# Breastfeeding In Hull East Riding & North Lincolnshire

**Goodwin Breastfeeding Peer Support Service** 

Parents supporting parents at groups, in hospital and on a helpline 07980731013 (8am-10pm). Referrals for home visits or pump hire, please call 01482 497811

Hull

# **Breastfeeding Support Groups**

Our weekly groups are a great way to get support or to socialise with other breastfeeding parents in the local area. Each session is supported by a breastfeeding peer support volunteer who can give breastfeeding support during the session or arrange one-to-one support. Partners welcome to come along too! Please check availability of groups on Facebook.

Tuesday 9.30-11.00 Octagon Family Hub, Walker Street, HU3 2RA (support available as part of the BCG clinic) Tuesday 12pm-3pm, Cups and Scoops, 209 Chanterlands Avenue, HU5 3TP Wednesday 1.30-2.30pm, Marfleet Family Hub, Preston

Thursday 10am-12 noon, World of Wonder, Oasis Hub Hull, 310 Newland Avenue, HU5 2NB (term time only) Thursday 1-2pm, Marfleet Family Hub, HU9 5AN (term time only)

Rd, HU<sub>9</sub> 5AN

**Friday** 10am-12 noon, Lemon Tree Family Hub, Lothian Way, HU7 5DD

# **National Organisations**

## **National Breastfeeding Helpline**

o30o 100 o212 (24hrs, 7 days) (Breastfeeding Network and Association of Breastfeeding Mothers). Social media messages and webchat (webchat daytime only) Welsh/Polish/Bengali/Sylheti support options

## La Leche League, Hull and East Yorkshire

https://www.facebook.com/LLLofHullandEastRiding/

Tel: 0345 120 2918 (8am-11pm)

### **National Childbirth Trust**

0300 330 0770 (8am-midnight)

# **Drugs in Breastmilk Information Service**

www.breastfeedingnetwork.org.uk/drugs-factsheets/ or email: <a href="mailto:druginformation@breastfeedingnetwork.org.uk">druginformation@breastfeedingnetwork.org.uk</a> or

via

https://www.facebook.com/BreastfeedingNetworkDrugsI nBreastmilk

# **Lactation Consultant Service**

This is a free service run by the hospital and community NHS Trust in Hull. If you are experiencing challenges to breastfeeding (for example recurrent mastitis, low milk supply, weight loss or a slow gain) please ask your midwife or health visitor to refer you for specialised support. You will be contacted by a trained lactation consultant who will explore the issue and provide a plan of care.

Please call Single Point of Contact (SPoC) on 01482 259600



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www.familyhubshull.org.uk















# **East Riding**

The East Riding infant feeding service is delivered by the Integrated Specialist Public Health Nursing (ISPHN) and children centre services. The service is here to provide you with information and support with feeding and caring for your baby throughout pregnancy, birth and throughout your child first formative years. The services provide one to one breastfeeding support via home visits, breastfeeding support groups and specialist support delivered by IBCLCs (lactation consultants).

# **Lactation Consultant Service**

Some women and their babies may need more intensive or specialist breastfeeding support. If you are continuing to experience problems with breastfeeding, for example weight loss, slow weight gain or low milk supply, your midwife or health visitor may refer you, or you can ask to be referred, to the appropriate lactation consultant service. This is a free service. For telephone support Mon-Fri 9am-5pm please ring the Single Point of Contact (SPoC) ISPHN contact number 01482 689689 or visit www.humberisphn.nhs.uk/east-yorkshire-breastfeeding-support/

# North Lincolnshire

# Weekly Breastfeeding Support Groups



# Breastfeeding Drop-In Support Groups run by trained volunteers.

**Mondays** 10:00 to 11:30 at Scunthorpe Central Library, DN15 6TX

Mondays 9:30 to 11:00 at Crowle Market Hall, DN17 4LA
Mondays 13:00 to 14:30 at Brigg Family Hub, DN20 8AF
Tuesdays 13:00 to 14:30 at West Street Family Hub,
DN15 6HS

**Wednesdays** 13:15 to 14:45 at Barton Family Hub, DN18 5AP

**Thursdays** 13:00 to 14:30 at The Arc, Westcliffe, DN17 1OL

**Fridays** 10:00 to 11:30 at Ashby Community Hub, DN16 2RY

☐ Fo contact the Baby Feeding Team call 07900 567052



East Yorkshire Breastfeeding Suppor

**Breastfeeding Support Groups** 

Contact your children's centre if you would like support with breastfeeding or to find out more about the groups. You can get support before you have your baby too. Partners and birthing partners are also welcome to attend.



Scan me!

Supportive groups for expectant and breastfeeding\* mothers/parents & their babies to come together to share stories and support each other. We know that breastfeeding is natural but that doesn't mean that it is always easy, and it may take some time for you and your baby to learn this new skill together. Our friendly trained staff are available to offer information and support if needed. (\*Expressing, Chest Feeding, partial feeding).

### North

Bridlington Children's Centre, Butts Close
Wednesday 1-2pm
Market Weighton Children's Centre Monday
1.30-2.30pm
Pocklington Library Friday
10.30-11.30pm
Driffield Children's Centre
Tuesday 12.00-1.00pm

### East

Hedon Children's Centre Monday
10.30am – 11.30am
Hornsea Children's Centre Wednesday
10.00 – 11.00
Withernsea Children's Centre Tuesdays
10am – 11:30am
Beverley Children's Centre Thursday
9.30-11am
Beeford: See Beverley or Hornsea

### West

Anlaby Children's Centre Monday
10:30 - 12.00pm
Brough Children's Centre Wednesday
10.00-11.30am
Cottingham Children's Centre Tuesday
10.30am – 12:00pm
Hessle Children's Centre Thursday
13:30 – 15:00pm
Goole Kingsway Children's Centre Monday
1:00-2:30
Goole Marshlands Children's Centre Thursday
1:00-2:30
Howden Children's Centre Friday 10 – 11:30

https://connect.humber.nhs.uk/service/infant-feeding/introduction-infant-feeding/











