

## Sources of breastfeeding support in Lincolnshire during the Coronavirus pandemic

Breastfeeding is recommended during the Coronavirus pandemic. This is because breastfeeding is particularly effective against infectious diseases because it strengthens baby's immune system by transferring antibodies from you.

If you are sick with COVID-19 or think you might have it, follow these steps when breastfeeding: Use a medical mask when near your baby, wash your hands thoroughly with soap or sanitizer before and after contact with your baby. Routinely clean and disinfect any surfaces you touch.

With social distancing as part of the control measures for the pandemic, you might feel a bit isolated, but **you are not alone!** At United Lincolnshire Hospitals, we have developed several different ways that you can get breastfeeding support:

- Community midwifery support by telephone and/or video call
- Midwifery (24 hour) advice **Pilgrim Hospital**, Maternity, 01205 445429  
**Lincoln County**, Nettleham ward, 01522 573134  
**Grantham Maternity Unit**, 01476 464334 (Grantham 8am-4pm)
- Specialist Midwife **Infant Feeding Team** – you will need to ask your midwife for a referral

In addition, the **National Breastfeeding Helpline** continues to be open as usual from 9:30am to 9:30 pm every day of the year on **0300 100 0212** and has increased the support is has available to try to answer calls as quickly as possible. They also have a Live web chat <http://bit.ly/NBHChat>

### Contact Details for Health Visiting Service

Single Point of Access: 01522 843 000

### Breastfeeding Specialist Support

For a referral, ask your midwife to contact the Specialist Midwife **Infant Feeding Team**.

### Breastfeeding Helplines and Websites

#### **National Breastfeeding helpline**

0300 100 0212

#### **NHS Choices**

<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](http://www.abm.me.uk)

### **Breastfeeding Network**

08444 120 995 [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### **La Leche League**

[www.laleche.org.uk](http://www.laleche.org.uk)

### **National Childbirth Trust**

0300 330 0700 [www.nct.org.uk](http://www.nct.org.uk)

### **Breastpump Loan**

United Lincolnshire Hospitals have some pumps available to Loan from the Neonatal Units and the Specialist Midwife Infant Feeding Team for mothers and babies receiving their care

### **Breastpump (Private) Hire**

Medela [www.medela-rental.co.uk](http://www.medela-rental.co.uk) 0161 776 0400  
and Ardo [www.ardobreastpumps.co.uk](http://www.ardobreastpumps.co.uk) 01823 336362

### **Breastfeeding Videos**

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

### **Breastfeeding Groups in Lincolnshire**

All groups are currently on hold due to the Coronavirus Pandemic.

Please contact the Health Visitors on 01522 843000 for advice and support.