

PATIENT INFORMATION

Breastfeeding Support Contacts and Groups

Maternity Services



Congratulations on the birth of your baby.

To provide continuing support for you whilst you are establishing breastfeeding, we have included contact details for breastfeeding support services in areas where you may live. This support is in addition to the support you will receive from your midwife and health visitor. Please don't struggle, there is help out there and we all want you to be happy and confident with your feeding choice.

The following support services offer breastfeeding support and groups in your area. The groups are run as drop-in sessions – there is no need to book. The days and times of these groups may occasionally change so if going for the first time always check that the details of the group are correct on their website or Facebook page. Many groups offer telephone and face to face support.

Breastfeeding groups are run by trained breastfeeding supporters for any mum who is breastfeeding or giving breastmilk to her baby and would like to meet other mums or need support or information.

If you have any worries or concerns at all about your baby's feeding please speak to your community midwife directly or call:

Ormskirk Maternity Community Midwives Office

Tel: 01695 656668 09:00am-10:00am or 16:00pm-17:00pm

For any feeding issues outside these times call **Maternity ward on 01695 656947**

Infant Feeding Specialist Midwife: 01695 656502



WEST LANCASHIRE AREA

FAMILIES AND BABIES (FAB)
Breastfeeding Peer Support Service
Tel: 01254 772929 – 9am-5pm 7 days
www.familiesandbabies.org.uk

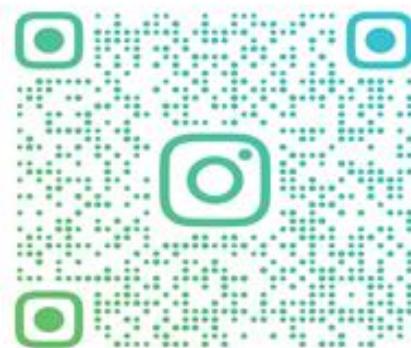
For Breastfeeding Groups in the Lancashire area (including Ormskirk and Skelmersdale) please check the above Facebook page or website.

SEFTON AREA

BREASTFEEDING SUPPORT SEFTON (BSS)
For Support and Information Mon-Fri 9am-5pm

Tel: 0151 291 8010

 Breastfeeding Support Sefton
 @BFSupportSefton
www.feelgoodfactory.org.uk



BREASTFEEDING_SUPPORT_SEFTON

For Breastfeeding Groups in the Sefton area please check the above Instagram page or website.

KNOWSLEY AREA

Knowsley Community Breastfeeding Support Service

For support and information Mon-Fri 9am-5pm

Tel: 0151 514 2666

www.nwbh.nhs.uk/Breastfeeding-Knowsley

For Breastfeeding Groups in the Knowsley area please check the above Facebook page or website.

ST.HELENS AREA

St. Helens Wellbeing Community Infant Feeding

Tel: 07919 305 174

8am-7:30pm

10am-4pm weekends and Bank holidays

For Breastfeeding Groups in the St Helens area please check on the above number.

WHISTON HOSPITAL (MATERNITY UNIT)

Infant Feeding Team

Tel: 0151 290 4166

Mon-Fri 9am-5pm

Out of Hours

Tel 0151 430 1665/1666 (Ward 2E Postnatal Ward)

WIGAN AREA

WIGAN BREASTFEEDING TOGETHER

Tel: 01942 777903

Or 07742234496

10am-10pm

LIVERPOOL COMMUNITY 'BAMBIS' BREASTFEEDING
SUPPORT

Breastfeeding support in the Liverpool Area

Tel 0151 233 6874

LOCAL AND NATIONAL VOLUNTEER ORGANISATION/HELPLINES

Families and Babies (FAB)

Breastfeeding Peer Support Service (West Lancashire area)

Tel: 01254 772929 9am – 5pm (7 days)

www.familiesandbabies.org.uk

Knowsley Community Breastfeeding Support Service

(Knowsley Breastfeeding Buddies)

Tel: 0151 514 2666 (9am-5pm Monday-Friday)

Breastfeeding Support Sefton (Sefton area)

Tel: 0151 291 8010 (Mon-Fri 9am-5pm)

Department of Health

National Breastfeeding Helpline 0300 100 0212

www.breastfeeding.nhs.uk

(Run by Association of Breastfeeding Mothers and
Breastfeeding Network)

National Childbirth Trust (NCT)

Breastfeeding Helpline 0300 3300 700

(10.00am – 10.00pm)

Breastfeeding Network (BFN) (9.30am – 9.30pm every day)

Supporter Line 0300 100 0210

www.breastfeedingnetwork.org.uk

Le Leche League

Helpline 0845 1202918

www.laleche.org.uk

Association of Breastfeeding Mothers
08444 122 949 (9.30am – 10.30pm every day)
www.abm.me.uk

Useful breastfeeding videos:

Baby Friendly Initiative

www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/

Global Health Media

www.globalhealthmedia.org/topic/breastfeeding/

NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS FOR AFTER YOU HAVE LEFT HOSPITAL

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION AFTER YOU HAVE LEFT HOSPITAL

Your own GP –
Post Natal Ward (01695) 656947/656920

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111
Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.

Please access the Friends and Family Test at the following
link:

<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>
Thank you

Author: Lesley Fawcett

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