

National Breastfeeding Helplines

La Leche League
0845 120 2918

Association of Breastfeeding Mothers
0844 412 2949
(9:30am - 10:30pm)

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

Breastfeeding Network's Drugs
in Breastfeeding Helpline
0844 412 4665

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

National Childbirth Trust
0300 3300 771
(8:00am - 10:00pm)

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

Postnatal Ward, Altnagelvin Hospital
028 7134 5171 Ext 216136

Useful Websites

www.breastfedbabies.org
www.laleche.org.uk
www.kellymom.com
www.breastfeedingnetwork.org.uk
www.breastfeedinginc.ca
www.nct.org.uk

Local Breastfeeding Groups

Dry Arch Centre Dungiven
028 7774 2904
Breastfeeding group via Zoom every Thursday
11am-12.30pm.

Edenballymore SureStart
028 7137 1670
Online Breastfeeding Support every Tuesday
at 11.00am.

Shantallow SureStart
028 7135 2522
Online Breastfeeding support every Tuesday
11.30am-12.30pm.

Little Hands SureStart
028 7126 7524
Breastfeeding support via Zoom every Tuesday
10.00am

Derry Well Woman
028 7136 0777
Breastfeeding support via Zoom every Thursday
11.00am-12.00md

Strabane SureStart
078 9273 0017, 028 7138 2658
Breastfeeding group via Zoom every Wednesday
at 10.30am.

Waterside SureStart
028 7134 7186
Virtual Breastfeeding group every Wednesday,
11am-12md.

Rainbow SureStart Castlederg
028 8167 9483
Virtual Breastfeeding group every Tuesday (term time)
11am-12md.

Please contact your local organisation for more
information. One to one breastfeeding support
is also available.



Breastfeeding
HELP
That Is Available

“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.

Strabane/Castleterg

Claire	079 1712 5527
Brenda	077 4945 0736
Stacey	078 3541 7495
Una	075 1564 0305
Lisa	077 7909 1321
Roisin	077 0837 3589
Maria	078 4318 6441
Tracy	077 3056 7613
Gail	078 4120 4411
Teresa	077 6027 9335
Leonie	077 5454 6840

Limavady/Dungiven

Carolanne	077 0479 5225
Lara	075 1664 0535
Siobhan	079 2697 0875
Gail	028 7774 0219 / 077 5414 0463
Hilary	077 3181 4270
Claire	078 3569 8528
Camilla	077 0896 8115
Leanne	077 6476 9965
Ashleigh Ann	077 3692 3932

Londonderry/ Derry

Aileen	079 8418 6954
Anastasia	073 7794 3328
Annie	078 4165 7746
Deborah	077 3131 0198
Gemma	077 1631 5454
Sarah	079 2176 3691
Kelly	078 9551 4606
Marianne	00 353 8660 51632
Esther	078 7062 9954
Eilish	00 353 8633 95457
Kirsty	079 7980 2712
Danielle	077 4305 1250
Janeen	077 6306 1269 / 028 7130 2107

