

Information for breastfeeding mothers



Details correct 10th October 2019

Where to find breastfeeding support and information



If you have breastfeeding concerns in the first few days outside office hours you can contact the midwives in the Royal-Jubilee Maternity Service (RJMS):-

- Ward E – Tel. 028 96150574 or 028 96156639
- Johnstone House – Tel. 028 96151072 or 028 96151073
- Maternity Admissions – Tel. 028 96150596
- Or Mater Midwife led Unit (MLU) 95041555 / 95041556

**Telephone support helplines are also listed on the back page or
Check out www.breastfedbabies.org for support in your area.**

FURTHER PROFESSIONAL SUPPORT

Support & information about breastfeeding can be obtained from your local Community Midwives. Community Midwives work office hours and can be contacted at the following:-

- **North Belfast (Grove centre)** – Tel no. 9063 6222,
- **West Belfast (Ballyowen)** – Tel no. 950 40353
- **South Belfast (Finaghy)** – Tel no. 950 42650
- **East Belfast (Holywood Arches)** –Tel no. 90633049
- **Or from Your local community midwives if outside Belfast Trust**

Other Useful numbers:-

- **BHSCT Infant Feeding Leads**

Barbara Spratt (Mon – Fri 9am-5pm) 028 950 47403
(if no answer please leave a message)

Liz Hood (Mon – Fri 9am-5pm) 028 950 43865
(if no answer please leave a message)

- **Mum to Mum Breastfeeding Peer Support** (Tel. 07738945080/1)
- **Support for Parents of Premature babies and Breast Pump Hire**(for sick and pre-term babies only) www.tinylife.org.uk Tel. 02890815050

LOCAL BREASTFEEDING MOTHERS GROUPS

(Please ring and confirm dates, times and venues before attending. Groups do not usually meet on bank holidays)

You can obtain support and information about breastfeeding from your local breastfeeding mothers group at:-

- **THE MAGIC MILK CLUB** meets at Chichester Library, 109 Salisbury Avenue, BT15 5EB every Wednesday at 10.30am – 12.30pm Contact Community Midwife Máiread / Sharon - Grove Wellbeing Centre Tel: 90636222
- **SMILE SURE START 'BIBS'**– Every Friday 12md-1.30pm, 529 Antrim Road, Contact SureStart 028 95042771 facilitated by Midwife Mary and/ or Health Visitor Denise
- **GLENBROOK BABIES DROP IN GROUP**, Every Monday 11am – 1pm, Wishing Well Family Centre, 7-9 Alliance Ave BT14 7PL Contact Midwife, Mairead Mulligan 02890 712266.

LOCAL BREASTFEEDING MOTHERS GROUPS cont'd

- **'HONEYSUCKLE'** – run by Shankill Surestart, Venue: Martin Centre, 130 Ballygomartin Road, Thursdays 12.30pm- 2pm, Contact Midwife Edwina: - 90729003 / 90874000
- **CLAN MOR** Bumps and Babies advice and information program, Falls Road Library (upstairs) Wednesday 09.30-10.30am, Contact: Brenda Tel: 9032 7755
- **Saol Ur SureStart** – 'Marvellous Milk Club' Sure Start building, Thursdays 12.30pm – 1.30pm Contact Sure Start Midwife Linda or Lactation Consultant Sarah – 028 90324870
- **OUTER WEST BREASTFEEDING SUPPORT-** – St Teresa's Primary School, Glen road, 2nd & 4th Wednesday of the month 11.00 -12.30 pm. Contact Outer West SureStart 90300307
- **COLIN AREA SURESTART** – Colin Community Hub, Laurel glen shops, Stewartstown Road, Mondays 11am -12.30 pm. Contact: 028 90601417
- **THE ARCHES CENTRE**, Ground Floor Conference Room, 1st & 3rd Monday every month (excluding bank holidays) 11am-12.30pm Contact Tel: 95042302
- **'BUTTERFLIES'** Breastfeeding Support Group facilitated by East Belfast Sure Start East Belfast Network Centre, 55 Templemore Ave. Thursday's 1pm-3pm, Contact: Marie 90735686
- **KNOCKBREDA CENTRE** – Conference Room, 1st & 3rd Wednesday every month 11.30am-12.30pm. Contact Jayne (Health Visitor) 95042319
- **BUMPS & BREASTFEEDING GROUP** – South Belfast SureStart, 9 Lower Crescent (off Botanic Avenue) BT7 1NR, Every Thursday 1pm - 2pm Contact: 028 90942525
- **BUMPS AND BABIES – NCT** Ormeau Road Library, Tuesdays 10am-12md, Tel: 90509228
- **NEWTOWNABBEY BREASTFEEDING GROUP** – Theatre at the Mill (lower ground) Mossley Mill, Carnmoney Road North, BT36 5QA, 1st & 3rd Wednesday each month 10am -11.30am Contact Admin. 90831502
- **ABBEY SURESTART BREASTFEEDING SUPPORT GROUP**, Monkstown Village Centre, Monkstown, Every Monday 10 -11.30am, Contact: 90860938
- **CARRICKFERGUS BREASTFEEDING GROUP, HORIZON SURESTART** Horizon SureStart, Sunnylands Primary school, Sandes Court entrance, Carrickfergus, 1st & 3rd Wednesday every month 11am – 12noon, Health Visitor Alison Metcalfe Tel.02893 359734
- **LA LECHE LEAGUE**, Oakfield Community Centre, Carrickfergus, 2nd Friday every month, 10.30am -12.30pm, Contact Sarah 02893363644 or Kerry on 07966958887
- **LISBURN Breastfeeding Support** - Atlas Womens Centre, 7 Batchelors Walk, Lisburn, BT28 1XJ. Tuesday Mornings 10am -12MD. Tel 028 92605806
- Or visit www.breastfedbabies.org for your nearest Breastfeeding Mothers group

NATIONAL VOLUNTARY HELPLINES & ORGANISATIONS

- **LA LECHE LEAGUE NATIONAL HELPLINE - 03451202918**

National Website: <http://www.laleche.org.uk>

Local support helpline: 028 95818118

Local Website: <http://www.lalecheleagueireland.com>

Local Meeting Info - **up to date meeting details can be found on**

Facebook: <http://www.facebook.com/llni>

Belfast: coffee mornings at IKEA's cafe on the 1st and 3rd Friday of each month.

Contact Carol: 07517406683

Carrickfergus: Oakfield Community Centre, Carrickfergus, 2nd Friday every month, 10.30am - 12.30pm, Contact Sarah 02893363644 or Kerry on 07966958887

- **NATIONAL BREASTFEEDING HELPLINE – (9.30am- 9.30pm)
0300 100 0212**

- **NATIONAL CHILDBIRTH TRUST (NCT) BREASTFEEDING
HELPLINE – 0300 3300 771 (8am - MIDNIGHT) Enquiry Line – 0300 3300 770
Website: www.nct.org.uk**

- **ASSOCIATION OF BREASTFEEDING MOTHERS HELPLINE –
0300 330 5453 (9.30am –10.30pm) Website: www.abm.me.uk**

- **BREASTFEEDING NETWORK SUPPORTERLINE-
0300 100 0210 (9.30am –9.30pm) Website: www.breastfeedingnetwork.org.uk**

An excellent 'YouTube' Video may help:

Global Health Media production: 'Attaching your baby at the breast'

<https://www.youtube.com/watch?v=wjt-Ashodw8>

If you live outside the Belfast Trust area please ask your
Community Midwife or Health visitor about your local
breastfeeding support or check the list on
www.breastfedbabies.org

Updated 10th October 2019