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Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

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Our ref: IG/FOI/FOI.309.26

10 August 2026

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information which was received on 30 July 2026, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) does hold the information that you require. For ease of reference your request is set out below and the Health Board's response follows each question individually.

Your Freedom of Information (FOI) Request and Powys Response (Bold):

I am writing to you under the Freedom of Information Act to request the following information

Q1. Does the health board currently provide, commission, fund, endorse, or facilitate any breastfeeding support services, breastfeeding peer support groups, infant feeding services, or breastfeeding education programmes?

Yes. The Health Board facilitates and supports breastfeeding services and programmes, including:

- **Breastfeeding peer support groups operating across Powys. These groups have been established for between 10 and 20 years, depending on the locality, and receive approximately £200 per year funding from the Health Board to support their operation.**
- **Infant feeding support provided by specialist infant feeding staff.**
- **Antenatal education delivered by midwives and health visitors, which includes approximately two hours of breastfeeding education for expectant parents.**
- **Breastfeeding-related training for staff, including UNICEF Baby Friendly Initiative (BFI) training and other relevant infant feeding training programmes.**
- **Promotion of a free online breastfeeding preparation course.**

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Q2. If yes, do any of these services or programmes provide breastfeeding training, education, or practical breastfeeding support to biological males (that is, individuals who were born male, regardless of their current gender identity)?

Yes, some breastfeeding education and training opportunities are available irrespective of sex or gender. Antenatal classes delivered by midwives and health visitors include breastfeeding education and are open to all parents, including biological males. The free online breastfeeding preparation course recommended by the service can be accessed by any gender. Also, Health Board staff training, including Baby Friendly Initiative (BFI) training and tongue tie training, is available to relevant staff regardless of sex or gender.

However, the Health Board does not provide a specific breastfeeding support programme for biological males. Practical breastfeeding support is provided to parents who are able to breastfeed or lactate. The specialist infant feeding service supports individuals who are able to lactate, including support for birth females in same-sex relationships where appropriate.

Q3. If the answer to question 2 is yes, please provide:

a. The name of the service or programme.

- **Breastfeeding Peer Support Groups (BiBs), a peer support programme.**
- **UNICEF Baby Friendly Initiative (BFI) staff training.**
- **Tongue Tie Training. Online Breastfeeding Preparation Course (externally provided and recommended by the service).**

b. Whether the training or support is provided directly by the health board or by an external organisation acting on its behalf.

- **Antenatal education, specialist infant feeding support, BFI training and tongue tie training are provided directly by the Health Board.**
- **Peer supporters undertake the Association of Breastfeeding Mothers (ABM) Mother Supporter Course.**
- **The breastfeeding preparation course is an externally provided online resource recommended by the service.**

c. The date on which this practice or policy was introduced.

Breastfeeding peer support groups have been operating for between 10 and 20 years, depending on the locality. Information regarding specific implementation dates for the remaining programmes is not held centrally.

d. Any policy, guidance, protocol, or training material governing the provision of such training or support (where disclosure is permitted under the Act).

Please find enclosed FOI.309.26 Attachment 1. Standard Operating Procedure for Alternative Methods of Infant Feeding and FOI.309.26 Attachment 2. Guideline for Infant Feeding.

Q4. If no such services or programmes exist, please confirm that the health board does not currently provide, commission, or support breastfeeding training or breastfeeding support for biological males.

Not applicable. While the Health Board does not provide any breastfeeding support programme specifically for biological males, some breastfeeding education and training opportunities are available to all parents and staff irrespective of sex or gender. Practical breastfeeding support is provided to individuals who are able to breastfeed or lactate.

If you are dissatisfied with the handling or response to your request, you have the right to ask for an internal review. Should you wish an internal review, please quote the reference number and send your correspondence to the above address.

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at:

Address: Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH.

Telephone: 0330 414 6421

Complaints Portal: www.ico.org.uk/foicomplaints

Web site: <https://ico.org.uk/>

Re-use of Public Sector Information

All information supplied by the Health Board in answering a request for information (RFI) under the Freedom of Information Act 2000 will be subject to the terms of the Re-use of Public Sector Information Regulations 2015.

Under the terms of the Regulations, the Health Board will licence the re-use of any or all information supplied if being used in a form and for the purpose other than which it was originally supplied. This license for re-use will be in line with the requirements of the Regulations and the licensing terms and fees as laid down by the Office of Public Sector Information (OPSI). Most licenses will be free; however, the Health Board reserves the right, in certain circumstances to charge a fee for the re-use of some information which it deems to be of commercial value.

Further information including a sample license terms and fees can be found at Open Government Licence.

Yours sincerely



Amie Symes
Director of Midwifery, Women and Family

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay.