

Restaurant Recommendation

Spotlight this edition goes to Gusto! There are a number of Gusto restaurants in and around the Stockport area. I personally can vouch for the Cheadle Hulme branch.

Each time I have been, our families allergies have been taken seriously and with care. They have a fantastic and accessible allergy menu, which is presented on a tablet. Their online menu is also great for finding suitable food for takeaway!

Do you have a restaurant in the Stockport area that has really impressed and looked after you regarding allergy? If so, we would love to hear about it! Please send us and email or a DM over on Instagram or Facebook and tell us all about it so we can include it in future newsletters!



Useful Links

Coffee, Chill and Spill

Maternal Wellbeing Group

Its runs every Thursday morning 9.30 till 11.30 and is at Heaton Norris community centre, love lane Stockport. SK4 1JA

La Leche League

Provides mother to mother support for all breastfeeding mums at every stage of their breastfeeding journey via our helpline, through social media, online helpforms and face to face at local meetings.

Helpline: 0345 120 2918

Snowdrops

Snowdrops is a group is run by mums to provide support to mums experiencing pre or postnatal mental health issues. They meet on Wednesdays at Romiley Life Centre, 3 Stockport Road, Romiley, SK6 4BN. Please contact them or check their Facebook page for the next meeting dates and times.

Information for local groups is taken from <https://stockport.mumbler.co.uk/>

Contact:

email: stockportallergyasthma@gmail.com



@stockport_allergyasthma



@stockportallergymamas

Best Accidentally Free From Find

We are currently really enjoying Aldi's 'Biscuit Spread'. It comes in both smooth and crunchy and tastes just like Lotus Biscoff. The only allergen listed in the ingredients of the Aldi version however is 'wheat'!

Please check for may contains and always check the ingredients each time you buy as these products are renowned for changing ingredients without declaration.

What is your favourite 'accidental free from find'? We would love to hear about it, so we can share the free from love with others!

Asthma UK Helpline

Questions about your asthma? For expert advice, information and support call our Helpline.

0300 222 5800

Allergy UK Helpline

[01322 619898](tel:01322619898)

Stockport Infant Feeding Team

The Infant Feeding team for Stockport NHS Foundation Trust, including Lactation Consultants, Breastfeeding specialist nurses and midwives, and trained peer supporters.

0161 419 4430