

## 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 and can weigh your baby in a separate place or after the group, if there is a medical or feeding need.

Venue	Time
<b>Boston- Fishtoft Road Children's Centre</b> Fishtoft Road Boston PE21 0AA Tel: 01205 356 410	Thursday 9.30 am -11 am
<b>Bourne Children's Centre</b> Queens Road Bourne PE10 9DX Tel: 01778 395895	Friday 9:30am – 11am
<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	Thursday 10 am – 11:30am
<b>Grantham - Swingbridge Children's Centre</b> Trent Road Grantham Tel: 01476 590034	Thursday 1 pm – 2.30 pm  (Alternate weeks with Belton Lane Children's Centre, please call the Centre to confirm)

<b>Grantham - Belton Lane Children's Centre</b> Green Lane Grantham NG31 9PP Tel: 01522 550901	Thursday 1 pm - 2.30 pm  (Alternate weeks with Swingbridge Children's Centre please call Centre to confirm)
<b>Holbeach Children's Centre</b> Holbeach Primary School, Boston Road South, Holbeach Tel: 01406 426 064	Friday 1 pm – 2 pm
<b>Holton-Le-Clay Children's Centre</b> Picksley Crescent, Holton Le Clay DN36 5DR Tel: 01472 828 548	Tuesday 10 am – 11:30 am
<b>Horncastle Children's Centre</b> Banovallum Secondary School Boston Road, Horncastle Tel: 01507 526603	Thursday 1.30 pm – 3 pm
<b>Louth Children's Centre</b> Eastfield Infants and Lacey Gardens Primary Schools Lacey Gardens, Louth Tel: 01507 607087	Tuesday 1 pm – 2:30 pm
<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 1.30 pm – 3 pm

<b>Sleaford Children's Centre</b> Money's Mill Complex, Carre Street, Sleaford Tel: 01529 306888	Wednesday 11.15 am – 12.30 pm
<b>Spalding Children's Centre</b> Banks Avenue, Spalding Tel: 01775 767475	Wednesday 1 pm -2.30 pm
<b>Stamford Children's Centre</b> Green Lane, Stamford Tel: 01780 764072	Thursday 9:30 am – 11 am
<b>Tattershall Children's Centre</b> Tattershall Primary School Tattershall LN4 4QZ Telephone 01526 343858	Thursday 9.30 am - 11 am
<b>Welton Children's Centre</b> William Farr C of E School Welton LN2 3JB Tel: 01673862767	Wednesday 10 am-11.30 am
<b>Waddington RAF Hive</b> Pip Beck Centre Waddington LN5 9NB 01522 727675	Monday 10 am – 11.30 am  ID will be required to enter RAF base. Non-RAF families welcome

## 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.

## **Information pack**

The Specialist Midwife Infant Feeding Team, has made a little information pack on feeding and caring for your baby in the early days, which can be accessed here [Postnatal Toolkit | Better Births Lincs \(betterbirthlincolnshire.co.uk\)](#) We hope you find it helpful.

## **Specialist Health Visitor Infant Feeding Team**

The health visiting team has Infant feeding support workers, who may contact you to offer support, soon after your baby is born. In addition, you can ask your health visitor for a referral to a lactation clinics if you need specialist support or 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/>