

Health Visiting Service and Infant feeding Team

The Health Visiting Service and Infant feeding Team are here to support you and your family from the antenatal period, through to school age.

As part of our service, we can support with all aspects of feeding, join one of our group support sessions, there's something for everyone!

All things baby & feeding

**Monday's
1pm-2.30pm**

📍 Middleton Grange Family Hub

Latch-On Breastfeeding Support Group

Thursday's 9.30am-11am

📍 Rossmere Family Hub

Wednesday's 1pm-2.30pm

📍 Hindpool Family Hub

Introducing Solids

Weaning onto solids

**Group Sessions
Monthly**

📍 Rossmere Family Hub

📍 Miers Avenue Family Hub

Please get in touch with our Family Hubs to find out when the next session is



You can also join our [Whatsapp group chat](#) for 24/7 peer support! (ask your health visitor to be added).

You can also access virtual and telephone support round the clock, 365 days a year:



National Childbirth Trust

8am to Midnight
365 days a year

☎ 0300 330 0700



National Breastfeeding Helpline

Available 9.30am to 9.30pm
365 days a year

☎ 0300 100 0212



La Leche League GB

La Leche League (LLL)
Available 8am to 11pm
365 days a year

☎ 0345 120 2918

Breastfeeding Support Services

Please find your health visitors name in your child health record to access support or for referral into Infant Feeding Team (01429 292444)

Support groups ran by Infant feeding Team

Mondays: All things baby and feeding | Middleton Grange shopping centre (Opposite Entertainer) 1pm - 2:30pm
Support for all feeding methods including introducing solids

Tuesdays: Virtual group 11am - 12pm
Group video call initiated from Whatsapp group

Wednesdays: Latch-On | Hindpool Family Hub 1pm - 2:30pm
Breastfeeding support

Thursdays – Latch-On | Rossmere Family Hub 9:30am - 11am
Breastfeeding support

Whatsapp: Ongoing virtual group chat for peer support, overseen by infant feeding team
Ask your health visitor to add you into the group

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8am to Midnight 365 days a year

0300 330 0700
www.nct.org.uk



National Breastfeeding Helpline
Available 9.30am to 9.30pm - 365 days a year

0300 100 0212
www.nationalbreastfeedinghelpline.org.uk



La Leche League GB

La Leche League (LLL)
Available 8am to 11pm - 365 days a year

0345 120 2918
www.laleche.org.uk



Breastfeeding network
Local support drop-in groups, Breastfeeding friendly locations, peer support services and more.

0300 100 0212
www.breastfeedingnetwork.org.uk



Association of Breastfeeding Mothers
9.30am -10.30pm ABM volunteers are happy to talk to mums, partners, families – anyone who has a question or concern about breastfeeding.

0300 330 5453
www.abm.me.uk



Videos and Apps

- **Human milk for human babies** <https://www.human-milk.com>
- **Baby buddy App** <https://web.bestbeginnings.org.uk/web/daily-info>
- **Breastfeeding and relationships in the early days**
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/breastfeeding-relationships-early-days-video/>
- **UNICEF breastfeeding videos**
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/best-beginnings-videos/>
- **Feed Finder App** <https://apps.apple.com/gb/app/feed-finder-breastfeeding/id672237934>
- **Breastfeeding Welcome**
www.breastfeedingwelcomescheme.org.uk/
- **Safe sleep Lullaby Trust** www.lullabytrust.org.uk/safer-sleep-advice/
- **BASIS Baby Sleep Information service** www.basionline.org.uk/



Useful Websites

www.babyfriendly.org.uk

www.maternityalliance.org.uk

www.breastfeedingnetwork.org.uk

www.lalecheleague.org.uk

www.unicef.org.uk

www.firststepsnutrition.org