

# Directory of Breastfeeding Facilities for Central Coast Local Health District Staff

Central Coast Local Health District supports employees who wish to balance breastfeeding and work responsibilities.

This resource supports the implementation of *PR2014\_009 Breastfeeding in the Workplace – Promoting, Protecting and Supporting* which supports the provision of a paid lactation break entitlement and a comfortable, private place for staff to breastfeed or express.

### Where can I go to breastfeed or express?

An appropriate room for breastfeeding or expressing breastmilk includes the following features:

- Private, lockable door
- Comfortable chair
- Table
- Access to a power point
- Hand washing basin in the room or nearby.

If you do not have access to a private and appropriate office or space in your immediate work area, the following facilities are available:

<b>Gosford Hospital</b>	
I3	Parent Room near Respiratory Department
I4	<b>Staff only</b> Breastfeeding Room. Access via Allied Health corridor next to lifts. Swipe access only
I4	Parent Room near Cafe
Level 3, Block J	Parent Room near Emergency Department Waiting Room
Level 5, Block J	Parent Room next to public toilets near Surgical Centre
Level 6, Block J	Parent Room near Intensive Care Unit
Level 8, Block J	Parent Room near public toilets
Level 9, Block J	Parent Room near public toilets

<b>Central Coast Clinical School and Research Institute Building - Gosford</b>	
Level 7	Parent Room just past entry to the library

<b>Wyong Hospital</b>	
Level 2, Block A	Parent Room in Main Entrance & Reception corridor
Level 2, Block A	Parent Room in Outpatients Clinic
Level 2, Block H	Parent Room next to Emergency Department waiting area
Level 3, Block H	Parent Room in Paediatric Unit (only for those receiving care in the unit, not the general public)
Level 5, Block H	<b>Staff Only</b> Breastfeeding Room. Access from Public Lift Lobby on Level 5 (turn left when exiting lifts). Request swipe card access via Security Services.

<b>Woy Woy Hospital Campus</b>	
Front reception	Consult room (if available)
Community Rehab Centre	Consult room (if available)
Health Services Building	Consult room (if available)
Staff Breastfeeding Room	Community Health Centre

<b>Long Jetty Health Care Centre</b>	
Foyer	Group Room, next to foyer (if available)

<b>Community Health Centres</b>		
For staff working in the community, contact the Coordinator of your nearest Community Health Centre to discuss the availability of an appropriate room.		
<b>Centre</b>	<b>Phone</b>	<b>Location</b>
Gateway Child & Family Health	4328 7900	Level 1 Gateway Centre Child & Family Health, Mann St, Gosford
Erina	4367 9600	169 Central Coast Highway, Erina
Kincumber	4369 2355	Kincumber Street, Kincumber
Lake Haven	4393 7777	Stratford Street, Lake Haven
Long Jetty	4336 7800	Wyong Road, Killarney Vale
Toukley	4396 5111	Hargraves Street, Toukley
Woy Woy	4344 8432	Cnr Kathleen St & Ocean Beach Rd, Umina
Wyong	4394 8229	Pacific Hwy (Block D), Kanwal
Wyong Central	4356 9300	38A Pacific Hwy, Wyong

## Need More Help?

Assistance with breastfeeding and returning to work is available from:

- CCLHD Clinical Midwife Consultant Lactation & Infant Feeding  
phone: 4320 2686, mobile: 0422 005 298, pager: 18547.
- Australian Breastfeeding Association Helpline: 1800 686 268,  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)
- Speak to your Manager or contact Workforce Customer Service  
email: [CCLHD-Workforce@health.nsw.gov.au](mailto:CCLHD-Workforce@health.nsw.gov.au)