

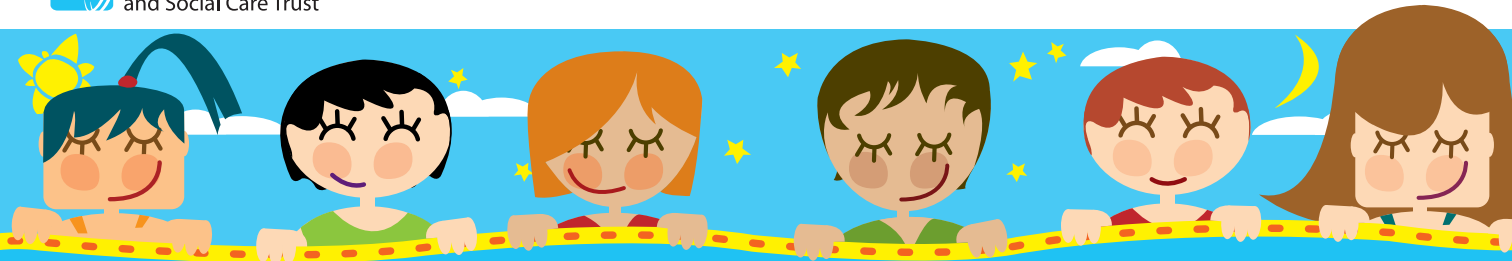


Western Health  
and Social Care Trust

The background of the entire graphic is a vibrant, cartoon-style illustration of a diverse group of children. In the foreground, two children, a girl with orange hair and a boy with blue hair, are holding a large white sign with a yellow border. The sign contains the main text. Other children with various hair colors and styles are visible in the background, some looking towards the sign. The overall style is bright and positive, with a blue sky and white clouds in the upper portion.

# Virtual Breastfeeding **SUPPORT** That Is Available

**During the COVID-19 Pandemic**



## **Dry Arch Dungiven**

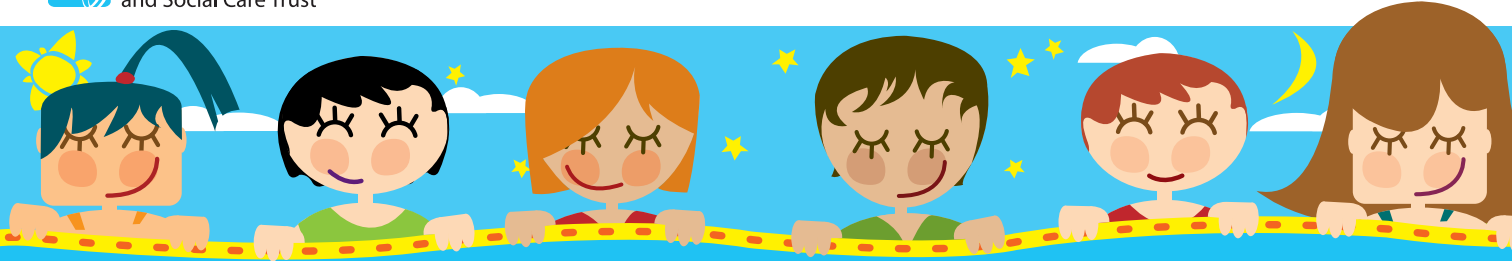
**028 7774 2904**

Breastfeeding group via zoom every  
Thursday 11am-12.30pm.

Closed Facebook page Breastfeeding Group,  
Dry Arch Breastfeeding Community.

One to one support through telephone contact,  
messages and video calling through zoom  
and WhatsApp.

Contact your nearest group to get details on how to access this support, remember you  
don't need to be in a SureStart area to join in a virtual breastfeeding support group.

