

National telephone helplines for breastfeeding support:

National Breastfeeding Helpline

0300 100 0212 9am - 9pm **Everyday**

NCT Breastfeeding Helpline

0300 330 0700 8am-10pm **Everyday**

Association of Breastfeeding Mothers

08444 122 949 9.30am - 10.30pm **Everyday**

La Leche League

0845 120 2918

SWFT Breastfeeding website

www.swft.nhs.uk/our-services/breastfeeding.aspx

Useful information leaflets at

www.breastfeedingnetwork.org.uk

Breastfeeding Peer Supporters

Facebook - SWFT Breastfeeding Support <https://www.facebook.com/swftbreastfeeding>

The support groups are for anyone who is breastfeeding, or pregnant and thinking about how to feed their baby. You can just drop-in for breastfeeding support or have a chat and meet with other breastfeeding mums over a drink.

Contact your Midwife, Health Visitor or Local Children's Centre for more information

East Warwickshire Breastfeeding Support Groups



**A place to meet
other breastfeeding or
pregnant mums**

Professional advice, support and information from midwives, health visitors, family support workers and trained peer supporters.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|---|--|
| | <p>Boughton Leigh Children's Centre Wetherall Way, Rugby CV21 1LT Tel: 01788 570347</p> <p>1:15pm -2.45pm</p> | <p>NCT Newton Village Hall, Silver Street, Newton, Rugby CV23 0DY rugby@nct.org.uk</p> <p>10:30am-12pm Breast feeding counselor available on alternate weeks</p> | <p>St Peter and St Johns Church, Clifton Road CV21 3PF :</p> <p>(This will be back at Claremont children's Centre from 4th February 2016)</p> <p>1:30- 3pm</p> | <p>NCT Graham Adams Centre, Saint James Road, Southam, CV47 0LY Tel. 01926 8111519</p> <p>10:30am-12pm</p> |
| | | <p>Newbold Riverside Children's Centre, Newbold Road, Newbold, Rugby, CV21 1EH Tel. 01788 568554</p> <p>1.15pm – 2.45pm</p> | | |
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