

Information for breastfeeding mothers



Details correct September 2018



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 no. 9063 2044
- Johnstone House – Tel no. 9063 8155/8154
- Delivery Suite – Tel no. 90630142
- 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 90633091
(if no answer please leave a message)
Liz Hood (Mon – Fri 9am-5pm) 028 95043865
(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 Health Education Suite, Community Building, Girls Model School, Dunowen Gardens every Wednesday at 10.30am – 12pm Contact Community Midwife Máiread - Grove Wellbeing Centre Tel: 90636222
- **SMILE SURE START 'BIBS'** – Every Friday 12md-1.30pm, 529 Antrim Road, Contact Sure Start Midwife Mary: 028 95042771
- **GLENBROOK SURESTART SUPPORT**, Every Monday 10am – 12md, Wishing Well Family Centre, 7-9 Alliance Ave BT14 7PL Contact Midwife, Mairead Mulligan 02890 712266.

LOCAL BREASTFEEDING MOTHERS GROUPS cont'd

- **'HONEY SUCKLE'** – 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, Thursdays 09.45-10.45am Falls Road Library, Contact: Collette or Brenda (Health Visitors) Tel: 9032 7755
- **Saol Ur SureStart** – Breastfeeding Support Group. Whiterock Library Thursdays 10.30am - 12 noon. Contact SureStart Midwife Nora or Lactation Consultant Sarah – 028 90324870
- **OUTER WEST BREASTFEEDING SUPPORT-** – St Teresa's Primary School, Glen road, 2nd & 4th Wednesday of the month 12.00 -1.30 pm. Contact Bernie (Midwife) 07584551219 or Outer West Surestart 90300307
- **COLIN AREA SURESTART** – Colin Community Hub, Laurel glen shops, Stewartstown Road, Mondays 11am -12.30 pm. Contact: Nuala or Bernie 028 90601417
- **THE ARCHES CENTRE** 1st & 3rd Monday (excluding bank holidays) 11am-12.30pm Ground Floor Conference Room Contact Georgina McGrath Tel: 90633049
- **BUTTERFLIES** Breastfeeding Support Group (East Belfast Sure Start) Thursday's 1.15-3pm East Belfast Network Centre, 55 Templemore Ave. Contact: Marie 90735686
- **KNOCKBREDA CENTRE** – 1ST & 3RD Wed each month 11.30am- 12.30pm. Conference Room Contact Jayne (Health Visitor) 95042319
- **BUMPS & BABIES CAFÉ** – South Belfast Surestart, 9 Lower Crescent (off Botanic Avenue) BT7 1NR, **Every Wednesday** 10am-12.30pm & **Breastfeeding Group Every Thursday** 11-12.30pm Contact Linda: 028 90942525
- **FINAGHY HEALTH CENTRE** Every other Monday 2.30- 3.30pm Contact Community midwives - Tel: 95042650
- **BUMPS AND BABIES** – NCT Ormeau Road Library. Tuesdays 10am-12md
- **BREASTFEEDING MOTHERS GROUP** – 1st & 3rd Wednesday each month 10.30am -12pm **Glengormley** Community Services Centre. **Carrmoney** Road. Tel. 90831450 run by Health Visitors.
- **HORIZON SURESTART** – (**Carrickfergus**) Health Visitor Alison Metcalfe 02893 359734 meets in Horizon Surestart Sunnylands Primary school – 1st & 3rd Wednesday each month 11am – 12pm
- **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 LOCAL SUPPORT HELPLINE - 028 95818118

- **LA LECHE LEAGUE HELPLINE** – 0845 1202 918 (24 hours)
Website: www.laleche.org.uk
Local LLL support groups –
 - Carrickfergus: Sarah: Tel. 9336 2387
- Meetings 1st Friday every month 10.30am-12.30pm Morton Community Centre, Lorne Street, BT9 7DU and for coffee 3rd Friday each month in IKEA café along the windows. Check: www.facebook.com/LLLNI
- **NATIONAL BREASTFEEDING HELPLINE** – (9.30am- 9.30pm)
0300 100 0212
- **NATIONAL CHILDBIRTH TRUST (NCT) BREASTFEEDING HELPLINE** – 0300 3300 771 (8am -12pm) 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