

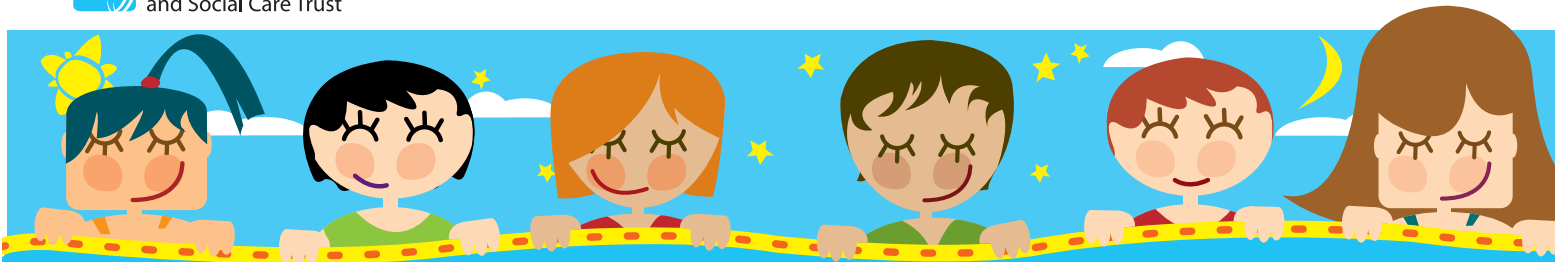


Western Health
and Social Care Trust

A colorful illustration of a diverse group of women's faces. Two women at the top are holding a large yellow sign with a dashed border. The background is a bright blue sky with white clouds. The women have various hair colors and styles, including red, blue, brown, orange, and black.

Virtual Breastfeeding
SUPPORT
That Is Available

During the COVID-19 Pandemic



Dry Arch Dungiven

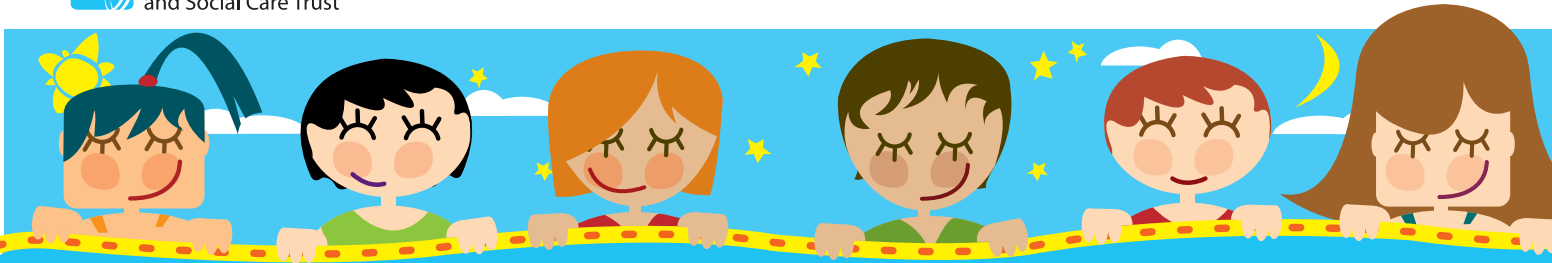
028 7774 2904

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.



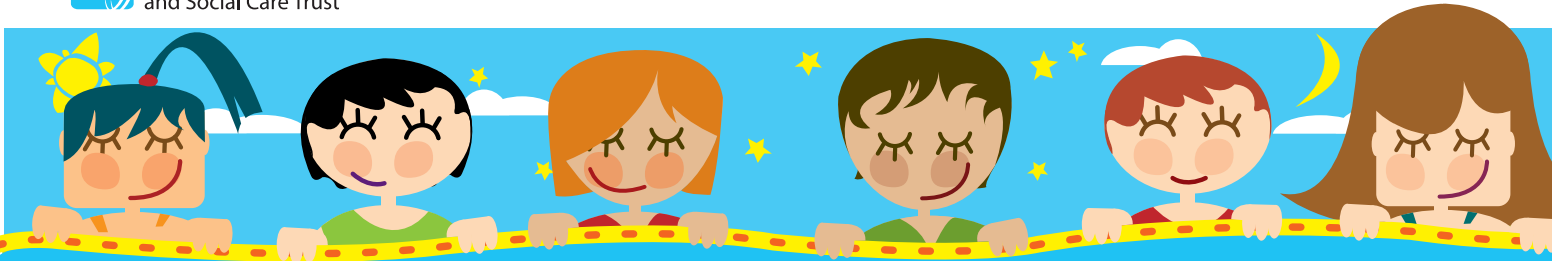
Edenballymore SureStart

028 7137 1670

Online Breastfeeding Support Group every Tuesday
at 11.00am.

