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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

Breastfeeding in Gedling, Broxtowe, Rushcliffe, QMC and City Hospitals

Simply the best for pregnant women, mums, dads and babies



Breastfeeding Promotions Team
Stapleford Care Centre
Church Street
Stapleford
Nottingham
NG9 8DB
Tel: 0115 883 5032

www.nottinghamshirehealthcare.nhs.uk



BABES

Baby & Breastfeeding Encouragement & Support

Local Breastfeeding Groups across Nottinghamshire

BABES drop in sessions run in all areas of Nottinghamshire. Please see the centre spread of this leaflet to find your local group.

BABES offer a welcoming atmosphere for all mums who breastfeed and are run by staff and Peer Supporters. You can get together with other mums who may be going through a similar experience and share tips and techniques. It's a great way to make friends, by getting help to feed in a pain-free way, you will make more milk and your baby will receive more milk with each feed when the feed is totally comfortable.



A local breastfeeding group in Nottinghamshire (Toddlers welcome)

Come along and make friends with other mums. Varied breastfeeding topics are

I enjoy a play session, and join in the sing along at the end of each session. Many mums practice breastfeeding in public first at **BABES**, which builds their confidence to move on to other more public places. Pregnant women find the group useful in providing a good idea of what to expect and join our interactive antenatal workshops.



Who are breastfeeding peer support volunteers?

Peer supporters are mums who have breastfed, completed a 20 hour breastfeeding course and are keen to support mums like you, in the early days of breastfeeding your new baby. They spend a few hours each week in their local areas working as volunteers and follow confidentiality and safeguarding children practice guidelines.

Where else can I get advice and support?

- **Speak to your Midwife or Health Visitor**
- **Contact the Lime Green Team**
- **Contact the Peer Supporters**

- **La Leche League GB** 0845 120 2918 available 24 hours 7 days a week, www.laleche.org.uk

- **The Breastfeeding Network** 0300 100 0210 www.breastfeedingnetwork.org.uk

- **Association of Breastfeeding Mothers** 08444 122 949 9.30am-10.30pm www.abm.me.uk

- **National Breastfeeding Helpline:** 0300 100 0212 9.30am - 9.30pm www.nationalbreastfeedinghelpline.org.uk

- **National Childbirth Trust** 0300 3300 771 8am–Midnight 7 days a week www.nct.org.uk/home

- **Find your local SureStart Children's Centre:** www.direct.gov.uk www.childcarelink.gov.uk/notts



Mums often say that we have helped them to breastfeed for longer and they have enjoyed it more.

Local Professional Contacts

For support on breastfeeding, firstly contact your own midwife or health visitor at the Health Centre, or staff at your local Children's Centre. If they are unavailable and in the case of urgently needed support contact:

	Midwives	Health Visitors
Gedling	Mon-Fri 9am-5pm Arnold and Calverton: 07817 108213 Carlton: 07817 2275226 Out of hours - urgent: 5pm - 9am weekdays, weekends and bank holidays: 0115 9299 771 (Gedling, Broxtowe and Rushcliffe)	Mon-Fri 8.30am-5pm Advice Line: 0115 883 4663 or 0115 883 4661
Mansfield	Advice line (community midwife) 9.30am - 4.30pm Mon - Fri: 01623 676 170 Emergency Midwife:01623 655 722	Mon-Fri:8.30am -5pm Advice Line: 01623 435522
Ashfield	Advice line (community midwife) 9.30am-4.30pm Mon - Fri: 01623 676 170 Hucknall: 07817 107970 Emergency Midwife: 01623 655722	Mon-Fri:8.30am-5pm. Advice Line: 01623 557136
Newark and Sherwood	Advice line (community midwife) 9.30am-4.30pm Mon - Fri: 01623 676170 Emergency Midwife: 01623 655722	Mon-Fri 8.30am-5pm Advice Line: Newark:01636 594 809 Sherwood: 01623 791 025
Broxtowe	Mon-Fri 9am-5pm Beeston: 07967 204 126 Eastwood: 07817 107 935 Stapleford: 07812 275 217	Mon-Fri 8.30am-5pm Advice Line: 0115 883 5500
Rushcliffe	Mon-Fri 9am-5pm Rushcliffe North: 07817 107936 West Bridgford: 07812 275 230 Rushcliffe South: 07817 107 935	Mon-Fri 8.30am-5pm Advice Line: 0115 883 7361

Peer Supporters can:

- Help to run the BABES groups and provide support with positioning and attachment
- Offer tips to increase milk supply
- Show mums how to hand express
- Offer information on many practical ways of helping mums to enjoy their breastfeeding experience



Peer supporters support mums to breastfeed successfully.