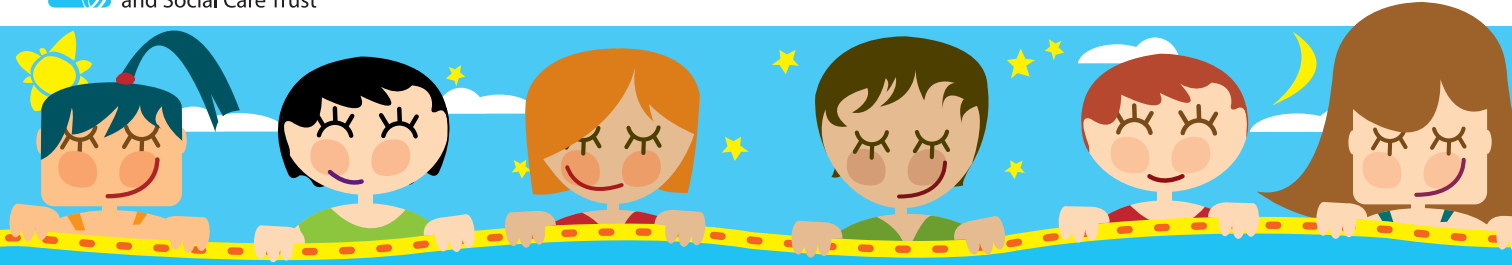


## **Edenballymore SureStart 028 7137 1670**

Online Breastfeeding Support Group every  
Thursday at 10.30am.

One to one support via telephone or  
video contact.

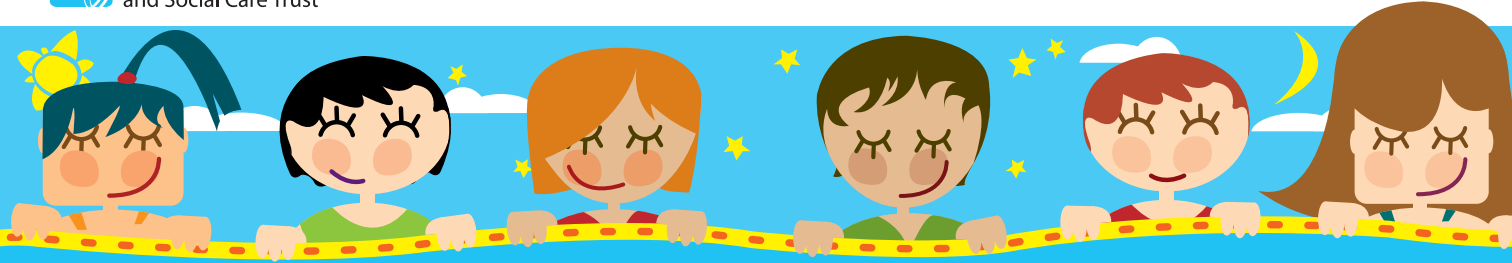
Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.



**Shantallow SureStart**  
**028 7135 6110**

Online Breastfeeding support every Tuesday  
11.30am-12.30pm.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.



## Little Hands SureStart

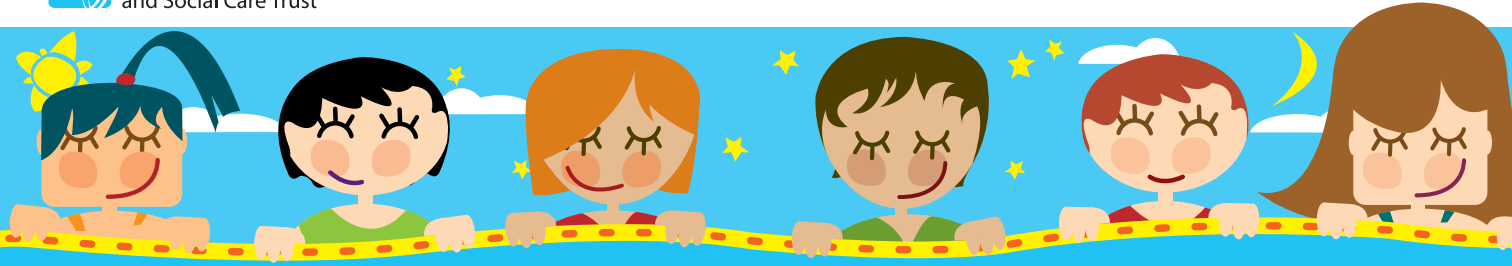
**028 7126 7524 • 028 7136 7524**

Breastfeeding support via Zoom.

Parent and Baby Club every Wednesday at 10am.

One to one support via telephone contact.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.



