



WE ARE HERE TO SUPPORT YOUR BREASTFEEDING GOAL 07733264085(MON-FRI)

IN ADDITION TO YOUR MIDWIFE AND HEALTH VISITOR YOU CAN RING OUR TEAM OF MATERNITY SUPPORT WORKERS FOR INDIVIDUALISED SUPPORT & BREAST PUMP HIRE SERVICE. LIKE OUR FACEBOOK PAGE FOR UP TO DATE INFO ON BABY FRIENDLY CAFES, GROUPS & OTHER SUPPORT NETWORKS

The good news is that in Herefordshire we have a joined-up approach from the Midwifery team, support workers, health visitors, children's centers and the voluntary sector to support you and your baby in your feeding choice.



see over page for daily Breastfeeding support Groups in the community



Herefordshire Breastfeeding Information

The BF helpline 9-5 Mon-Fri for telephone advice & home visiting 07733264085

Out of these hours telephone triage for 24hr support 07990986517

Other useful support numbers

National Breastfeeding Helpline
0300 100 0212* or email
www.nationalbreastfeedinghelpline.org.uk

Start4Life 0300 123 1021* or email
www.nhs.uk/start4life

Association of Breastfeeding Mothers
www.abm.me.uk

The Breastfeeding Network
www.breastfeedingnetwork.org.uk

NCT Breastfeeding Line 0300 330 0771* or email www.nct.org.uk

La Leche League 0845 120 2918 or email www.laleche.org.uk

*Calls to 03 numbers should cost no more than geographic 01 or 02 UK-wide calls and may be part of inclusive minutes subject to your provider and your call package. The National Breastfeeding Helpline is open from 9.30am to 9.30pm. The Start4Life lines are open from 9am to 8pm. Both are open 7 days a week.



Herefordshire Breastfeeding Information

Come along to our new and existing Breastfeeding Support groups. We offer support, information and the chance to chat with other trained breastfeeding peer supporter mums in a friendly and supportive welcoming relaxed setting. There are also Health visitor and Voluntary groups available every day of the week to support you in your feeding choices. Most Groups are free of charge and all new mums and their families are welcome.



BREASTFEEDING SUPPORT AVAILABLE AT: (FROM SEPTEMBER 2019)

MONDAY

- **Little Blue Elephant Café, Pontrilas 1.00pm-2.00pm**
- **Coningsby Children's Centre. 'Lets Play' 1.00pm-2.30pm (01432 833400)**

TUESDAY

- **Widemarsh Children's Centre. HV drop in with peer support 9.15am-11am (01432 383430)**
- **Kington Tots ,Kington Primary School,10am-11.30. Term time only. (kingtontots@yahoo.com)**
- **Fred Bulmer Centre, Breastfeeding Specialist Support Drop In 10.00am – 12.00. Specialist HV to give more specialist advice and support. (07792396407)**

WEDNESDAY

- **Bumps to Babies – with NCT Breastfeeding Counsellor 11.00am-1.00pm at De Koffee Pot, Hereford. (Facebook, NCT Bumps and Babies)**

THURSDAY

- **Ross on Wye Children's Centre, The Chapel (opposite library) – 10.00am-11.30am Breastfeeding Group Support (FB, Ross on Wye Breastfeeding Group)**
- **Kids Play Café, The Hub, Peterchurch, 9.30-11.00am. Term time only**
- **'Stay and Play' Eastholme Community Centre 9.30am-11.30am.**
- **HOPE Centre, Bromyard – (01885 488495) 'Baby Lets Play' 10.30am – 12.00pm**

FRIDAY

- **Ledbury Children's Centre. 11am-12pm. Term time only**