

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

Design & Illustration: Michael @ Health Improvement, WHSC Trust

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.

South West Acute

Enniskillen

028 6638 2531

Altnagelvin

L/Derry

077 9504 3205 / 078 7684 1823

Useful Websites

www.breastfedbabies.org

www.breastfeedingnetwork.org.uk

www.laleche.org.uk

www.kellymom.com

www.breastfeedinginc.ca

www.nct.org.uk



Breastfeeding
HELP
That Is Available

These groups provide information, support and a comfortable place to meet new mothers and their babies.

Local Breastfeeding Support

ENNISKILLEN

Breastfriends Support Group
Cathedral Hall,
Enniskillen.

Every Thursday 10:30-12:30pm

Lactation Consultant, Ann McCrea,
will be at the group providing
specialist breastfeeding support
Contact: 028 6638 2109

CASTLEDERG

Rainbow Surestart,
Derg Valley Healthy Living Centre
Castlederg.

Every Monday 10:30 - 12noon
Contact 028 8167 9483

Local Breastfeeding Support

OMAGH

Breastfriends Support Group,
Omagh Library.

Every Tuesday 11:00-1pm

Lactation Consultant, Ann McCrea,
will be at the group providing
specialist breastfeeding support
Contact 028 8283 5590

IRVINESTOWN

The Arc Healthy Living Centre.
Monday 10:30am - 12noon
Contact Adele 028 6862 1970

NEWTOWNBUTLER

Surestart Support Group,
Old Court House.

Every Tuesday 10:30-12noon
Contact 028 6773 8063

Local Breastfeeding Support

LISNASKEA

Milky Marvels,
Lisnaskea Library,
Wednesday 10am - 11am
Contact 028 6772 4814

CLOGHER

Bosom Pals, Surestart Support
Group.

Every Wednesday 10:30- 11.30am
Contact 028 8554 9898

CARRICKMORE

Breastfeeding Clinic
Contact: 028 8076 0159

BELLEEK

Magic Milk Group, Rathmore Clinic.
Contact 028 6865 8382