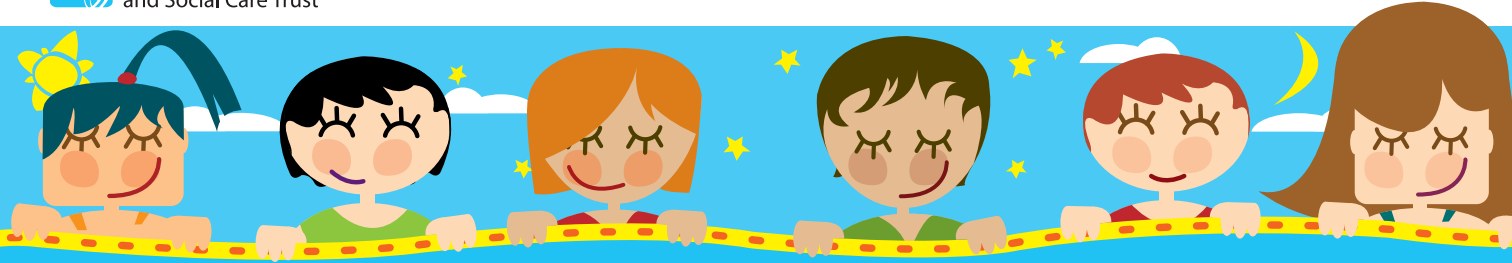
## **Strabane SureStart**

**078 9273 0017**

Breastfeeding group via Zoom every Wednesday  
at 10.30am.

One to one support by telephone contact.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.



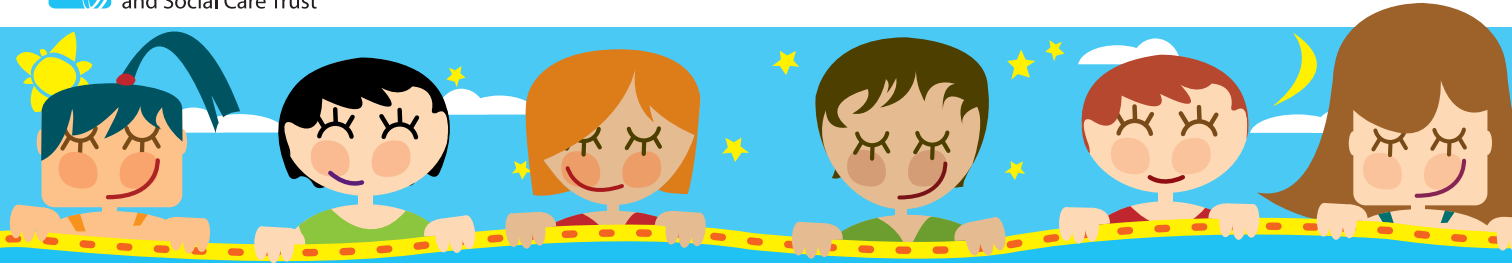
**Waterside SureStart**

**[waterside.surestart@actionforchildren.org.uk](mailto:waterside.surestart@actionforchildren.org.uk)**

**028 7134 7186**

Virtual Breastfeeding group every Wednesday,  
11am-12pm.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.



**Cherish SureStart**

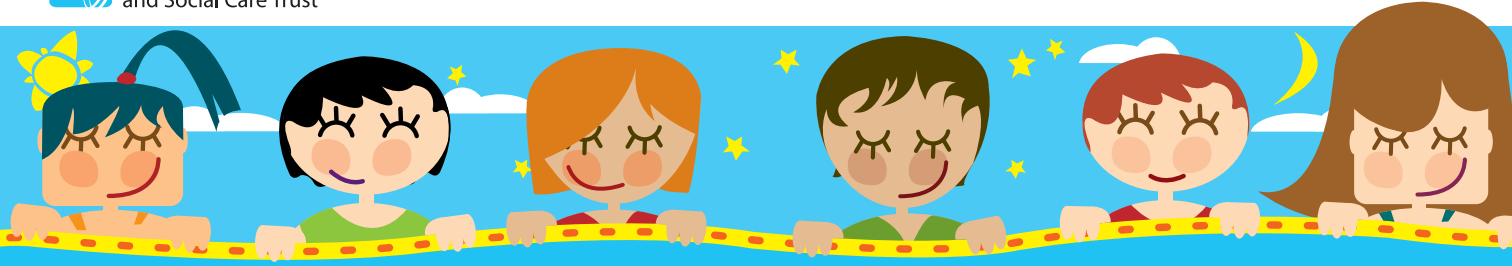
**Contact Adele on 075 2351 2714**

**Or message Cherish Surestart Facebook page**

Zoom Breastfeeding group every Monday and  
Tuesday at 11am.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.





## Breastfeeding Support in Omagh and Fermanagh Area

Text or WhatsApp Ann McCrea on 077 5993 5106.

Contact your nearest group to get details on how to access this support, remember you don't need to be in a SureStart area to join in a virtual breastfeeding support group.