



Many mums also find our Facebook group very helpful for support and problem solving. You'll also find links to interesting articles and general friendly chit-chat from lots of local breastfeeding mums.

Just search for: Salisbury Breastfeeding Support Group UK

For more information

www.wiltshire.gov.uk/public-health

www.realbabymilk.org

Author: Jenny Stagg

Role: Infant feeding lead

Date written: Nov 2017

Review date: Nov 2019

Version: 1.0

Code: PI1483

If you need your information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 or email: customer.care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The Friends and Family Test - Please complete The Friends and Family Test to tell us about your experience at www.salisbury.nhs.uk/FriendsFamily or download our app to your smartphone from the Apple App Store and the Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

© Salisbury NHS Foundation Trust
Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ
www.salisbury.nhs.uk



information

NHS
Salisbury
NHS Foundation Trust

Breastfeeding support

Infant feeding lead

07775 027 151

Salisbury NHS Foundation Trust

Breastfeeding Support

In pregnancy or following your birth, there are plenty of people who can help you with breastfeeding. You can talk to your Community Midwife, Health Visitor or attend a Peer Support Breastfeeding group in your area. These groups are run by volunteer mothers who have breastfed and received specialist training in supporting others.

What is a Breastfeeding Group?

- somewhere you can get support and help with breastfeeding if you need it.
- a place to relax, chat and feed your baby if you wish to.
- an opportunity to meet other breastfeeding mothers.
- trained Peer Supporters can answer any questions and provide information about feeding your baby.
- a place where you can share your experiences and build friendships.
- a good excuse for a cup of tea.

Breastfeeding Groups in and around Salisbury

Mondays

Mere Children's Centre 10 - 11.30 (01747 861108)
Little Folly Children's Centre 1 - 2.30 (01722 414301)
Downton Baptist Church 11 - 12.30 (01722 414301)

Tuesdays

Bulford Children's Centre 10 - 11.30 (01980 632660)

Wednesday

Salisbury Methodist Church 1 - 2.30 (01722 414301)

Thursdays

Wilton Community Centre 11.15 - 12.45 (01722 414301)
Tisbury Nadder Centre 11 - 12.30 (01722 414301)
Salisbury District Hospital 10 - 12.30 (01722 425186)
Tidworth Windmill Hill Children's Centre 10 - 11.30
(01980 843010)

Fridays

Amesbury Baptist Church 10 - 11.30 (01722 414301)

Useful numbers and websites

If you need some breastfeeding help but cannot get out to a group, please contact your Midwife or Health Visitor.

Alternatively, please see contact details below for Jen Stagg, Infant Feeding Midwife, Salisbury District Hospital. Jen will happily see anyone by appointment.

Jen Stagg, Infant Feeding Midwife, Salisbury District Hospital
07775 027151

National Breastfeeding Helpline 0300 100 0212

National Childbirth Trust (NCT) 0300 330 0700

www.nct.org.uk

Association of Breastfeeding Mothers (ABM) 0300 330 5453

www.abm.me.uk

The Breastfeeding Network (BfN) 0300 100 0210

www.breastfeedingnetwork.org.uk