

Local Breastfeeding Groups

Cherish Surestart Every Monday in Irvinestown from 10:30-12:00. Every Tuesday in Newtownbutler from 10:30-12:00. For more information or to book a space contact Adele on 075 2351 2714.

L.A.S.T. SureStart - Surestart Family Centre, Gortin Road Omagh, contact 028 8225 293.

Clogher Valley SureStart - Bosom Pals, Every Wednesday 10-11am, Contact 028 8554 9898.

Castleberg - Rainbow SureStart Breastfriends Support Group, contact 028 8167 9483.

Groups and times could be subject to change due the ongoing pandemic. Mothers should contact the group in the first instance.

Ante-natal zoom class with breastfeeding information 1st Thursday of every month, 7.20pm - 9pm.

**ZOOM Details: Meeting ID: 813 8147 4874
Passcode: 66269**

Breastfeeding Clinics offering one to one support are also available. Please discuss with your Midwife, Health Visitor or GP for referral. In the future further groups may open, please contact your midwife or health visitor.

Breastfeeding Help That is Available

Southern Sector



March 2022

If you wish to avail of support via text or telephone from breastfeeding mothers within your local area. Contact your Midwife, Health Visitor or the Peer Support Link Worker at

Teresa.McPhilemy@westerntrust.hscni.net
077 9504 3205

or scan the QR code below for direct access to the Infant Feeding section of the Western Trust website.



Scan the QR code for more information.



Breastfeeding support is available from your Community Midwife or Health Visitor Monday to Friday 9am-5pm. For support outside of this contact Maternity Inpatients, South West Acute Hospital on 028 6638 2531.

For information on donating your breastmilk to support premature babies please contact the Human Milk Bank on 028 6862 8333 or tmb.swah@westerntrust.hscni.net

We care about your opinion. Please let us know what we are doing well or how we can improve our breastfeeding service, go to www.careopinion.org.uk.

National Breastfeeding Helplines

La Leche League
0845 120 2918

Association of Breastfeeding Mothers
0844 412 2949 (9.30am-9.30pm)

Breastfeeding Network
0300 100 0210 (Press 2 for Polish)
0300 456 2421 Bengali & Sylheti

National Breastfeeding Helpline
0300 100 0212 (9.30am-9.30pm)

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

Helpful Websites

www.breastfeeding.support

www.laleche.org.uk

www.kellymom.com

www.breastfeedingnetwork.org.uk
E: drugsinformation@breastfeedingnetwork.org.uk

www.nct.org.uk

www.nhs.uk
Breastfeeding, Feeding Your Baby, Start for Life

