



# Breastfeeding Friendly Places

We have also listed a number of places that have signed up to be "Breastfeeding Friendly" to try and help when you are out and about.

These establishments have committed to being welcoming to breastfeeding mothers and so you should be able to feed in peace and comfort!

## Bodmin

**Folly Tea Rooms** 3 Turf Street, PL31 2DH  
01208 269250

**Waffles Coffee Shop** Market House Arcade, PL31 2JA  
01208 75555

**ASDA** Launceston Road, PL31 2AR 01208 261800

**GinHouse** The Piazza, Crockwell Street, PL31 2DE  
01208 78778

Wetherspoons Fore Street, PL31 2HR 01208 261730

## Bude

**Arabica Coffee House** 14 Belle Vue, EX23 8JL  
01288 350133

**The Bakery** 12 Queen Street, EX23 8BB 012088  
353133

**The Cabin** Crackington Haven, St Gennys EX23 0JG  
01840 230238

**Cafe Belliouis** 24 Queen Street, EX 23 8BB 01288  
359530

**The Castle Restaurant** The Castle, The Wharf,  
EX23 8LG 01288 350543

**Cornish Ice Cream Cafe** Lansdown Mews, EX23 8NJ  
01288 350523

**Crooklets Inn** Crooklets Beach EX23 8NF  
01288 352335

**G's Café & Diner** 15 Queen Street, EX23 8AY  
01288 353160

**The Granary** 29 Queen Street, EX 23 8AY  
01288 356956

**Lansdowne Bakery & The Coffee Shop** Lansdown  
Road, EX23 8BH 01288 355973

**Life's a Beach** Summerleaze, EX23 8HN  
01288 355222

**New Atlantic Diner** 5-7 Belle Vue, EX23 8JL  
01288 354167

**Rosie's Kitchen** Crooklets Arcade Building, Crooklets  
Beach, EX23 8NE 01288 354238

**Tiandi** 16 The Strand 01288 359686

**Urchins Bistro** 8 Princes Street, EX23 8AT  
01288 352783

**Waves** 2 Lansdown Road, EX23 8BH 01288 488 082

## Callington

**Annie's Tea Room** PL17 7AA 01579 383303

**Co-op Coffee Shop** PL17 7BE

**Compton Park Restaurant** Compton Park, Florence  
Road, PL17 8EA 01579 383069

## Camborne

**Tyacks Hotel** 27 Commercial Street, TR14 8JF  
01209 612424

**Specsavers Opticians** 4 Trelowarren Street, TR14  
7RN, 01209 710022

## Falmouth

**Cavendish Coffee House** 12 Market Street 01326  
319438

**Cavendish Deli** 2 Bells Court 01326 319526

**Marks and Spencer** 44 Market Street, TR11 3AJ  
01326 312684

## Fowey

**The Other Place** 41 Fore Street 01726 833636

## Fraddon

**Kingsley Village** Fraddon, TR9 6NA 01726 861111

## Gwithian

**Godrevy Cafe** Godrevy Towans 01736 757999

## Helston

**C3 Restaurant** 3 Coinagehall Street 01326 565633

## Isles of Scilly

**Old Town Cafe** Old Town St Mary's 01720 422045

## Launceston

**Fontanella Cafe** Market House Arcade 01566  
775828

**Jericho's Brasserie** 4 Northgate Street, Launceston,  
PL15 8BD 01566 770080

**NO 8** 8 Westgate Street 01566 777369

## Liskeard

**60's Coffee** Windsor Place, PL14 4BD  
01579 340264

**Bean Coffee Shop** 6 Fore Street, PL14 3JB 01529  
344366

**Fat Frog Cafe** 6a Market St 01579 348815

**Liskeard Library** Darras Street, PL14 6AB 0300  
1234111

**Lux Park Leisure Centre** Coldstyle Road  
01579 342544

## Mawgan Porth

**Blue Bay Restaurant** Trenance 01637 860324

## Newquay

**Cafe Irie** 38 Fore Street, TR7 1LP 01637 859200

**Newquay Zoo** Trenance Gardens, TR7 2LZ  
01637 873342