Healthy Family Teams

Your Healthy Family Team will be able to offer support with breastfeeding to mums and want breastfeeding to be a good experience for you and your baby.

During pregnancy, attending your local BABES group, a group antenatal session or having a home visit can provide tips on helping baby's development before and after birth, and how to get breastfeeding off to a good start.

At a BABES group you can meet a member of staff from the Healthy Families Team, as well as Children's Centre Staff and volunteers, and learn all about what's available for you and your family during pregnancy and after baby is born.

After the birth the Healthy Family Team can provide early one to one support in the home and can help with:

- ° Positioning and attachment and hand expression
- ° Feeding in the first few days, so ensuring baby gets lots of milk
- ° Maintaining breastfeeding: feeding whilst out and about, night-time feeds and return to work information.

Specialist Breastfeeding Clinics - your Health Visitor or Children's Centre can refer you for complex feeding issues.

Area	Monday	Tuesday
Gedling		Killisick Children's Centre 1.00-2.30pm Tel: 0115 9165 010 Commencing 5 March 2019
Mansfield	Ravensdale Children's Centre: 1.00-2.30pm, Tel: 01623 486982	Mansfield Woodhouse Children's Centre 1.30-3.00pm. Tel 01623 666370
Ashfield	The Summerhouse CC 9.30-11.00am Tel: 01623 510946 Butler's Hill Children's Centre 1.00-2.45pm Tel 0115 854 2229	
Newark and Sherwood		Hawtonville CC Bowbridge Road 1.00-2.30pm Tel 01636 593580 Rainworth Children's Centre 11.30-12.30pm Tel: 01623 499 900
Broxtowe	Chilwell Children's Centre 1.30-2.45pm Tel: 0115 993 5780 Term Time Only	Stapleford Care Centre 10.00-11.30am Tel: 0115 883 5139
Rushcliffe		Bingham Children's Centre 1.30-3.00pm weekly Tel:01949 863 840
Specialist Support	Infant Feeding Café QMC 10-12.00, Wellbeing Room, D Floor, East Block , QMC Tel 0115 9691 169 ext 55178	Specialist Breastfeeding Clinics - Carlton Park House 1.00—3.00pm (referral by Health Visitor) Eastwood Children's Centre: (specific dates, referral by Health Visitor) West Bridgford: Young People's Centre (specific dates, referral by Health Visitor)

Wednesday	Thursday	Friday
Netherfield Children's Centre 9.30-11.00am Tel: 0115 883 0840		
Warsop Children's Centre 9.15-11.15am Tel: 01623 847766	Ladybrook Children's Centre 10.00-11.00am Tel 01623 410090	
		Huthwaite Children's Centre 1-2.30pm Tel: 01623 516592
	Ollerton and Boughton CC 2.30-3.30pm Tel: 01623 861691	Clipstone CC 1.30-2.30pm Tel 01623 629203
Eastwood Children's Centre 9.30-11.30am Tel: 0115 993 5750	Beeston North Children's Centre 10.00-11.30am Tel 0115 9935740	
West Bridgford Young People's Centre 1 - 2pm 0115 9694 480 East Leake Health Centre 1.30-2.30pm Tel. 01509 8521181		
Specialist Breastfeeding Clinic: Referral by Health Visitor Newark Health Centre 9.30-12.00	Infant Feeding Café: City Campus, 2.00-4.00pm, Parent Education Room, 1st floor, City Campus Mat Unit Tel 0115 9691 169 ext 55178 Specialist Breastfeeding Clinic: Referral by Health Visitor. 9.30-12.00 Ashfield Health & Wellbeing Centre	