

# Breastfeeding support contacts

## Local and National contacts



Doncaster and Bassetlaw  
Teaching Hospitals  
NHS Foundation Trust

### Community Midwives

For breastfeeding support after you have gone home from the hospital, please call the Community Midwife Hub: **01302 642794**. Leave a message with your name and hospital number or date of birth and a short message and a member of staff will call you back and arrange for someone to visit you.

If you are worried that your baby is not feeding and your baby appears sleepy, jaundiced or dehydrated, please call Triage **urgently** on **01302 642711**.

### DBTH Infant feeding Facebook group.

A Facebook group run by the Infant Feeding Team at Doncaster and Bassetlaw NHS Foundation Trust. The page offers infant feeding information, videos and peer support.

The Infant Feeding Team can also be contacted via email at: [Dbth.infantfeedingteam@nhs.net](mailto:Dbth.infantfeedingteam@nhs.net) for non-urgent queries.



### Breastfeeding Support – Doncaster

**Breast Start Groups** where you can make new friends, get accurate breast feeding advice and share the ups and downs of feeding and caring for a new baby. Experienced professionals are able to offer support and tips around baby and family health.

<https://healthvisitors.rdash.nhs.uk/community-groups/breast-start/>

**Doncaster Health Visitors**, single Point of Contact: 0300 021 8997, offers you a range of support including advice on positioning, attachment, hand expressing and assisting you and your family to continue to breastfeed for as long as planned.

Sometimes more interventions are required if problems occur. Your health visitor can refer you to the Doncaster Specialist Breastfeeding Team.

<https://www.facebook.com/doncasterhealthvisitors>

**Doncaster Family Hubs** work with other providers to offer a range of activities, services and information for you and your family including breastfeeding support groups.

<https://www.doncaster.gov.uk/services/schools/family-hubs-and-services>



**We Support Our Mums Doncaster** - Find venues across Doncaster including cafes, restaurants, libraries and leisure centres who all show their support to the We support our mums' scheme and you can be assured that staff will be supportive of breastfeeding in these venues.

<https://apps.doncaster.gov.uk/supportourmums/>



## Breastfeeding Support – Bassetlaw

**Bassetlaw Healthy Family Teams** offer antenatal and postnatal breastfeeding support to mums and mums-to-be. This can be in the home, health centres or in children's centres. There are also volunteer breastfeeding peer supporters who help to run the breastfeeding groups as well as offering information and support to mums-to-be in the antenatal period.

Please contact the Healthy Family Team Advice Line which is 0300 1235436, Mon-Fri 09.00 - 16.30.



**BABES** is a weekly group to support and maintain effective feeding including:

- Relevant themes and topics
- Communicating and connecting with baby
- Responding to baby's needs and responsive feeding.

As these groups are led by trained parent volunteers, they are open to all breastfeeding parents.

Please call them on: **0300 500 80 80**

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service/our-services>



**Breastfeeding Buddies** are local mums who have enjoyed their own breastfeeding experience and decided to help other mums have the same positivity. They have completed an approved training course and are fully DBS checked. Breastfeeding Buddies help facilitate breastfeeding groups and offer support within the Children's Centres.

[Join their Facebook Page to access breastfeeding support in your area.](#)



**Nottinghamshire Happy Baby Corner Facebook page** - Supports parents with infant feeding and relationship building in the early weeks and months; by promoting breastfeeding and sharing stories and research. Please join their Facebook page to access further feeding information.

<https://www.facebook.com/NottsHappyBabyCorner>



**Notts Happy Baby Corner** – for information regarding returning to work after having a baby, breastfeeding support groups, weaning information

Please call them on: **01777 274422** - Mon-Fri 9am-5pm

<https://www.nottinghamshirehealthcare.nhs.uk/happy-baby-corner>



Find some of the best public places to breastfeed in Nottinghamshire and Bassetlaw. All of these places have been approved by the local council and one of their breastfeeding peer support workers, as part of their Breastfeeding Friendly Accredited scheme.

<https://www.nottinghamshirehealthcare.nhs.uk/breastfeeding-useful-information>



## NATIONAL HELPLINES AND WEBSITES

Breastfeeding information and support available 9.30am to 9.30pm every day of the year by calling the Helpline on:

**0300 100 0212**

### Welsh

Rydyn ni'n cefnogi mamau trwy'r gyfrwng y Gymraeg – ffoniwch **0300 100 0212** ac wedyn gwasgwch **opsiwn 1**.

### Polish

W naszej ofercie nowy serwis z informacjami dotyczącym i karmienia piersią i emocjonalnym wsparciem mam w języku polskim. Zadzwoń pod numer 0300 100 0212 po czym wybierz 2.

### Bengali & Sylheti

We also offer breastfeeding information and support in Bengali and Sylheti on a separate number, call **0300 456 2421**.

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<http://www.nationalbreastfeedinghelpline.org.uk/get-in-touch/>

**Start for Life - Baby** - Whatever you want to know about parenthood, from breastfeeding to when your baby will have their first vaccinations. You can find lots of breastfeeding guidance and hints and tips from other parents on the Start for Life website.

<https://www.nhs.uk/start4life/baby/>

If you have any breastfeeding questions, the **Breastfeeding Friend voice assistant** from Start for Life, has lots of useful information and advice. Because it is a digital tool, it is available whenever you need it 24 / 7.

<https://www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/breastfeeding-friend-from-start4life/breastfeeding-friend-on-amazon-alexa/>



## Breastfeeding Information in other languages:

- Arabic: دليل الرضاعة الطبيعية
- Hindi: स्तनपान के लिए गाइड
- Lithuanian: Maitinimo krūtimi atmintinė
- Mandarin: 母乳喂养指南
- Polish: PRZEWODNIK PO KARMIENIU PIERSIĄ
- Romanian: Ghid privind alăptarea
- Slovak: SPRIEVODCA DOJČENÍM
- Turkish: Emzirme rehberi
- Ukrainian: РЕКОМЕНДАЦІЇ ЩОДО ГРУДНОГО ВИГОДОВУВАННЯ



Also available in Bengali, Urdu and Kurdish Sorani

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/>

## NCT Infant Feeding Line:

If you have any questions, concerns or need support - however you are feeding your baby - you can speak to a friendly breastfeeding counsellor, free of charge by calling their support line on **0300 330 0700**.

The line is open every day from 8am to midnight, including bank holidays.

**ABM** are a group of trained volunteers who support breastfeeding mums and their families.

The ABM breastfeeding helpline is available 9.30am – 10.30pm, every day of the year, on **0300 330 5453**.

<https://abm.me.uk/#:~:text=Welcome%20to%20the%20Association%20of,help%20us%20continue%20our%20work>

**The Breastfeeding Network** has evidence based breastfeeding information and peer support provision. Available on their website are fact sheets and information regarding medications and breastfeeding.

<https://www.breastfeedingnetwork.org.uk/thinking-of-breastfeeding/>

