

Breastfeeding Support

In Hull
East Riding &
North Lincolnshire

Goodwin Breastfeeding Peer Support Service

Mums supporting mums at groups, in the hospital and on a helpline **07980 731013 (8am-10pm)**. Referrals for home visits or to discuss hire of a breastpump, please call **01482 497811**.

Hull

Breastfeeding Support Groups

Monday 9.30-11.30, Octagon Family Hub, Walker Street, HU3 2RA

Tuesday 12am-3pm, Cups and Scoops, 209 Chanterlands Avenue, HU5 3TP

Tuesday 1-2.30, Rainbow Family Hub, Wheeler Street, HU3 5QE

Tuesday 1.30pm-3pm, Acorns Family Hub Café, Nestor Grove, HU9 4DP

Tuesday 1pm-2pm, Little Stars Family Hub Breastfeeding Support Group

Wednesday 1.30-2.30pm, Marfleet Family Hub, Preston Rd, HU9 5AN

Thursday 10-11.30 First Steps Baby & Toddler Group, Jubilee Church, 62 King Edward Street, HU1 3SQ

10am-12 noon, World of Wonder, Oasis Hub Hull, 310 Newland Avenue, HU5 2NB

Thursday 1-2pm, Marfleet Family Hub, HU9 5AN (term time only)

Friday 10am-12 noon, Lemon Tree Family Hub, Lothian Way, HU7 5DD

Our weekly groups are a great way to socialise with other breastfeeding parents in the local area. Each session is supported by a breastfeeding peer support volunteer who can give breastfeeding support during the session or arrange one-to-one support. Partners welcome to come along too! Please check availability of groups on Facebook.

National Organisations

La Leche League of Hull and East Riding:
Claire 01759 302883, Laura 07796 717754

National Childbirth Trust:
0300 330 0770 (8am-midnight)

La Leche League:
0345 120 2918 (8am-11pm)

National Breastfeeding Helpline:
0300 100 0212 (9.30am-9.30pm) (Breastfeeding Network and Association of Breastfeeding mothers) including Welsh and Polish support

Breastfeeding Network Bengali / Sylheti Helpline:
0300 456 2421

Association of Breastfeeding Mothers Helpline:
0300 330 5453 (9.30am-10.30pm)

Drugs In Breastmilk Information Service:
www.breastfeedingnetwork.org.uk/drugs-factsheets/ or via Facebook.

Lactation Consultant Service

This is a free service provided by the hospital and community NHS Trust in Hull. If you are experiencing challenges to breastfeeding (for example recurrent mastitis, low milk supply, weight loss or a slow gain) please ask your midwife or health visitor to refer you for specialised support. You will be contacted by a trained lactation consultant who will explore the issue and provide a plan of care.

Please ring Single Point of Contact (SPoC) 01482 259600



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www.familyhubshull.org.uk



Goodwin doulas and breastfeeding peer support



Hull
City Council



East Riding

The East Riding Infant Feeding Service is delivered by the integrated specialist public health nursing (ISPHNS) and children's centre services. The service is here to provide you with information and support on feeding and caring for your baby throughout pregnancy, birth and throughout your child's first formative years. The services provide one to one breastfeeding support via home visits, breastfeeding support groups and specialist support delivered by IBCLC's (Lactation Consultants).

Lactation Consultant Service

Some women and their babies may need more intensive or specialist breastfeeding support. If you are continuing to experience problems with breastfeeding for example weight loss, slow weight gain, or low milk supply your midwife or health visitor may refer you, or you can ask to be referred, to the appropriate lactation consultant service. This is a free service.

For telephone advice Mon-Fri 9am-5pm please ring the Single Point of Contact (SPoC) ISPHN contact number: 01482 689689 or visit www.humberisphn.nhs.uk/east-yorkshire-breastfeeding-support/



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East Yorkshire Breastfeeding Support

East Riding

Breastfeeding Support Groups

Please find below a list of all East Riding of Yorkshire Children's Centres along with the day and time of the Breastfeeding support groups.

The groups are informal and a lovely way to meet other breastfeeding mums and gain confidence feeding out and about.

Contact your local Children's Centre if you would like support with breastfeeding or to find out more about the groups. You can get support before you have your baby too. Partners and birthing partners are also welcome to attend.



Scan me!

Anlaby Children's Centre
Monday 10am-11.30am
Tel: 01482 565560

Beeford Children's Centre
See Beverley or Driffield

Beverley Children's Centre
Tuesday 1.30pm-3pm
Tel: 01482 880066

Beverley Baby Bistro
(available fortnightly, term time only)
Tel: 07580 741839

Bridlington Children's Centre (Butts Close)
Wednesday 10am-11am
Tel: 01262 409596

Bridlington Family Centre (Shaftesbury Road)
Friday 1.30pm-2.30pm,
The Hinge Centre
Tel: 01482 395470

Brough Children's Centre
Wednesday 10am-11.30am
Tel: 01482 669474

Cottingham Children's Centre
Tuesday 10am-11am
Tel: 01482 845636

Driffield Children's Centre
Tuesday 11.15pm-12.30pm
Tel: 01377 240782

Goole Children's Centre (Marshlands) - see Goole Kingsway

Goole Kingsway Children's Centre
Thursday 1.30pm-2.30pm
Tel: 01405 761287

Hedon Children's Centre (Scout Hut)
Tuesday 10.30am-12 noon
Tel: 01482 899962

Hessle Children's Centre
Tel: 01482 629085
See Brough or Anlaby

Hornsea Children's Centre
Thursday 11.30am-12.30am
Tel: 01482 537160

Howden Children's Centre
Tel: 01482 395220
See Goole Kingsway

Market Weighton Children's Centre
Tuesday 10am-11am
Tel: 01430 874090

Pocklington Children's Centre
Tuesday 1pm-2pm
Tel: 01759 307154

Withernsea Children's Centre
Tuesday 10am-11.30am
Tel: 01964 612618

www.eastriding.gov.uk/living/children-and-families/childrens-centres