



NHS Wye Valley NHS Trust

see over page for daily Breastfeeding Groups in the community



Herefordshire Breastfeeding Information

CALL US ON 07733264085 (MON-FRI)

In addition to your Midwife and Health Visitor you can call 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 places, groups & other support networks

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 January 2020)

MONDAY

- Little Blue Elephant Café, Pontrilas. 1.00pm – 2.00pm starting 6th Jan (alternate weeks)
- The Coop Play café, Arkstone Court, Clehonger. 1.00pm-2.00pm starting 13th January (alternate weeks)

TUESDAY

- Fred Bulmer Centre, Breastfeeding Specialist Support Drop In 10.00am – 12.00. Specialist HV to give more specialist advice and support. (07792396407) FREE
- The Real Birth Studio, bi-weekly, 11-12.30 (01432 381376)
- Ross on Wye Children's Centre, The Chapel (next to the library) 10.00am-11.30 starting 14th Jan. (Facebook Ross on Wye Breastfeeding Group) FREE

WEDNESDAY

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

THURSDAY

- Kids Play Café, The Hub, Peterchurch, 9.30-11.00am. Starting 9th Jan term time only. (Alternate weeks)
- Coningsby Children's Centre, Coningsby Road, Leominster. Drop in to Baby Lets Play between 1.00pm – 2.00pm. FREE

FRIDAY

- Ledbury Children's Centre. 11am-12pm. (Term time only) FREE