

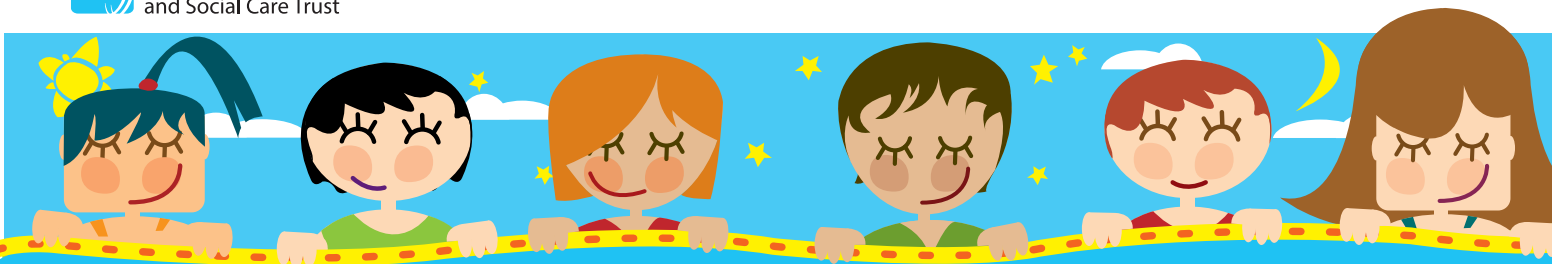


Western Health  
and Social Care Trust

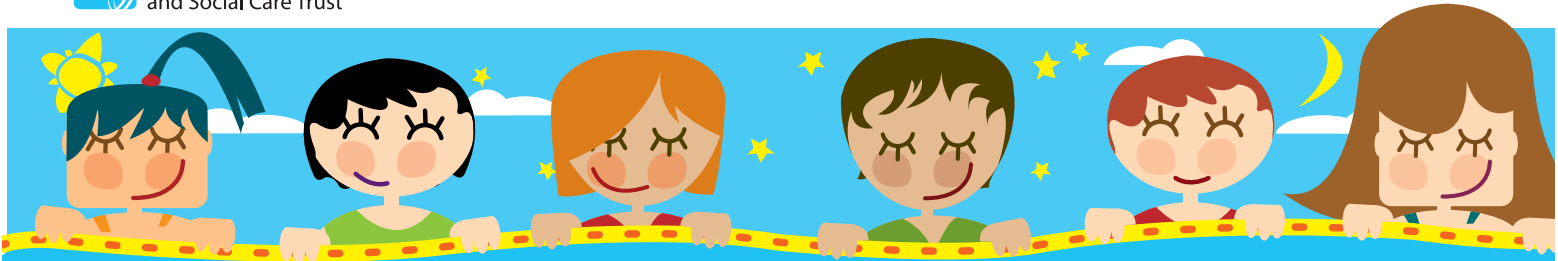
A colorful illustration of a diverse group of children's faces. Two children at the top are holding a large white sign with a yellow border. The sign contains the text 'Breastfeeding HELP That Is Available'. The background is a bright blue sky with white clouds.

Breastfeeding  
**HELP**  
That Is Available

January 2020



**The following pages  
provide information  
about Breastfeeding  
Groups, support and  
comfortable places to  
meet new mothers  
and their babies.**



## **ENNISKILLEN**

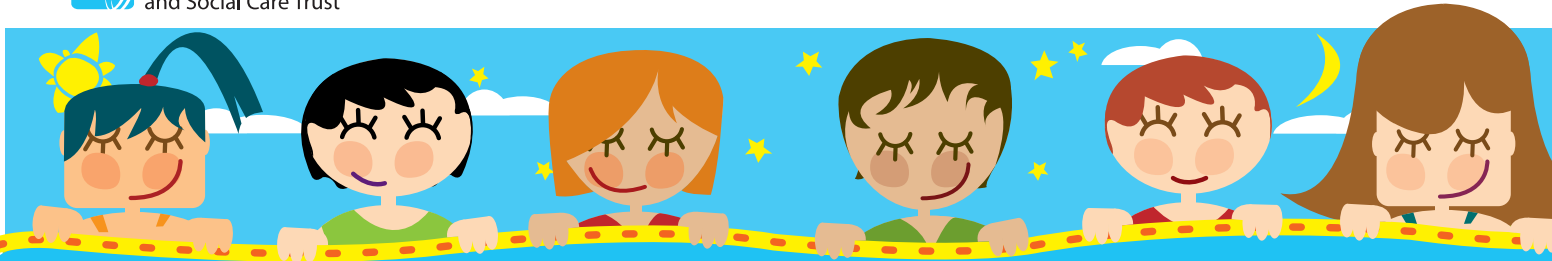
Breastfriends Support Group  
Cathedral Hall,  
Enniskillen.

