

# Breastfeeding Support in Telford and Wrekin



## **Breastfeeding Groups**

There are breastfeeding support groups every week across Telford and Wrekin.

Please telephone one of the following numbers for advice and information about the most suitable group to meet your needs;

Breastfeeding facilitator 07748 933882

Wrekin Maternity Unit 01952 565706

## **Health Visitor support**

Breastfeeding support is available before and after you have had your baby from your Health Visitor. Health Visitors are highly specialised trained nurses with additional qualifications in public health and child development. We also have Breastfeeding Facilitators to support you with breastfeeding during your hospital stay and after you go home. All Health Visitors and Breastfeeding Facilitators are highly trained in breastfeeding to UNICEF standards.

The Health Visiting service is available Monday to Friday 9am-5pm. There are several Health Visiting teams across Telford and Wrekin. Call 01952 580489/580465 for contact details of your local team.

### **Local Mum to Mum Support**

We have a team of trained BEST (Breastfeeding Encouragement Support Team) volunteers who offer support and encouragement throughout Telford and Wrekin. Their helpline telephone number is 07890 631076 – this is available daily until 9pm and weekends/Bank Holidays from 9am -9pm.

### **Children's Centres**

Support for breastfeeding can be accessed within each Children's Centre in Telford and Wrekin and within all 'Bumps & Babies' groups.

### **Specialist Support**

Your midwife, health visitor or GP may refer you for specialist help if necessary to one of our Lactation Consultants. Call 01952 565706 if you feel you would benefit from a consultation.