

## Breast/chest Feeding Groups and Support in Lincolnshire

There is no need to book ahead you can just join any group on the day.

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

Venue	Time
<b>Boston - Norfolk Lodge Children's Centre</b> Boston PE21 6PW Tel: 01205 356410	Tuesday 1.30 pm – 3 pm
<b>Bourne Childrens Centre</b> Queens Road, Bourne PE10 9DX Tel: 01778 395895	Monday 1pm – 2.30 pm
<b>Crowland Children's Centre</b> Postland Road, Crowland Tel: 01733 211609	Monday 11.30 am – 12.30 pm
<b>Gainsborough - Market Arcade Children's Centre,</b> Heaton Street, Gainsborough, DN21 2DY Tel: 01427 617767	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month 11am-1pm group.
<b>Grantham - Swingbridge Children's Centre</b> Trent Road, Grantham Tel: 01476 590034	Thursday 1 pm – 2.30 pm
<b>Holbeach Children's Centre</b> Holbeach Primary School, Boston Road South, Holbeach Tel: 01406 426 064	Friday 1 pm – 2 pm
<b>Horncastle Children's Centre</b> Banovallum Secondary School Boston Road, Horncastle Tel: 01507 526603	Thursday 11.15 am – 12.45 pm <b>Changing to 1.30-3 pm from 5<sup>th</sup> September</b>

<b>Louth Children's Centre</b> Eastfield Infants and Lacey Gardens Primary Schools Lacey Gardens, Louth Tel: 01507 607087	Wednesday 10.00 am – 11.30 am
<b>Lincoln - Birchwood Children's Centre</b> Birchwood Avenue, Lincoln Tel: 01522 689991	Thursday 1 pm – 2.30 pm
<b>Lincoln – St Giles Children's Centre</b> Lamb Gardens, Lincoln Tel: 01522 529631	Tuesday 11 am – 12.30 pm
<b>Mablethorpe Children Centre</b> Stanley Avenue, Mablethorpe Lincolnshire, LN12 1DP Tel 01507 479412	Friday 10 am – 11.30 am
<b>Market Deeping Children Centre</b> Willoughby Ave, Market Deeping Tel: 01778 382574	Wednesday 1.00 pm - 2.30 pm
<b>Skegness Children's Centre</b> Brunswick Drive, Skegness Tel: 01522 555652	Tuesday 1.30pm – 3pm
<b>Sleaford Children's Centre</b> Money's Mill Complex, Carre Street, Sleaford Tel: 01529 306888	Wednesday 11:15am - 12:30pm
<b>Spalding Children's Centre</b> Banks Avenue, Spalding Tel: 01775 767475	Wednesday 1 pm-2 pm
<b>Spilsby Children's Centre</b> Woodlands Avenue Spilsby PE23 5EP Tel: 01790 753451	Monday 1.30-3 pm <b>Starting from 16<sup>th</sup> September 2024</b>
<b>Stamford Children's Centre</b> Green Lane, Stamford Tel: 01780 764072	Monday 1 pm – 2.30 pm
<b>Wainfleet Children's Centre</b> Magdalen Road Skegness PE24 4DD Tel: 01754880500	Wednesday 9.30 am-11 am <b>Starting from 4<sup>th</sup> September 2024</b>

<b>Welton Children's Centre</b> William Farr C of E School Welton LN2 3JB Tel: 01673862767	Wednesday 10 am-11.30 am
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## Other Sources of Breast/chest feeding 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

If you are having significant challenges with establishing breast/chest feeding or breast/chest milk production, you can ask your midwife for a referral to the Specialist Midwife Infant Feeding Team up until your baby is 28 days old.

### Specialist Health Visitor Infant Feeding Team

After your baby is 28 days old, you can ask your health visitor for a referral to the Specialist Health Visitor Infant Feeding Team you are having significant challenges with establishing breast/chest feeding or breast/chest milk production.

### Breast/chest feeding Helplines and Websites

National Breastfeeding helpline

Open 24 hours/day every day of the year on 0300 100 0212. They also have a Live web chat [National Breastfeeding Helpline - Live Chat and Social Media Support - The Breastfeeding Network](#)

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

Breastfeeding Friend Sign in with Facebook and message the [Breastfeeding friend - NHS \(www.nhs.uk\)](#) 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)

### **The 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)

Helpline open 8am to midnight 365 days per year, staffed by qualified breastfeeding counsellors.

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

**Breast/chest pump Hire** – Medela and Ardo [www.medela-rental.co.uk](http://www.medela-rental.co.uk) and [www.ardobreastpumps.co.uk](http://www.ardobreastpumps.co.uk)

### **Breast/chest feeding Videos**

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

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