Every Thursday 10:30am-12:30pm

Lactation Consultant, Ann McCrea,  
will be at the group providing specialist  
breastfeeding support

**Contact 028 6638 2109**

You don't have to be a member of SureStart to attend a Breastfeeding Group.



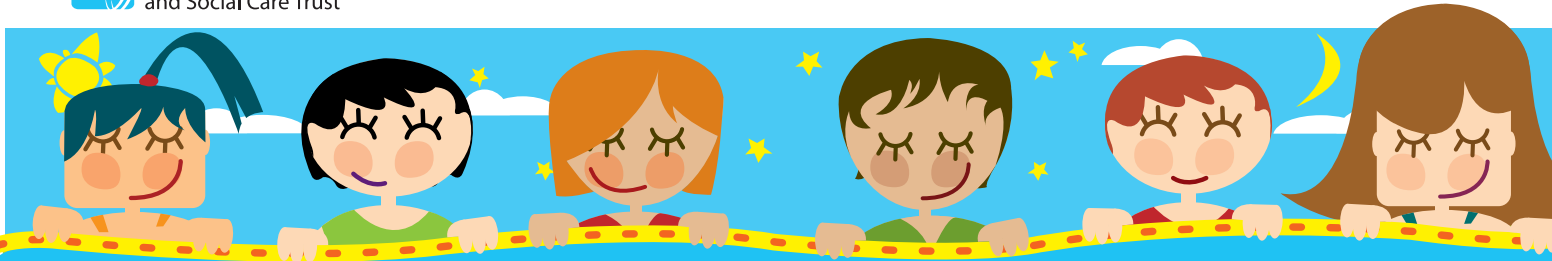
## **CASTLEDERG**

Rainbow Surestart,  
Derg Valley Healthy Living Centre  
Castleberg.

Every Monday 10:30am - 12noon

**Contact 028 8167 9483**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



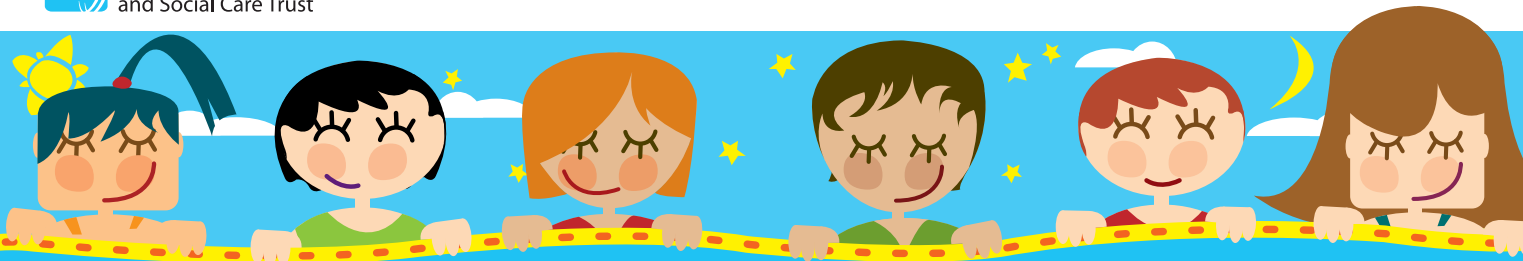
## **OMAGH**

Breastfriends Support Group,  
Omagh Library.

