

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
Boston- St Christopher's Children's Centre 23 Fenside Road, Boston Tel: 01205 357608	Tuesday 1.30pm – 2.30pm
Bourne Childrens Centre Queens Road, Bourne PE10 9DX Tel: 01778 395895	Monday 1pm – 2.30pm
Crowland Children's Centre Postland Road, Crowland Tel: 01733 211609	Monday 11.30am – 12.30pm
Gainsborough; Market Arcade Children's Centre, Heaton Street, Gainsborough, DN21 2DY Tel: 01427 617767	1 st and 3 rd Wednesdays of the month 11am-1pm group.
Grantham - Swingbridge Children's Centre Trent Road, Grantham Tel: 01476 590034	Thursday 1pm – 2.30pm.
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 11.15am – 12.45pm

Louth Children's Centre Eastfield Infants and Lacey Gardens Primary Schools Lacey Gardens, Louth Tel: 01507 607087	Wednesday 10.00am – 11.30am.
Lincoln - Birchwood Children's Centre Birchwood Avenue, Lincoln Tel: 01522 689991	Thursday 1pm – 2.30pm
Lincoln – St Giles Children's Centre Lamb Gardens, Lincoln Tel: 01522 529631	Tuesday 11am – 12.30pm
Mablethorpe Children Centre Stanley Avenue, Mablethorpe Lincolnshire, LN12 1DP Tel 01507 479412	Friday 10am – 11.30am.
Market Deeping Children Centre Willoughby Ave, Market Deeping Tel: 01778 382574	Wednesday 1.00pm - 2.30pm
Market Rasen Children's Centre Kilnwell Road, Market Rasen Tel: 01673 844703	2nd and 4th Wednesday 10am – 11.30am
Skegness Children's Centre Brunswick Drive, Skegness Tel: 01522 555652	Tuesday 1.30pm – 3pm
Sleaford Children's Centre Money's Mill Complex, Carre Street, Sleaford Tel: 01529 306888	Wednesday 11:15 - 12:30
Spalding Children's Centre Banks Avenue, Spalding Tel: 01775 767475	Wednesday 1pm-2pm
Stamford Children's Centre Green Lane, Stamford Tel: 01780 764072	Monday 1:30pm – 3 pm

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 Infant Feeding Team up until your baby is 28 days old.

Breast/chest feeding 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

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 and www.ardobreastpumps.co.uk

Breast/chest feeding Videos

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

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