

Useful Numbers

National Breastfeeding Helpline: 0300 100 0212

Open 9.30am to 9.30pm www.nationalbreastfeedinghelpline.org.uk

Association of Breastfeeding Mothers Helpline: 0300 330 5453

Open 9.30am to 10.30pm www.abm.me.uk

Breastfeeding Network - Drugs in Breastmilk Information Service:
email: druginformation@breastfeedingnetwork.org.uk.

The National Childbirth Trust (NCT) Helpline: 0300 330 0700

Open 8am to midnight www.nct.org.uk

**Local NCT Breastfeeding Counsellors: Hastings & Rother
Breastfeeding Support:**

<https://www.facebook.com/profile.php?id=100070093843964>

La Leche League Helpline: 0345 120 2918

Open 8am to 11pm www.laleche.org.uk

Health Visiting team hubs

High Weald, Lewes & Havens:

01323 464000

Eastbourne, Hailsham & Seaford:

01323 432300

Hastings & St Leonards: 01424

726446 **Rother:** 01424 726790

Breastfeeding Peer support service



We are mums who have breastfed our own children and have trained as volunteers to offer feeding support to families, both before and after they give birth.

If you would like to chat with a peer support volunteer or would like to meet others who are breastfeeding too, you can find us at many groups and clinics.

Hastings and St Leonards

Mondays: 1pm to 2.30pm Breastfeeding Support Group, Hastings Town Family Hub, waterworks Rd 01424 724004

Thursdays: 1pm-2pm Baby Group 0-1yrs, East Hastings Family Hub, Chiltern Drive, 01424 724004 (term-time only)

Thursdays: 10am to 11.30am at Aquanatal and Aquababes sessions, Summerfield Leisure centre, Bohemia Rd, Hastings (term-time only)

Battle

Thursdays: 1pm-2.30pm , Battle Baby Group, age 0 - Non Walking, at Battle Library, 7 Market Road, Battle 0345 6080196 (term-time only)

Bexhill

Fridays: 10am to 11.30am at Baby Buddies at Sidley Family Hub, Turkey Road, Sidley (term-time only) 01424 725995

Rye

Thursdays: 10.30am-12.00pm, Breast feeding group, Tilling Green Community Centre, Mason Road, Rye. 01797 229600

Eastbourne/Hailsham/Seaford

Mondays: 10am-11.30am at Little Superstars (U5s), Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244 (peer support alternate weeks, term time only, phone for info)

Thursdays: 1pm to 2.30pm Breastfeeding Support Group, Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244

Fridays: 10am to 11.30am at Baby Bubbles, Hailsham Family Hub, Vega Close, Hailsham 01323 463244 (peer support alternate weeks, phone for information)

The Havens/Lewes

Mondays: 11.15am to 12.30pm at Baby Time Group, Peacehaven Family Hub, Meridian Way, Peacehaven (term-time only) 01273 336930

Wednesdays: 1pm to 2.15pm at Just Play U5s, Peacehaven Family Hub, Meridian Way, Peacehaven (term-time only) 01273 336930

Fridays: 10am to 11.30am at Lewes Baby & Me Group, Malling Community Centre, Spences Lane, Lewes (behind Lewes Family Hub) 01273 336930 (term time only)

Fridays: 1pm-2.30pm Breastfeeding Support Group, Newhaven Youth Centre, Denton Island, Newhaven 01273 517250

High Weald

Tuesdays: 1pm to 2pm at Uckfield Bumps to Babies Group Uckfield Family Hub, Manor Close, Uckfield 01273 336930 (peer support alternate weeks, term time only, phone for info)

Wednesdays: 10am to 11am at Crowborough Bumps to Babies Group Crowborough Community Centre, Pine Grove, Crowborough 01892 653823 (peer support alternate weeks, term time only, phone for info)

Fridays: 10am to 11.30am at Discovery Tots, Uckfield Family Hub, Manor Close, Uckfield 01273 336930 (peer support alternate weeks, term time only, phone for info)

Contact your local Family Hub for further information about local groups or visit their Facebook pages.

Other non-NHS Breastfeeding Support

NCT Sing & Play Cafe: Baby Latte Fridays 10am - 11.30am
Market Square, Battle TN33 0XB Further details can be found here:
<https://www.facebook.com/NCTEastbourneHastingsandRother>

Moat Breastfeeding support group: Wednesdays 10.30am to 12pm,
Robertsbridge Youth Centre, TN32 5BU Further details can be found here:
<https://www.facebook.com/people/Moat-Breastfeeding-Group/100065423682744/> <https://www.moatosteopaths.com/breastfeeding-support-group/> or contact Nikki on 07966 949755

Breast mates: Wednesdays 10am to 11.30am, Totsplay, Unit 2 Keymer Buildings, Victoria Rd, Bexhill, TN39 3PD. (term time only). **Fridays** 10.30am-12pm Spun Glass Theatre, 26 White Rock, Hastings, TN34 1JY (term time only) Further details can be found here:
<https://www.facebook.com/breastmatessussex>

Crowborough Breastfeeding café: Thursdays 9-12pm, The Day Centre, Crowborough War Memorial Hospital, Southview Close, Crowborough. 01892 654080