Every Tuesday 11:00-1pm

**Contact 028 8283 5590**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



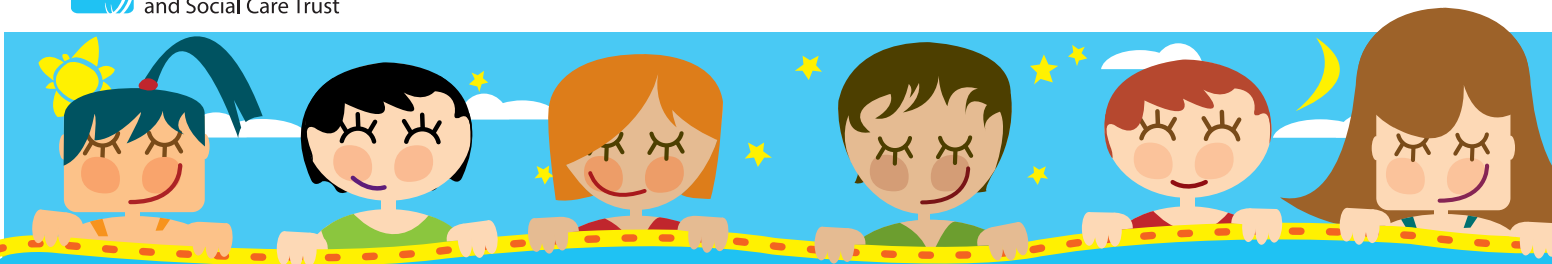
## **NEWTOWNBUTLER**

Surestart,  
Old Court House.

Every Tuesday 10:30am - 12noon

**Contact Adele 028 6773 8063**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



## **LISNASKEA**

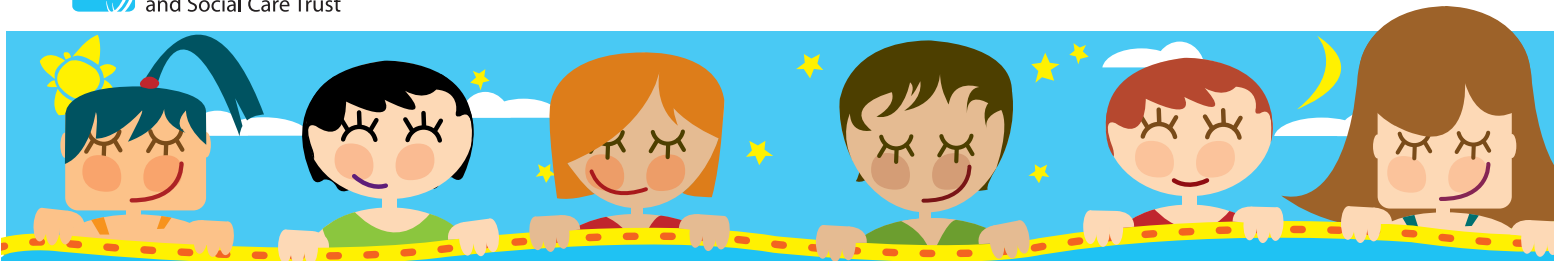
Milky Marvels,  
Lisnaskea Library.

Every Wednesday 10am - 11am

Contact Community Midwives.

**Contact 028 6772 4814**

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## **CLOGHER**

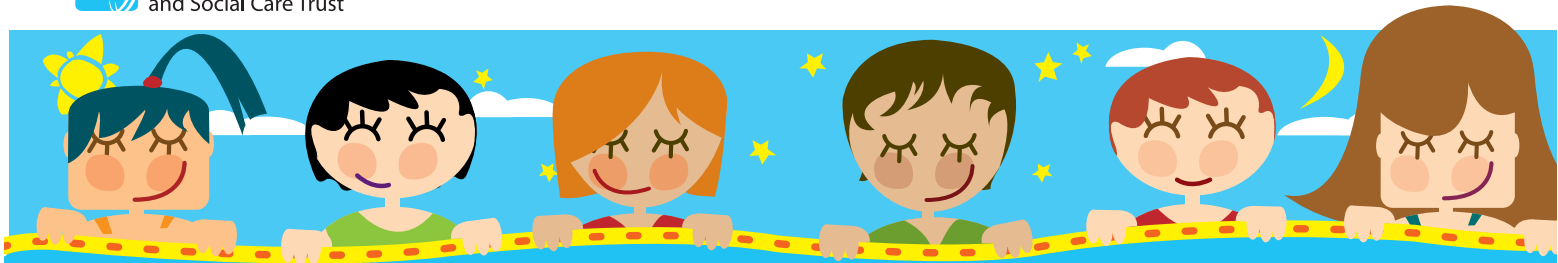
Bosom Pals,  
Surestart Support Group.

