

Local Breastfeeding Groups

Dry Arch Centre 028 7774 2904 / 028 7772 9826
Breastfeeding group every Thursday.

Edenballymore SureStart 028 7137 1670
Breastfeeding group every Thursday at 11am-12pm.

Shantallow SureStart 028 7135 6110
Breastfeeding group every Tuesday 10am-11.30am.

Little Hands SureStart 028 7126 7524
Contact Rachel for details of support available.

Derry Well Woman 028 7136 0777
Breastfeeding group every Thursday 11am-12pm.

Strabane SureStart 078 9273 0017 / 028 7138 2658
Breastfeeding group every Wednesday 10am-11.15am.

Waterside SureStart 028 7134 7186
Breastfeeding group every Wednesday 10am-11.30am.

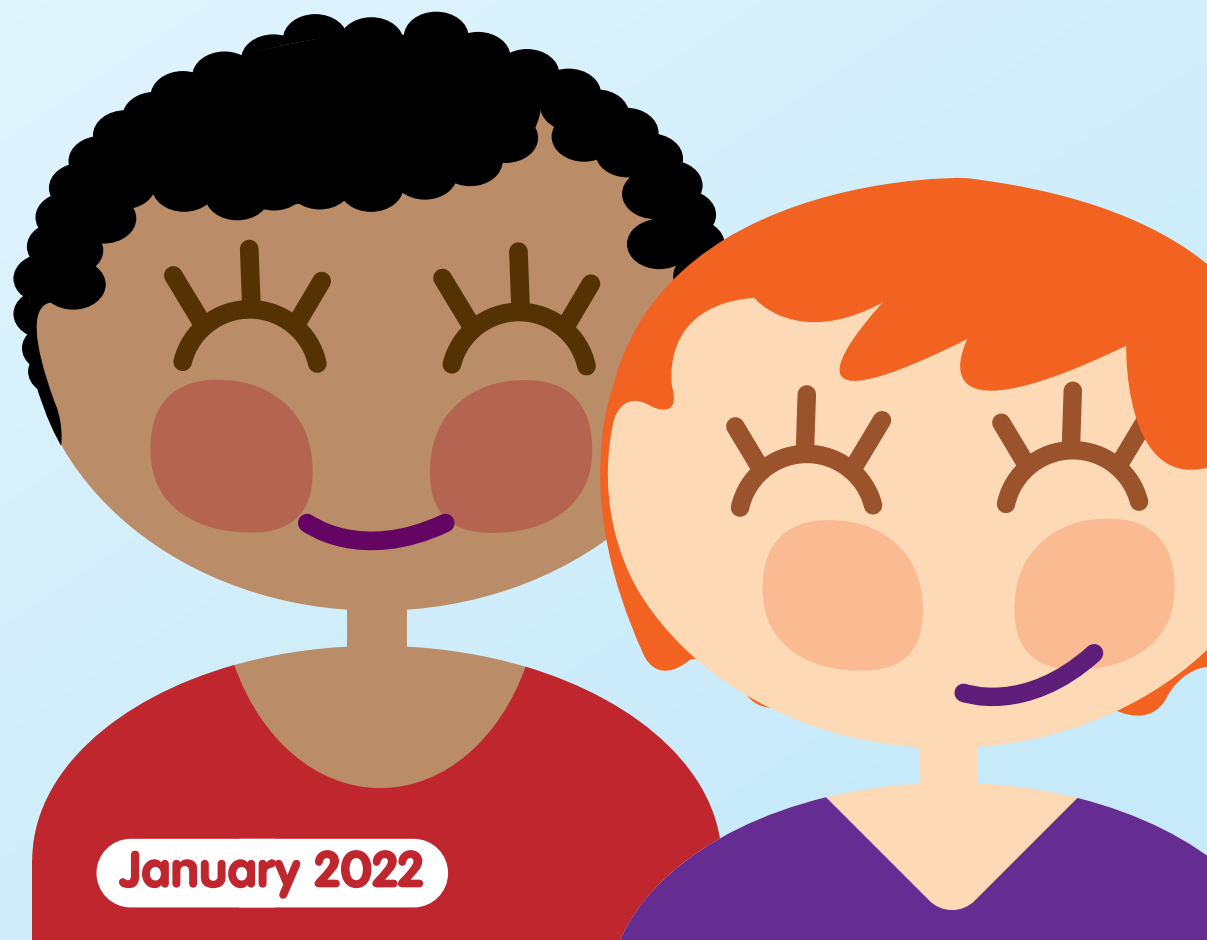
Groups and times could be subject to change due the ongoing pandemic. Mothers should contact the group in the first instance.

Please contact your local organisation for more information regarding groups and the availability of one to one breastfeeding support.



Breastfeeding Help That is Available

HSC Western Health and Social Care Trust



January 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 the Postnatal Ward, Altnagelvin Hospital on 028 7134 5171 Ext 216136.

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

Breastfeeding Network's Drugs in Breastfeeding Helpline

0844 412 465

National Breastfeeding Helpline

0300 100 0212 (9.30am-9.30pm)

National Childbirth Trust

0300 3300 771 (8am-10pm)

Helpful Websites

www.breastfeeding.org

www.laleche.org.uk

www.kellymom.com

www.breastfeedingnetwork.org.uk

www.breastfeedinginc.ca

www.nct.org.uk

