

Breastfeeding Support Groups in Lancaster, Morecambe and Carnforth

North Lancashire

Call into any of these groups for a warm welcome, a chance to chat with other new Mums, and information, support, advice and help with breastfeeding from a trained health care professional or voluntary sector worker. Pregnant ladies are always welcome too!

MONDAY

Mum's The Word 1.00pm—2.30pm

Hambleton School House, Church Lane, Hambleton FY6 9BZ
Contact the Hambleton Satellite Centre on 01253 701792



TUESDAY

Breastfeeding Support Group 1.15 pm-2.30pm

Appletree Children's Centre, Milking Stile La, Lancaster
Contact Abi on 01524 64132.



WEDNESDAY

Bosom Buddies 11.00am-1.00pm

Poulton Children's Centre, Morecambe
Contact the Children's Centre on 01524 833644



THURSDAY

Carnforth Clinic 10.30am-12.00pm

Carnforth Health Centre, Market Street, Carnforth
Contact the Health Centre on 01524 732259



North Lancashire

Breastfeeding Support Group (not school half terms 11.00am-1.00pm)

Parentcraft Room, Royal Lancaster Infirmary
Contact Sandra Lively on 583863



To talk to a trained Breastfeeding Supporter, who is a mother in her own home, phone the Department of Health helpline. Calls from landlines are answered locally where possible.

Do try later if you don't get an answer straight away.

☎ 0300 100 0212

Remember that you can also contact your Health Visitor or Midwife for help with breastfeeding.

Breastfeeding mothers in this area can become breastmilk donors via Wirral Mothers' Milk Bank or Cheshire and North Wales Human Milk Bank. Please email comms@NWNWBabyFriendly.org.uk for fur-

The most up-to-date details on local breastfeeding groups, and other groups across Blackpool and North Lancs, as well as updates on our work towards Baby Friendly, may always be accessed via www.NWNWBabyFriendly.org.uk