Every Wednesday 10:30- 11.30am

**Contact 028 8554 9898**

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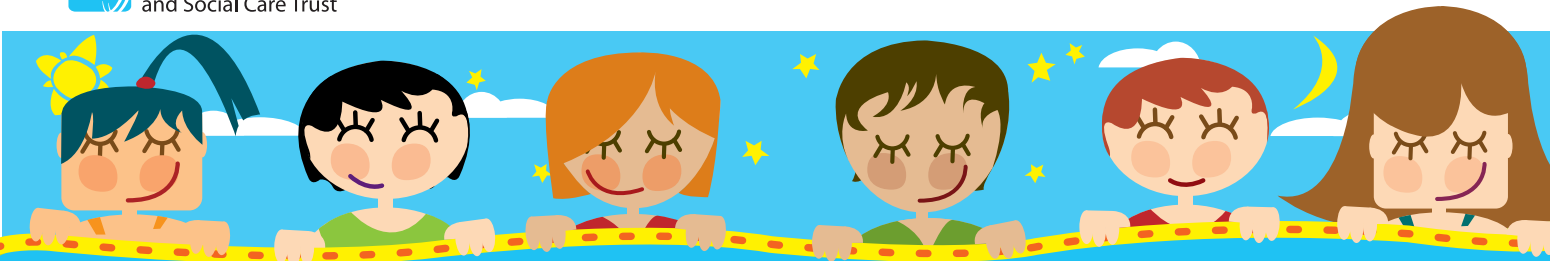


## **CARRICKMORE**

### **Breastfeeding Clinic**

**Contact 028 8076 0159**

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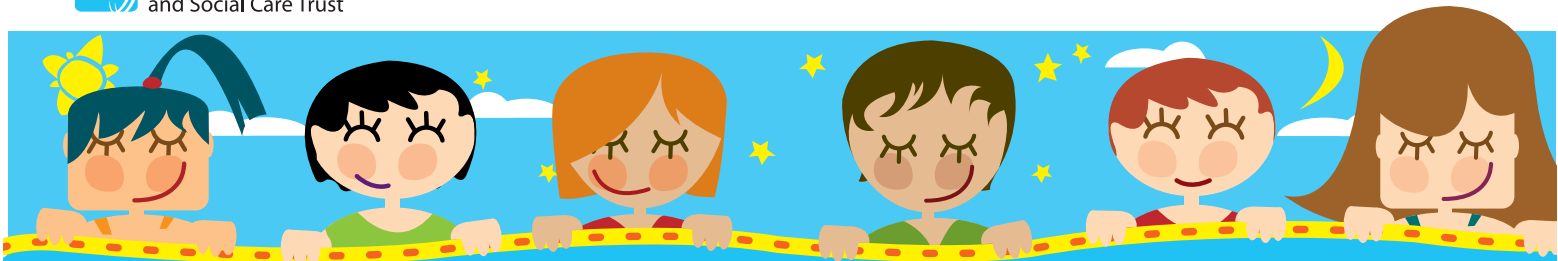


## **BELLEEK**

Magic Milk Group,  
Rathmore Clinic.

