

## National Breastfeeding Helplines

**La Leche League**  
0345 120 2918

**Association of Breastfeeding Mothers**  
0300 330 5453  
(9:30am - 10:30pm)

**Breastfeeding Network**  
0300 100 0210  
(9:30am - 9:30pm)

**National Breastfeeding Helpline**  
0300 100 0212  
(9:30am - 9:30pm)

**National Childbirth Trust**  
0300 3300 0700  
(8:00am - 10:00pm)

During the first 28 days for immediate breast-feeding support contact your community midwife from 9 - 5 otherwise ring:

**Postnatal Ward, Altnagelvin Hospital**  
028 7161 1496

## Useful Websites

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

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

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

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

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

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

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

## Local Breastfeeding Groups

These groups provide information, support and a comfortable place to meet new mothers and their babies. All locations have changing facilities and a crèche.

**Derry Well Woman**, Queen Street, L/Derry,  
028 7136 0777 Thursday (10.00am ñ 12.00noon)

**Strabane Surestart**, Melmount Road, Strabane,  
028 7138 2658 Wednesday (10.00am ñ 11.30am)

**Waterside Surestart**, (past Waterside Theatre)  
Ebrington Business Park, Glendermott Rd, L/Derry,  
028 7134 7186 Wednesday (9.30am ñ 11.30)  
(please book creche place if required prior to coming)

**Surestart, Dry Arch Centre**,  
50 Legavallon Road, Dungiven,  
028 7774 2904 Tuesday (10am ñ 12noon)

**Surestart, Dry Arch Centre**, Catherine Street, Limavady,  
028 7772 9826 Thursday (10am ñ 12noon)

**Shantallow Surestart**, Resource Centre, Carnhill, L/Derry  
028 7135 6110 Tuesday (11.30 am ñ 12.30pm)

**Little Hands Surestart, 'M' Club**  
1 Ringford Road, L/Derry  
028 71267524 / 71367524  
Tuesday (10:30am - 12noon)

**Edenballymore Surestart**  
OLT Building, Lis Linn, Central Drive, Creggan  
028 71371670  
Tuesdays 10.30 - 12noon

**Rainbow Surestart**  
Derg Valley Healthy Living Centre, Castlederg  
028 8167 9483  
Breastfriends Monday (10:30am - 12noon)

**If requiring breastfeeding peer support, please contact: 077 9504 3205 / 078 7684 1823**



**Breastfeeding  
HELP  
That Is Available**