

The Healthy Families Team also provide breastfeeding support. They attend the breastfeeding groups at the Children's Centres on a regular basis and are also available for telephone support or can provide one to one appointment if required.

For referrals to the Healthy Families Team including requests for Breastfeeding Support please call:

## The Single Point of Access on:

**01777 274422**

If you need assistance with any particular breastfeeding issue out of hours please contact:

**La Leche League Helpline 0845 1202918, available 24 hours 7 days a week, [www.laleche.org.uk](http://www.laleche.org.uk)**

**National Breastfeeding Helpline 0300 1000212 9.30am-9.30pm [www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)**

**The Breastfeeding Network 0300 100 0210 [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)**

**Association of Breastfeeding Mothers 08444 122 949 9.30am-10.30pm [www.abm.me.uk](http://www.abm.me.uk)**

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## Breastfeeding support in Bassetlaw



## **BABES** Breastfeeding Groups - Baby And Breastfeeding Encouragement and Support.

### **What we are about.....**

The breastfeeding groups are a friendly and open group for all breastfeeding mums and babies, whatever stage you are at.

Whether you want a friendly chat, if you are pregnant and want more information about breastfeeding or want some support with a particular issue come along and meet some mums who can help.

You can come to the group with a friend or a relative if you feel more comfortable. Older children are welcome too, and there will be toys for them to play with.

Pop in and join us, you're very welcome, or call into the centre between groups if you want to have a chat about any breastfeeding issues

At the group there are Volunteer Peer Supporters who are always on hand if needed. Volunteers are mums who have breastfed, completed a 20 hour breastfeeding course and are keen to support mums like you, in the early days of

They can offer tips to increase milk supply, show mums how to hand express and offer information on many practical ways of helping mums to enjoy their breastfeeding experience

## **Day and Time of the Breastfeeding Groups in Bassetlaw**

### **Harworth & Bircotes Children's Centre**

Breastfeeding Buddies on Wednesdays at 10am -12pm at **Harworth Library**  
Tel: 01302 759062

### **Bassetlaw Rural Children's Centre**

Bumps & Babes with breastfeeding group included on Mondays at 10.00am -12.00pm  
Tel: 01427 892500

### **West Bassetlaw Children's Centre**

Baby Weigh & Play with breastfeeding group on Thursdays at 1.15pm – 3.45pm  
Tel 01909 731269

### **Hallcroft Children's Centre**

Breastfeeding session on Tuesdays at 1.00pm - 3.00pm  
Tel: 01777 712950

### **Manton Children's Centre**

Breastfeeding Buddies on Tuesday's at 09.30-11.30  
Tel: 01909 511321

### **North Worksop Children's Centres (Gateford)**

Breastfeeding Buddies on Thursday's at 1.00pm - 3.00pm  
Tel: 01909 488220

**Specialist Breastfeeding Clinics** - your Health Visitor or Children's Centre can refer you for more complex feeding issues. Please ask if you need more support