**Contact 028 6865 8382**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



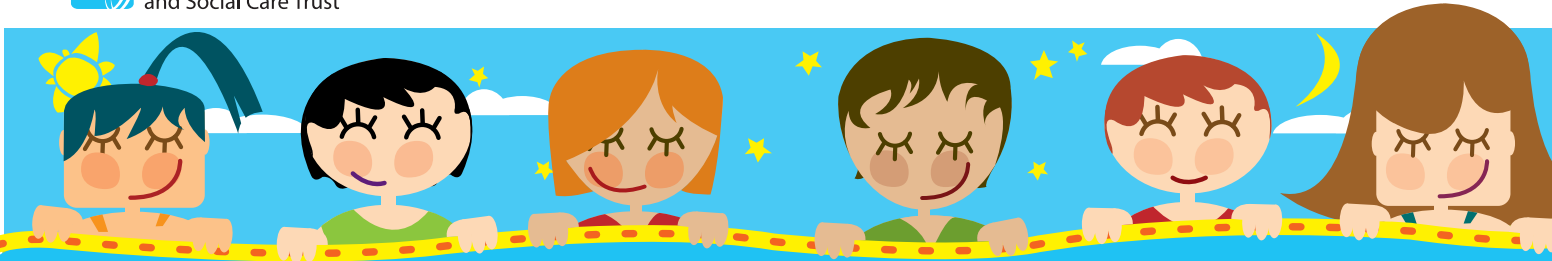
## **IRVINESTOWN**

Breastfriends Support Group,  
The Arc Healthy Living Centre.

Every Monday 10:30am - 12noon

**Contact Adele 028 6862 1970**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



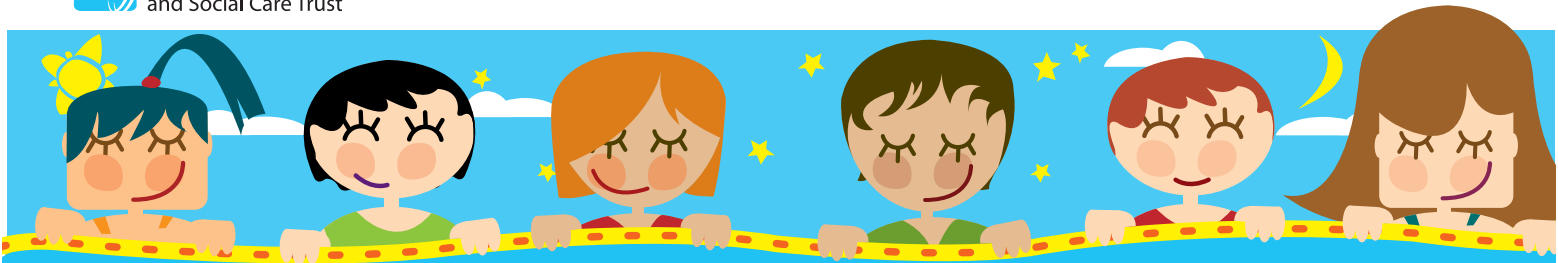
## **Derry Well Woman**

Queen Street,  
L/Derry.

Every Thursday 10am - 12noon

**Contact 028 7136 0777**

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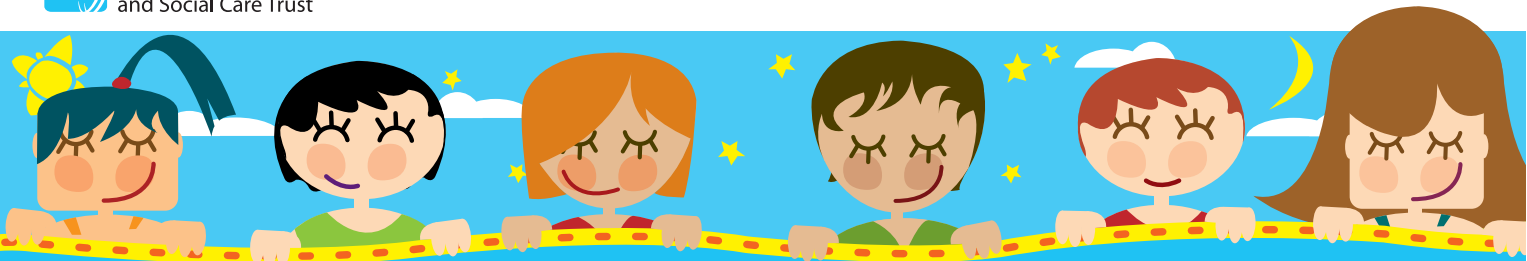
## **Strabane Surestart**

Melmount Road,  
Strabane.

