

Postnatal discharge infant feeding support

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9
3DA Telephone: 01744

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.nhs.uk

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

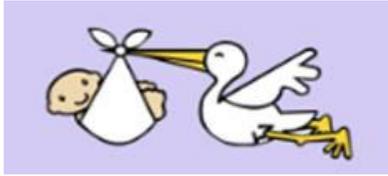
Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Author: Infant feeding coordinators
Department: Maternity
Document Number: MWL2047
Version: 002
Review Date: 01/12/2028



Notes

Congratulations on the birth of your baby. By now you will have probably decided how you wish to feed your baby. However, if you are undecided or would like any information or support to help you make a decision, please contact the infant feeding team or ask your health care professional to refer you to us on your behalf.

You can contact the infant feeding team at any time

Whiston Hospital—call 0151 290 4166 or email:
InfantFeedingTeam@merseywestlancs.nhs.uk

Ormskirk Hospital— call 01695 656502 and leave a message, we will always return your call. Or email:
lesley.fawcett@merseywestlancs.nhs.uk

Or you can attend our weekly infant feeding drop in clinic at Whiston Hospital (every Friday except bank holidays between 10am and 12pm in the parentcraft room at Whiston hospital).

Please be aware that our phone line and email address are not accessible to us outside of normal working hours, so if your query is urgent, please contact:

Whiston Hospital - Maternity bleep-holder via switchboard 0151 426 **1600** (24 Hours).

Ormskirk Hospital - Maternity Ward 01695 656947(24 hours)

Notes

After you have been discharged from the hospital or following your home birth, the infant feeding team will contact you by telephone to offer you support with feeding your baby (Whiston Hospital only). You may also be contacted by your local peer support team by telephone or text (West Lancashire, St Helens & Knowsley).

Local breastfeeding peer support contact numbers

St Helens		01744 371111/ 07919 305 174
West and Central Lancashire		0208 752 9025
Knowsley		0333 005 0095
Halton		0300 029 0029
Sefton		0151 291 8010 07921 388 535
Warrington		01925 867835
Liverpool		0151 233 6874
Wigan		07742 234 496 01942 777 903
Wirral		0151 604 8288

Alternative useful contacts

National Breastfeeding Helpline

0300 100 0212 (9.30am - 9.30pm every day of the year)
www.nationalbreastfeedinghelpline.org.uk
[National Breastfeeding Helpline – Helpline](#)

Breastfeeding Network

0300 100 0212
www.breastfeedingnetwork.org.uk
[The Breastfeeding Network | Independent Breastfeeding Support](#)

Association of Breastfeeding Mothers

0300 3305453
www.abm.me.uk
[ABM – ABM Breastfeeding Support](#)

La Leche League

0345 1202918
www.laleche.org.uk
[La Leche League GB – Friendly breastfeeding support from pregnancy onwards](#)

National Childbirth Trust (8am-10pm)

0300 330 0700
www.nct.org.uk
[Breastfeeding support from NCT | NCT](#)

Other helpful websites

www.lullabytrust.org.uk [Home | The Lullaby Trust](#)

Iconcope.org [Home - ICON: Babies cry, you can cope](#)

www.babywearing.co.uk [babywearing.co.uk](#)

lcgb.org (Lactation Consultants of Great Britain)

[Lactation Consultants of Great Britain - Charity](#)

www.UNICEF.org.uk/babyfriendly [The Unicef UK Baby Friendly Initiative](#)

Best Start in Life [www.nhs.uk/best-start-in-life](#)
[Best Start in Life health advice - NHS](#)

www.kellymom.com - [KellyMom.com](#)

www.tongue-tie.org.uk (Association of Tongue Tie practitioners)
[Tongue-tie Practitioners | Infant Support](#)

www.twinstrust.org
[Twins Trust | Twins Trust - We support twins, triplets and more...](#)

www.basisonline.org.uk (baby sleep info source) [Homepage -](#)

www.maternityaction.org.uk (breastfeeding and returning to college or work)
[Home - Maternity Action](#)