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.

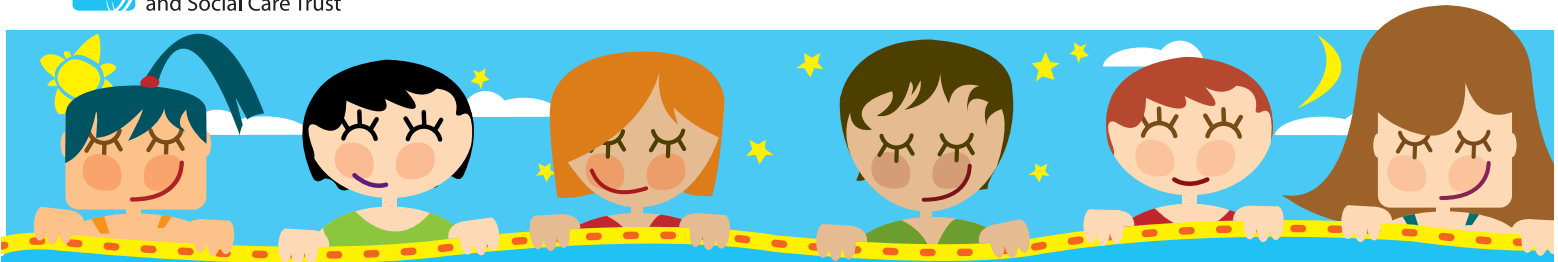


Shantallow SureStart

028 7135 2522

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

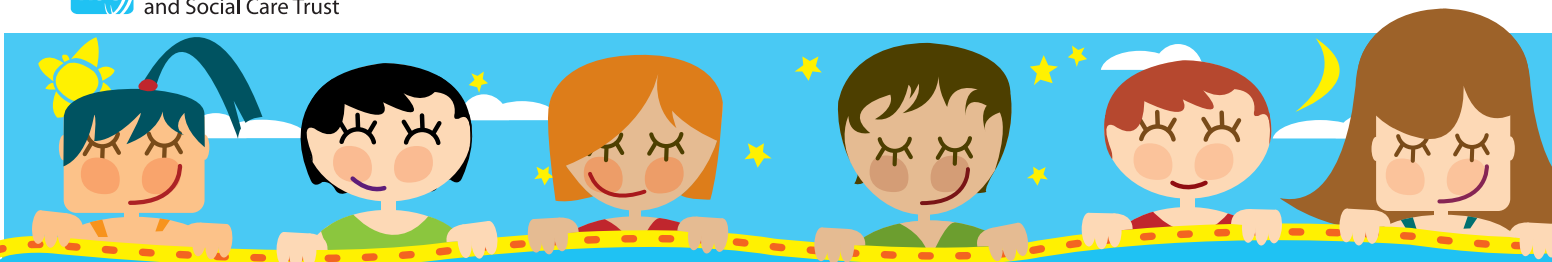
028 7126 7524

Breastfeeding support via Zoom.

Parent and Baby Club every Tuesday 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.



Derry Well Woman

028 7136 0777

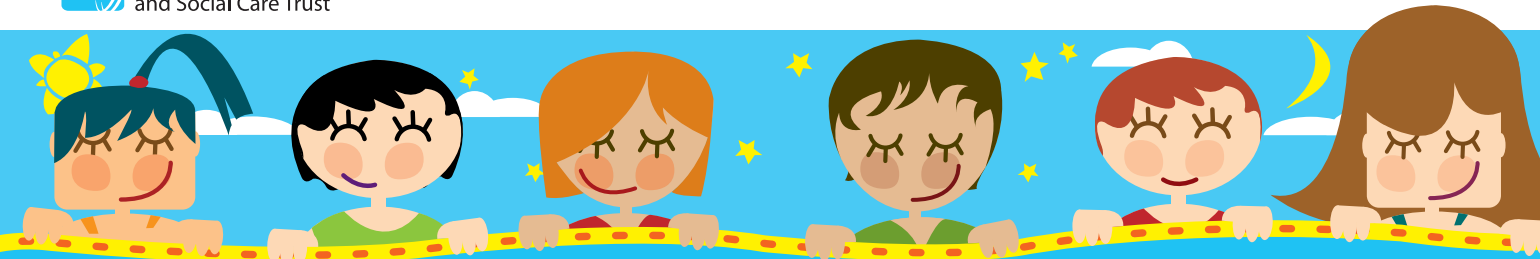
Breastfeeding group via Zoom every Thursday
at 11.00am-12.00md

Meeting ID: 98645730723

Pass Code: 275979

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.