Every Wednesday 10am - 11:30am

**Contact 028 7138 2658**

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## **Waterside Surestart**

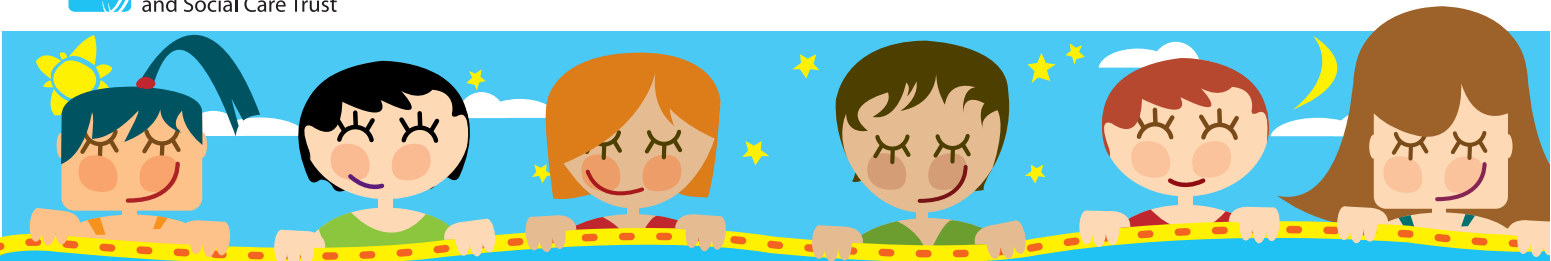
Ebrington Business Park, Glendermott Rd  
L/Derry.

Every Wednesday 9:30am - 11:30am

**Contact 028 7134 7186**

(please book creche place if required prior to coming)

