of Southampton	Monday	La Leche League 10.00 - 12.00 noon Term time only St James Road Methodist Church, Shirley, SO15 5HE	Breastfeeding Support 10.00 - 11.30 Cutbush Family Hub Townhill Park, SO18 26F	Breastfeeding support 10.00 - 12.00noon St Andrews Church Beaulieu Road, Dibden Purlieu SO45 4PT *Not run on Bank Holidays	NCT Eastleigh & District 10.00 - 12.00 noon Chandlers Ford Library Oakmount Road, Chandlers Ford SO53 2LH	New Forest HV Team with Breastfeeding 13.15 - 14.45 *Term Time only Ashley Youth Hub (behind the rugby club) Normans Way, Ashley, New Milton, BH25 5FN
baby support groups in and around the local area	Tuesday	Breastfeeding Support Eastleigh South HV Team 9.30 - 11.30 Salvation Army Hall 85 Whites Way, Hedge End SO30 2GL	Breastfeeding Support 9.30 - 11.30 The Trago Lounge Portswood Road, Portswood SO17 2LB	Breastfeeding Support 12.45 - 14.30 Blackberry Family Hub Byron Road, Thornhill, 5019 6FH	Breastfeeding Support Group with New Forest HV Team 14.00 - 15.30 New Forest Birth Centre Lyndhurst Road, Ashurst SO40 7AR	Group contacts: BFN: southamptonwelcomesbreastfeeding southampton@breastfeedingnetwork.org .uk
	Wednesday	Breastfeeding Support Eastleigh North HV Team 9.30 - 11.30 Places Leisure, Passfield Ave Eastleigh, SO50 9NL 02382 313094	Breastfeeding Support 11.00 - 13.00 Hythe Library 38 Pylewell Road, Hythe SO45 6QA	Breastfeeding Support 12.30 - 14.00 Woolston Library Centenary Quay, Victoria Road, Woolston, SO19 9EF *1st Wednesday of month only	Online 1:1 support From 13.00 - 15.00 3× 30minute slots Scan QR code to book.	@southamptonbreastfeeding BF Babes Bursledon: Breastfeeding Babes, Bursledon Bosom Pals: Bosom Pals La Leche League: LLL Southampton Leader@Illsouthampton.org.uk
	Thursday	Breastfeeding Support 9.45 - 11.15 Maple Family Hub Helvellyn Road Millbrook, SO16 4AS	Breastfeeding Support Totton 9.45 - 11.45 Calmore Community Centre Calmore, SO40 2ZU	Breastfeeding Babes Bursledon 13.00 - 14.30 St Pauls Church, Oak Road, Bursledon, SO31 8DT	Breastfeeding Support Winchester City HV Team 9.00 - 11.00 United Church, Jewry Street, Winchester 5023 ONY Booked only: 02382 313088	NCT: Eastleigh NCT Breastfeeding Support Groups: Hampshire Healthy Families Waterside area:
Feeding your	Friday	Breastfeeding Support 10.00 - 11.30am IKEA Restaurant, Southampton, SO15 1GY	La Leche League 12.45 - 14.45 Fair Oak Village Hall,Shorts Rd Fair Oak SO50 7EJ *3 rd Friday of month only	NCT Eastleigh & District 13.15-14.45 Places Leisure, Passfield Ave Eastleigh, SO50 9NL *In the Wellbeing room		waterside drea: www.healthandwellbeingwpcn.co.uk



Help and Support with Breastfeeding

Infant Feeding Team at Princess Anne Hospital



Call- 07786 267584

Please leave us a clear voicemail, with your name, contact number and short message.

We will get back to you as soon as we can.

You can call for support up to 14 days after giving birth to your baby.

*Feeding assessments for possible tongue tie appointments can be carried out until your baby is 6 weeks old.







Attaching your baby to the breast



Hand expressing



Nipple pain



Increasing your milk supply



How to tell if baby is getting enough milk



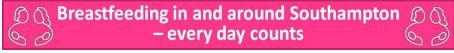






Request Infant Feeding Support from day 14

Solent Duty Health Visitor 0300 123 6661















National	
Contacts	

Organisation	Contact Number	Opening hours
National Breastfeeding Helpline One of the control	0300 100 0212	24/7
nct National Childbirth Trust Helpline	0300 330 0700	8.00 am - Midnight
	0300 330 5453	9.30 am - 10.30 pm
La Leche League Helpline (LLL)	0345 120 2918	24/7 callback service