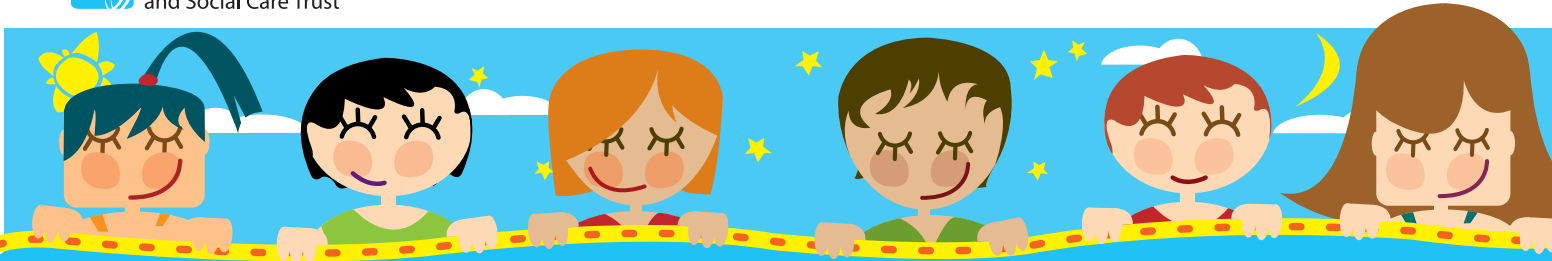
Strabane SureStart

027 7137 3870 / 028 7128 2658

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.



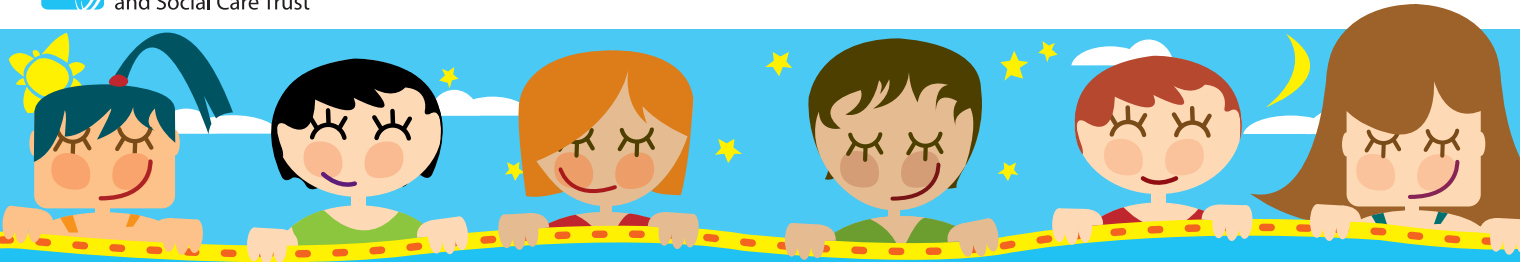
Rainbow SureStart Castlederg

028 8167 9483

Breastfeeding group via Zoom every Tuesday
at 11.00am-12.00md. (term time)

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.



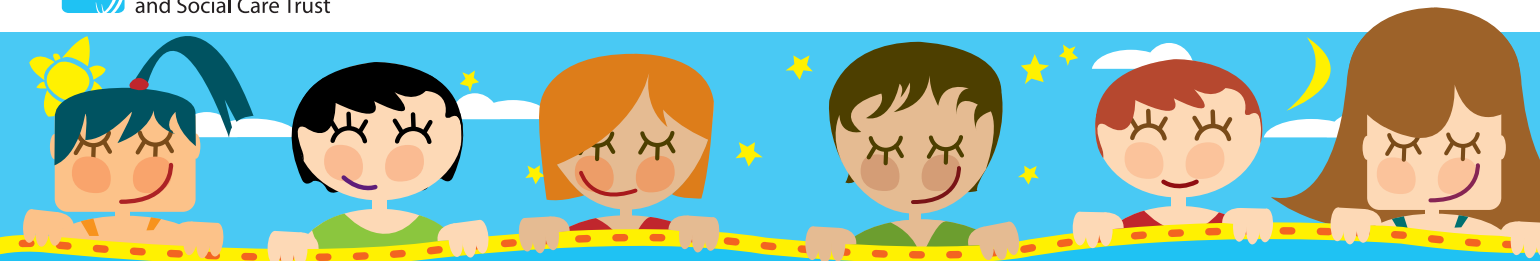
Cherish SureStart

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 1747 3526.

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.