

## Breastfeeding Groups and Support in Leeds

### What is a Breastfeeding Group?

These groups are all run slightly differently; however you can rest assured you will always be welcomed by a friendly face and refreshments! All group leaders undertake breastfeeding training so that they can offer specific support. These groups are open to all breastfeeding mums.

### What is a Breastfeeding Peer Support Group?

These groups are run by trained breastfeeding peer supporters. Peer supporters are mothers who have themselves breastfed and have undertaken a training course. They are not able to give specific advice but can offer suggestions and sign-post to the most appropriate and timely help. Any breastfeeding mum is welcome!

### Breastfeeding Counsellors

Breastfeeding counsellors have all breastfed and had extensive training. They offer free support, information and practical help. They offer phone support and home visits.

#### **Baby Buddy app** (download from app store or visit website)

Trusted source of information endorsed by your health professional and promoted to all parents in Leeds

[www.bestbeginnings.org.uk/baby-buddy-online](http://www.bestbeginnings.org.uk/baby-buddy-online)

### USEFUL CONTACTS

NCT Breastfeeding Helpline	<a href="http://www.nct.org.uk">www.nct.org.uk</a> 0300 330 0770 (8am-11pm)
La Leche League	<a href="http://www.laleche.org.uk">www.laleche.org.uk</a> 0345 120 2918
Association of Breastfeeding Mothers	0300 3305453 <a href="http://www.abm.me.uk">www.abm.me.uk</a>
Breastfeeding Network	0300 1000212 <a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a>
National Breastfeeding Helpline	0300 1000212
Adv. Health Improvement Specialist – Infant Feeding	Sally - 07712 214867
Breastfeeding Clinic (HV referral only)	Meanwood Health Centre – 0113 8433350
Hospital Infant Feeding Team (midwives)	0113 2065367
Peer Support Coordinator	Cath – 07843339574
Leeds General Infirmary – Delivery Suite	0113 3927445
St James' Hospital – Delivery Suite	0113 2069103
Drugs in Breastmilk helpline	0844 412 4665

### NCT BREASTFEEDING COUNSELLORS

Nadia – LS18	07962223292
Fran – LS8	07971 841972
Val – LS16	0113 2933176
Helen – LS20	01943 877212
Eleanor – LS20	01943 884096
Sarah – LS27	0113 2102492
Tracey – BD17	01274 597633
Kathy – LS18	07872490197

**Also facilitated by NCT - Baby Cafe; cake and conversation alongside breastfeeding support from trained NCT breastfeeding counsellors. Fridays 12pm - 2pm Gipton Methodist Church, Oak Tree Place, LS9 6SX**

### BREAST PUMP HIRE

Anne – LS8	0113 2948795
Fran – LS8	07971 841972
Eleanor – LS20	01943 884096

**(Details in this document correct as of May 2017)**

## Breastfeeding Groups and Breastfeeding Peer Support Groups in Leeds

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breastfeeding Groups:</u></b></p> <p><b>Rothwell</b> 10 – 12pm Rothwell Children’s Centre, Cornwall Crescent, Rothwell, LS26 0RA Contact: 0113 2820520 (health visiting team) or Children’s Centre 2822319</p> <p><b>Halton</b> 10:30-11:30am Halton clinic, 2A Primrose Lane, LS15 7HR Contact: Claire Hogg 07891275660 or HV team 01138435683</p> <p><b><u>Peer Support Groups:</u></b></p> <p><b>Pudsey</b> 9:30-11:30am Well Being Centre, Robin Lane, Pudsey Contact Francesca: 07599 529995</p>	<p><b><u>Breastfeeding Groups:</u></b></p> <p><b>Middleton</b> 10:00–12pm Family Centre, 256-262 Sissons Rd LS10 4JG Contact: Family Centre 0113 2762386 or Cath 07843 339574</p> <p><b>Horsforth</b> 1-2:45pm Horsforth Children’s Centre, North Broadgate Lane LS18 5AF Contact: Miriam or Eunice 01138435400</p> <p><b>Beeston (from 6<sup>th</sup> June 17)</b> 10-11:30 New Bewerly Children’s Centre New Bewerley Community School, Bismarck Drive, Leeds LS11 6TB Contact: HV team 0113 8430888</p>	<p><b><u>Breastfeeding Groups:</u></b></p> <p><b>Lofthouse</b> 9:30 -11:30pm Leeds Teaching Hospitals Trust Breastfeeding drop in @ Lofthouse Children’s Centre, WF3 3PS Contact: 0113 3368746</p> <p><b><u>Peer Support Groups:</u></b></p> <p><b>Garforth</b> 10-11:30am Garforth Children's centre c/o Garforth Academy, Lidgett Lane, Garforth, LS25 1LJ. Contact: 0113 3367456.</p> <p><b>Crossgates</b> 11:30-1:00pm Crossgates Children’s centre, Cross Gates Primary School, Poole Crescent, LS15 7NB Contact: 0113 264 3455</p>	<p><b><u>Breastfeeding Groups:</u></b></p> <p><b>Morley</b> 09:45-11:45am Morley Health Centre, Corporation Street, Morley, Leeds, LS27 9NB Contact: Sharon Speke, Zoe Atack (health visitors) 0113 2077000</p> <p><b>Chapelton/Harehills</b> 10:00-12:00pm Chapelton Children’s Centre, Leopold Street LS7 4AW Contact: Health Visiting Team 0113 8435683</p> <p><b>Moortown</b> 1:00-2:30pm Moortown Children’s Centre, Lidgett Lane LS17 6QP Contact: 0113 8435683</p> <p><b>Wetherby</b> 1-2:30pm Wetherby Children’s Centre Hallfield Lane, Wetherby LS22 6JS Contact: 01937 581102</p> <p><b><u>Peer Support Groups:</u></b> <b>Guiseley</b> 10.30-12.00 Guiseley Children’s Centre Oxford Rd, Guiseley, Leeds LS20 9DA Contact: 01943 874100</p> <p><b>Bramley</b> 9:30-11am St Peters Church, 8 Hough Lane, Bramley LEEDS LS13 3JF Contact: 07966 723186</p>	<p><b><u>Peer Support Group:</u></b></p> <p><b>Mothercare Crown Point</b> <i>In the café area</i> 9:45–11:15am Crown Point Shopping Park, 8 Junction Street, Leeds LS10 1EW Contact: Cath 07843339574 or Bosom Buddy on 07856894326</p> <p><b><u>Specialist Breastfeeding Clinic:</u></b></p> <p><b>Breastfeeding Clinic</b> at Meanwood Health Centre 9:30- 12:30 on a referral basis.</p>
				<p><b>Sunday</b></p>
				<p><b>Bramley</b> 10-12 St Peters Church, 8 Hough Lane, Bramley LEEDS LS13 3JF Contact: 07966 723186 <i>Please note: the group is on the Second Sunday of the month. See Bramley Bosom Buddies Facebook page for up to date group information</i></p>