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



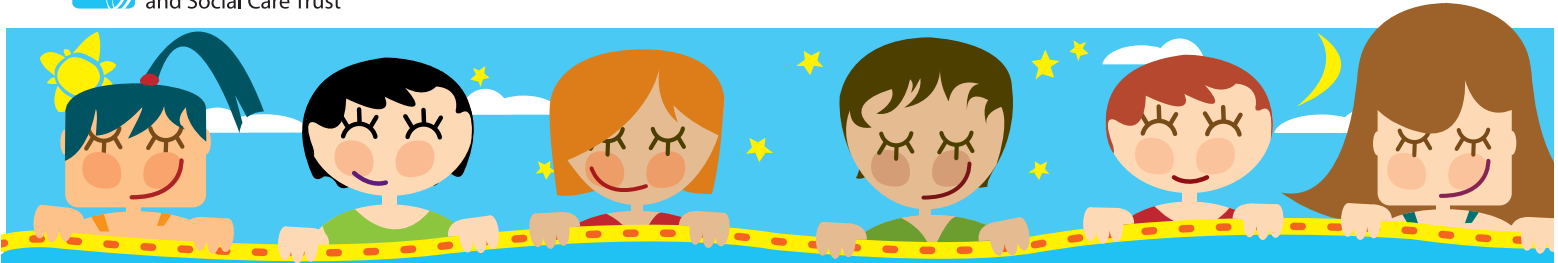
## **Surestart, Dry Arch Centre**

50 Legavallon Road,  
Dungiven.

Every Tuesday 10am - 12noon

**Contact 028 7774 2904**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



## **Surestart, Dry Arch Centre**

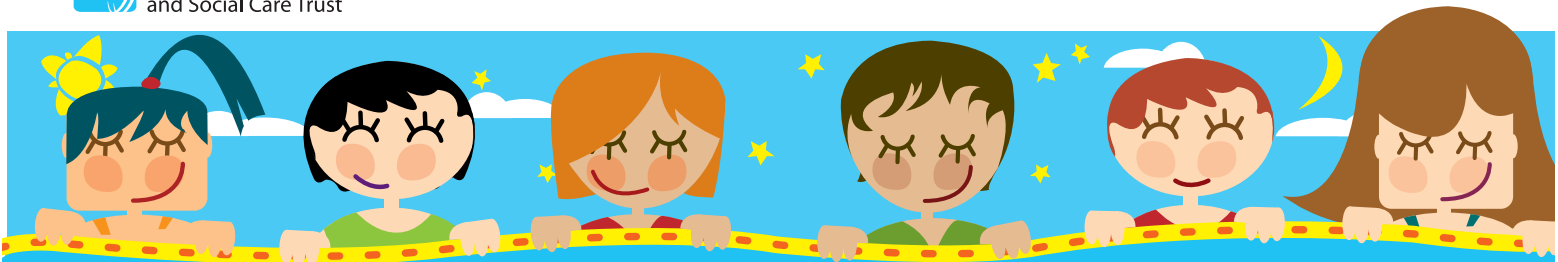
Catherine Street,  
Limavady.

Every Thursday 10am - 12noon

**Contact 028 7772 9826**

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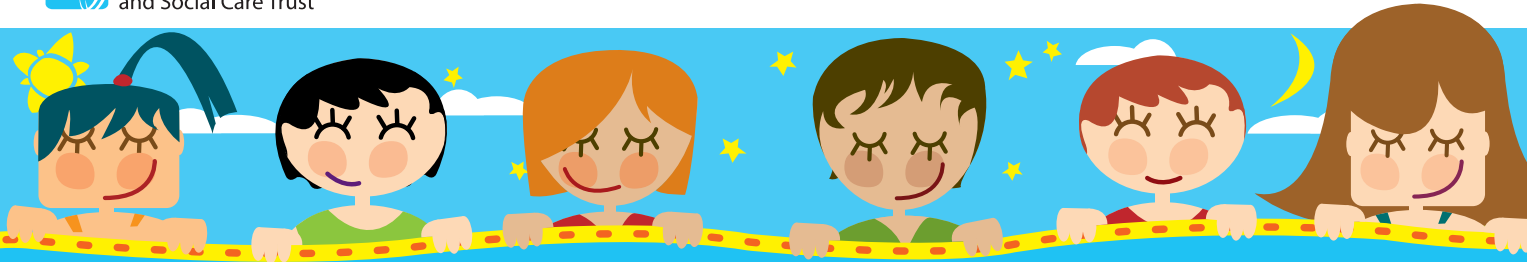
## **Shantallow Surestart**

Resource Centre, Carnhill  
L/Derry.

Every Tuesday 11:30am - 12:30am

**Contact 028 7135 6110**

**You don't have to be a member of SureStart to attend a Breastfeeding Group.**



## **Little Hands Surestart, 'M' Club**

1 Ringford Road, L/Derry.

Every Tuesday 10:30am - 12noon

**Contact 028 7126 7524**

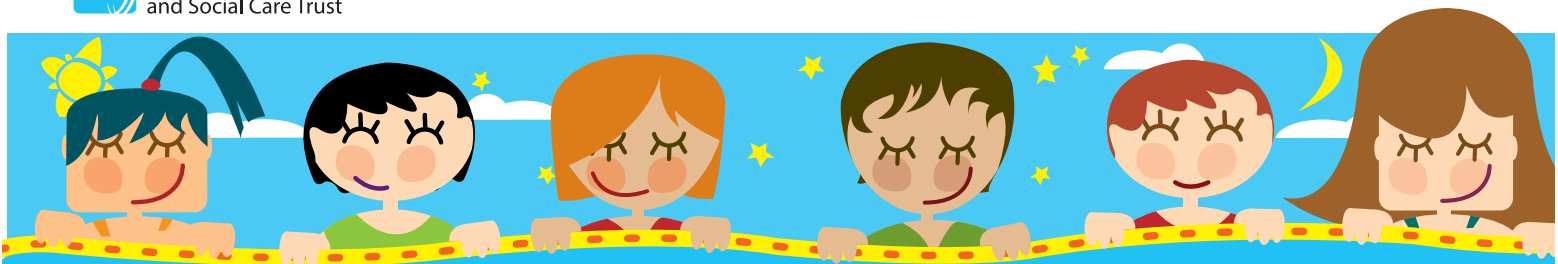
## **Edenballymore Surestart**

OLT Building, Lis Linn, Central Drive, Creggan

Tuesdays 10.30 - 12noon

**Contact 028 7137 1670**

You don't have to be a member of SureStart to attend a Breastfeeding Group.



