding in the United Kingdom.
* Collect and disseminate information on breastfeeding and baby and infant nutrition.
* Provide information and support to parents on the feeding of babies and infants.
* Set and encourage the acceptance of quality standards for breastfeeding support.
* Establish and publish codes of practice for such support
* Mums can access breastfeeding support and info about local groups via the **National Breastfeeding Helpline on 0300 100 0212**