

Breastfeeding support and social groups in Wolverhampton and surrounding areas

Whether you have a breastfeeding query or would just like to meet other mothers to share experiences, the groups listed below are relaxed and informal and are open to any pregnant or breastfeeding women. Always a friendly welcome and sometimes a drink on offer too! You might be able to take along older children also – call in advance for details.*

You can also ring your Midwife or Health Visitor for advice during office hours and a midwife is available on the postnatal ward 24 hours a day.

Bingley Breastfeeding Support Group

When: Monday 1.15 - 2.45pm
(term time only)

Where: Bingley Strengthening Families Hub, Norfolk Road, Pennfields, Wolverhampton, WV3 0JE
Contact: 01902 551 979

Bump to Boob Support Group

When: Tuesday 10 - 12noon
(term time only)

Where: Gatis Community Space, Gatis Street, Whitmore Reans, Wolverhampton, WV6 0ES
Contact: 01902 651155

Children's Village Breastfeeding Support Group

When: Wednesday 10.30 - 12.30pm

Where: The Children's Village, Graiseley Lane, Wolverhampton, WV11 1PE
Contact: 01902 553945

NCT Breastfeeding Support Group

When: Thursday 10.30 - 12.30pm

Where: Action for Independence Albert Road, Wolverhampton, WV6 0AF

Contact: 07398 501323

Low Hill Breastfeeding Support Group

When: Friday 9.30 - 11am (term time only)

Where: Low Hill Strengthening Families Hub, 26-28 Fourth Ave, Low Hill, WV10 9LZ

Contact: 01902 553285

Live outside Wolverhampton?

For your local source of breastfeeding support see our "Breastfeeding support" page on the Royal Wolverhampton NHS Trust's Infant Feeding Teams' webpages, or scan the code below

*Information correct when going to print. It is advised to call in advance of attending to check current details



Further information and support is available from:

NHS National Breastfeeding Helpline - 0300 100 0212 http://www.breastfeeding.nhs.uk/	The Association of Breastfeeding Mothers Breastfeeding Helpline - 0300 330 5453 www.abm.me.uk/
The Breastfeeding Network Supporterline - 0300 100 0210 Support in Bengali / Sylheti - 0300 456 2421 Drugs in Breastmilk - druginformation@breastfeedingnetwork.org.uk www.breastfeedingnetwork.org.uk	La Leche League Breastfeeding Helpline - 0845 120 2918 www.laleche.org.uk/
	The National Childbirth Trust Breastfeeding Helpline - 0300 330 0700 www.nct.org.uk/

On-line Support:

To view the Royal Wolverhampton NHS Trust's infant feeding web pages, search for "You and your Baby, Wolverhampton" or visit www.royalwolverhampton.nhs.uk

For video clips of mothers talking about their experiences of breastfeeding and how to position and latch your baby go to:

www.bestbeginnings.org.uk/

www.unicef.org.uk/babyfriendly

www.breastfeedinginc.ca/index.php

Face to face support:

All Midwives, Health Visitors and support staff are trained to provide breastfeeding support. Some pregnant women and new mothers may require specialist breastfeeding support – if so, your Midwife or Health Visitor will make a referral for you.

The Royal Wolverhampton NHS Trust's Infant Feeding Team:

To contact the New Cross Infant Feeding Team for information or support call 01902 307999 x 8389

Breastfeeding Peer Supporters

If you have experience of breastfeeding your baby and are interested in volunteering to provide information and support to breastfeeding mothers in Wolverhampton, contact Diana West, Breastfeeding Peer Support Coordinator for The Royal Wolverhampton NHS Trust on: 01902 307999 x 8389, by email: diana.west@nhs.net or search for the "Wolverhampton's Breastfeeding Peer Supporters" webpage.

Health Visitor Support Workers:

Specialist community support is available with referral from your Midwife/ Health Visitor to Debbie Arrowsmith and Cheryl McDermott, Health Visitor Support Workers.

Supported by
CITY OF
WOLVERHAMPTON
COUNCIL