

Breastfeeding Groups and Support in Lincolnshire

Breastfeeding groups are now in person. There is no need to book ahead you can just join any group on the day. Adults in are encouraged to wear masks in Childrens Centres.

The groups are for expectant parents and mothers, whether breastfeeding is going well or you have some worries, the groups provide a relaxed friendly environment to chat, get help, support and advice from other breastfeeding mums and a member of the health team is usually available to answer questions.

Venue	Time
Boston- St Christopher's Children's Centre 23 Fenside Road, Boston Tel: 01205 357608	Tuesday 1.30pm – 2.30pm
Crowland Children's Centre Postland Road, Crowland Tel: 01733 211609	Monday 11:30am - 12:30pm
Grantham - Swingbridge Children's Centre Trent Road, Grantham Tel: 01476 590034	Monday 10am – 11pm
Holbeach Children's Centre Holbeach Primary School, Boston Road South, Holbeach Tel: 01406 426 064	Friday 1pm – 2pm
Horncastle Children's Centre Banovallum Secondary School, Boston Road, Horncastle Tel: 01507 526603	Thursday 11.30am – 12.30pm
Louth Children's Centre Eastfield Infants and Lacey Gardens Primary Schools Lacey Gardens, Louth Tel: 01507 607087	Wednesday, 10.00am – 11.00am.
Lincoln - Birchwood Children's Centre Birchwood Avenue, Lincoln Tel: 01522 689991	Thursday 1pm – 2pm group one

Lincoln – St Giles Children’s Centre Lamb Gardens, Lincoln Tel: 01522 529631	Tuesday 11am – 12pm group one Tuesday 12-1pm group two.
Mablethorpe Children Centre Stanley,Avenue, Mablethorpe Lincolnshire, LN12 1DP Tel 01507 479412	Friday 10am - 11.00am.
Market Rasen Children’s Centre Kilnwell Road, Market Rasen Tel: 01673 844703	2nd and 4th Wednesday 10.30am - 11:30am
Skegness Children’s Centre Brunswick Drive, Skegness Tel: 01522 555652	Tuesday 1:30pm – 2.30pm
Sleaford Children’s Centre Money’s Mill Complex, Carre Street, Sleaford Tel: 01529 306888	Wednesday 1.30pm – 2.30pm
Spalding Children’s Centre Banks Avenue, Spalding Tel: 01775 767475	Wednesday 1pm-2pm
Stamford Children’s Centre Green Lane, Stamford Tel: 01780 764072	Alternate Children Centre groups on Thursday 1.30pm – 2.30pm Please do check which Centre the group is at prior to attendance
Market Deeping Children Centre Willoughby Ave, Market Deeping Tel: 01778 382574	
Market Arcade Children's Centre, Heaton Street, Gainsborough, DN21 2DY Tel: 01427 617767	Wednesday 11-12pm group one Wednesday 12-1pm group two

Other Sources of Breastfeeding Support in Lincolnshire

Contact Details for 24-hour Midwife Advice

Pilgrim Hospital, Maternity, 01205 445429

Lincoln County, Nettleham Ward, 01522 573134

Grantham Maternity Unit, 01476 464334 (Grantham 8am-4pm every day)

Contact Details for Health Visiting Service

Single Point of Access: 01522 843 000

Specialist Midwife Infant Feeding Team

You can ask your midwife for a referral to the team.

Breastfeeding Helplines and Websites

National Breastfeeding helpline

9:30 am to 9:30 pm every day of the year on 0300 100 0212. They also have a Live web chat <http://bit.ly/NBHChat>

NHS website <https://www.nhs.uk/conditions/pregnancy-and-baby/your-breastfeeding-questions/>

Breastfeeding Friend Sign in with Facebook and message the [Start4Life Breastfeeding Friend](#) chatbot for fast, friendly, trusted NHS advice anytime, day or night, also works with Google Assistant and Amazon Alexa.

Association of Breastfeeding Mothers

0300 330 5453 www.abm.me.uk

Breastfeeding Network

08444 120 995 www.breastfeedingnetwork.org.uk

La Leche League

www.laleche.org.uk

National Childbirth Trust

0300 330 0700 www.nct.org.uk

Breast pump Loans United Lincolnshire Hospitals NHS Trust Neonatal Units and the Specialist Midwife Infant Feeding Team have some pumps available to loan to mothers receiving their services.

Breast pump Hire - Better Births ask your midwife or health visitor for a referral

Breast pump Hire – Medela and Ardo www.medela-rental.co.uk and www.ardobrastpumps.co.uk

Breastfeeding Videos

<https://www.unicef.org.uk/babyfriendly/?s=videos>

<https://globalhealthmedia.org/videos/breastfeeding/>