**Fifteen** Watergate Bay, TR8 4AA 01637 861000

## Penryn

**ASDA** Jennings Road off Kernick Road, TR10 9LY

## Penzance

**Archie Browns Bread** Street 01736 362828

**Blue Bay Cafe** Wharfishide Shopping Centre 01736  
350483

**The Cove Cafe** West Cliff, Praa Sands 01736 763751

**Penlee Museum** Morrab Road, 01736 361325

**The Green Bean Coffee Company** 83 Market Jew  
Street, 01736 363737

## Perranporth

**The Green Parrot** Wetherspoons, St George's Hill  
01872 574990

**The Filling Station** 9 St Piran's Road

**Pickwicks** 43 St Piran's Road, 01872 573089

**The Watering Hole** on the beach, 01872 572888

## Redruth

**Bombadingas Pirates Soft Play Cafe**, Highburrow  
Lane 01209 219555

**Carn Brea Leisure Centre** Station Road, Pool  
01209 714766

**Carpenters House** Knights Arcade 01209 218896

**The Sandwich Stop** 1 Alma Place, TR15 2AT 01209  
215500

**Westcountry Family Chiropractic & Cranial** 2 Alma  
Place, TR15 2AT 01209 219444

## Saltash

**China Fleet Country Club** PL12 8UL 01752 854660

**Saltash Leisure Centre** Plougastel Drive 01752  
840940

**Waitrose** Tamar View Industrial Estate, Carkeel,  
Saltash, PL12 6LD 01752 849067

**The Bookshelf Tearoom** 96 Fore Street, Saltash  
PL12 6JW 01752 845804

**Kitchen Cafe** 8 Fore Street, PL12 6JL 01752 844578

**Jennifer's** 62 Fore Street, PL12 6JW 01752 847911

## Sennen

**WhiteSands Lodge** Sennen, Near Lands End  
01736 871776

**The Apple Tree Cafe** Trevescan, 01736 811233

## St Austell

**Polkyth Leisure Centre** Carlyon Road, PL25 4DB  
01726 223344

**The Eden Project** Bodelva, PL24 2SG 01726 811911

**The Eden Project Cafe**, White River Place, PL25 5AZ  
01726 338114

**The Lost Gardens of Heligan** Pentewan, PL26 6EN  
01726 845100

**ASDA** Cromwell Road, PL25 4PR 01726 223800

## St Just

**Cape Cornwall Golf & Leisure Resort** Cape Cornwall  
01736 788611

## Truro

**Charlottes Tea House** Coinage Hall, 1 Boscowen  
Street 01872 263706

**Cafe Elia** Church Walk, Union Place 01872 270705

**Mums and Little Ones** Tinnars Court, TR1 2BD  
01872 242446

**Mothercare** Pydar Street, TR1 2BD 01872 222491

**Costa Coffee** 2-4 Victoria Square, TR1 2RS  
01872 241045

## Tintagel

**Charlies Café, Restaurant & Deli** Bossiney Road,  
PL34 0AJ 01840 779 500

## Wadebridge

**Carruan Farm Centre** St Minver, PL27 6QU  
01208 869584

**The Glasshouse** 6 Eddystone Road PL27 7AL  
01208 814800

**The Picture and Coffee House** 33 Molesworth Street,  
PL27 7DM 01208 368191

**Relish Food & Drink** Foundry Court, PL27 7QN  
01208 814214

**The Sandbar** Polzeath 01208 869276

**The Waterfront** Polzeath 01208 869655

**Wadebridge Nursery School** Fernleigh Road,  
PL27 7AT 01208 814578

## The law is on your side!

The Equality Act 2010 makes it clear that it's against the law for a woman to get less favourable treatment because she is breastfeeding when receiving services.

You are welcome to breastfeed in all Children's Centres, libraries and health care premises in Cornwall

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