

# 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](http://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](http://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

- **'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, 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, 2<sup>nd</sup> & 4<sup>th</sup> 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** 1<sup>st</sup> & 3<sup>rd</sup> 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** – 1<sup>ST</sup> & 3<sup>RD</sup> 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** – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday each month 10.30am -12pm **Glengormley** Community Services Centre. **Carnmoney** Road. Tel. 90831450 run by Health Visitors.
- **HORIZON SURESTART** – (**Carrickfergus**) Health Visitor Alison Metcalfe 02893 359734 meets in Horizon Surestart Sunnylands Primary school – 1<sup>st</sup> & 3<sup>rd</sup> 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](http://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](http://www.laleche.org.uk)  
Local LLL support groups –
  - Carrickfergus: Sarah: Tel. 9336 2387
- Meetings 1<sup>st</sup> Friday every month 10.30am-12.30pm Morton Community Centre, Lorne Street, BT9 7DU and for coffee 3<sup>rd</sup> Friday each month in IKEA café along the windows. Check: [www.facebook.com/LLLNI](https://www.facebook.com/LLLNI)
- **NATIONAL BREASTFEEDING HELPLINE** – (9.30am- 9.30pm)  
0300 100 0212
- **NATIONAL CHILDBIRTH TRUST (NCT) BREASTFEEDING HELPLINE** – 0300 3300 771 (8am-10pm) Enquiry Line –  
0300 3300 770 Website: [www.nct.org.uk](http://www.nct.org.uk)
- **ASSOCIATION OF BREASTFEEDING MOTHERS HELPLINE** – 0300 330 5453 (9.30am –10.30pm)  
Website: [www.abm.me.uk](http://www.abm.me.uk)
- **BREASTFEEDING NETWORK SUPPORTERLINE** –  
0300 100 0210 (9.30am –9.30pm)  
Website: [www.breastfeedingnetwork.org.uk](http://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](http://www.breastfedbabies.org)