## **NATIONAL BREASTFEEDING HELPLINES**

**Association of Breastfeeding Mothers 0300 330 5453**

**Breastfeeding Network 0300 100 0210**

**La Leche League 0345 120 2918**

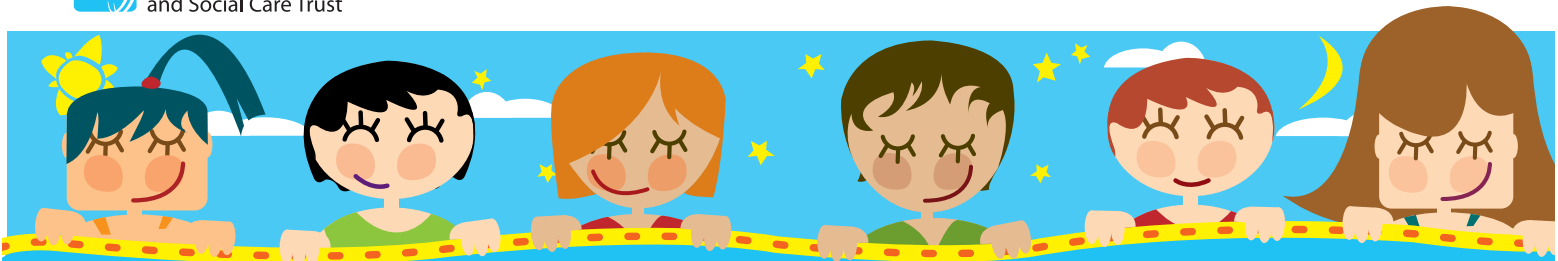
**National Breastfeeding Helpline 0300 100 0212**

**National Childbirth Trust 0300 3300 0700**

For immediate breastfeeding support if you cannot contact your community midwife or health visitor ring:

**Maternity Unit, South West Acute Hospital 028 6638 2531**

**Post natal ward, Altnagelvin Hospital 028 7161 1496**

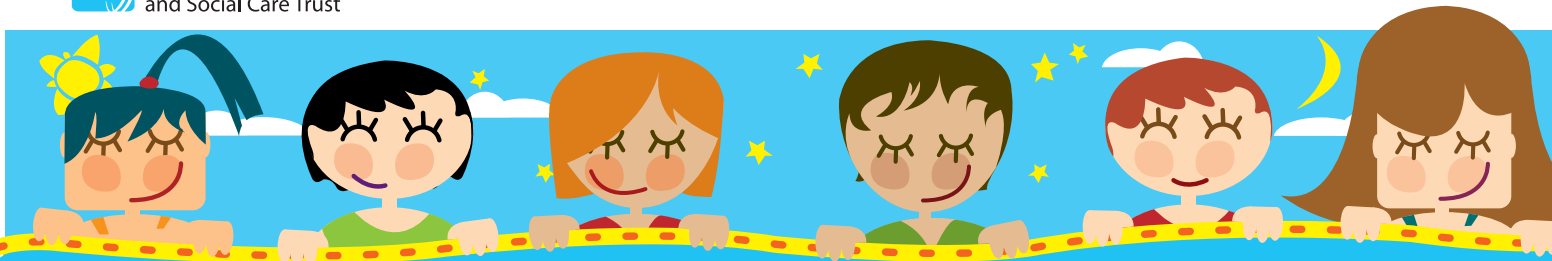


## **BREASTFEEDING PEER SUPPORT**

**“Don’t cope on your own we are here to help” If you have any concerns about breastfeeding you can talk to another breastfeeding mother who would be pleased to hear from you.**

**Altnagelvin: 077 9504 3205 / 078 7684 1823**

**South West Acute: 028 6638 2531**



## **USEFUL WEBSITES**

[www.breastfedbabies.org](http://www.breastfedbabies.org)

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

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

[www.kellymom.com](http://www.kellymom.com)

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

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

[www.abn.me.uk](http://www.abn.me.uk)