

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

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Local Breastfeeding Groups

These groups provide information, support and a comfortable place to meet new mothers and their babies. All locations have changing facilities and a creche.

Derry Well Woman, Queen Street, L/Derry
028 7136 0777 Thursday (10.00am - 12.00noon)

Strabane Edenballymore, Creggan, L/Strabane,
028 7137 3870 Tuesday (10.00am - 12.00noon)

Strabane Surestart, Melmount Road, L/Strabane,
028 7138 2658 Wednesday (10.00am - 11.30am)

Waterside Surestart, (past Waterside Theatre)
Ebrington Business Park, Glendermott Rd, L/Derry,
028 7134 7186 Wednesday (10.00am - 12.00noon)
(please book creche place if required prior to coming)

Surestart, Dry Arch Centre,
50 Legavallon Road, Dungiven,
028 7774 2904 Thursday (10.30am - 12.00pm)

Surestart, Dry Arch Centre,
Catherine Street, L/Coleraine,
028 7772 9826 Thursday (11:00am - 12noon)

Shantallow Surestart,
Resource Centre, L/Coleraine,
028 7135 6110 Tuesday (11.30am - 12.30pm)

Little Hands Surestart, 'M' Club
Rosemount Primary School,
Helen Street, L/Derry
028 7126 7524 / 71367524
Monday (10.00am - 12:00noon)

Rainbow Surestart, 028 8167 9483
16 Hospital Road, Castlederg
Breastfeeding Friday (11:00am - 12:00noon)

Baby Time (Contact Rainbow Surestart)
(Breastfeeding support 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.

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
Sinead	075 2316 3876
Eilish	00 353 8633 95457
Kirsty	079 7980 2712
Danielle	077 4305 1250
Janeen	077 6306 1269 / 028 7130 2107

Strabane/Castlederg

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

