



## Help & support with Breastfeeding during COVID-19

### Breastfeeding Babes

Princess Anne Hospital



Please call  
07786 267584,  
leave us a clear  
voicemail, with your  
name, contact number  
and short message.  
We will get back to you  
as soon as we can. We  
work Monday to Friday

Please click on the QR  
code for access to the  
UHS feeding your baby  
web page

<h2 style="text-align: center;">Baby Café</h2>	<p>Please look on the Facebook page 'Baby Café Southampton' or to book a face to face appointment use this event brite link.</p> <p><b>Cutbush - Mondays 1-2:30:</b>  <a href="https://www.eventbrite.co.uk/e/townhill-park-baby-cafe-tickets-163170881499">https://www.eventbrite.co.uk/e/townhill-park-baby-cafe-tickets-163170881499</a></p> <p><b>Ashby - Thursday's 9:30-11:</b>  <a href="https://www.eventbrite.co.uk/e/ashby-baby-cafe-tickets-163371172575">https://www.eventbrite.co.uk/e/ashby-baby-cafe-tickets-163371172575</a></p>
<h2 style="text-align: center;">NCT</h2> <p style="text-align: center;">Southampton Breastfeeding Support service</p>	<p>Text FEED to 83222 along with your name, post code and baby's date of birth. To receive support from trained peer supporters via text.</p> <p style="text-align: center;">Or Call 0300 330 0700 8am - Midnight</p>
<h2 style="text-align: center;">National Breastfeeding Helpline</h2>	<p style="text-align: center;">0300 100 0212  9:30am - 9:30pm  (7 days)</p>
<h2 style="text-align: center;">Association of Breastfeeding Mothers Helpline <small>(ABM)</small></h2>	<p style="text-align: center;">0300 330 5453  9:30am - 10:30pm  (7 days)</p>