

Help and Support with Breastfeeding

Infant Feeding Team at PAH



























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.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>La Leche League Mondays 10.00 - 12.00noon <i>Term time only</i> St James Road Methodist Church Shirley, SO15 5HE  LLL Southampton Leader@lllsouthampton.org.uk lllsouthampton.org.uk</p>  <p>Breastfeeding Support Group Monday, 10.00-11.30am Cutbush Family Hub Townhill Park, SO18 2GF 023 8091 5480  southamptonwelcomesbreastfeeding</p>   <p>NCT Eastleigh & District Mondays 10.00-12.00noon Chandlers Ford Library Oakmount Road, SO53 2LH  Eastleigh NCT</p>	 <p>Breastfeeding Support Group Tuesdays 2.00-3.30pm New Forest Birth Centre Lyndhurst Road, Ashurst SO40 7AR Our Breastfeeding Network volunteers will now be supporting alongside our Southern Health NHS Foundation Trust Partners.  southamptonwelcomesbreastfeeding</p>	 <p>Coffee, Cake & Chat <i>1st Wednesday of month,</i> 10.00-12.00noon <i>3rd Wednesday of month,</i> 12.30-14.00pm Mettricks Waterside, 8 Centenary Plaza, Woolston SO19 9UE Everyone welcome, expecting a baby &/or feeding.  southamptonwelcomesbreastfeeding</p>  <p>Online 1:1 support Wednesdays 13.00-15.00 3x 30minute slots Scan QR code to book.</p> 	 <p>Breastfeeding Support Group Thursdays 9.45 - 11.15am Ashby Family Hub Stratton Road Shirley, SO15 5QZ  southamptonwelcomesbreastfeeding</p>  <p>Breastfeeding Support Totton  Thursdays 9.45 - 11.45am Calmore Community Centre Calmore, SO40 2ZU  Bosom Pals</p>  <p>Breastfeeding Babes Bursledon Thursday, 1.00 - 2.30pm St Pauls Church, Oak Road, Bursledon, SO31 8DT  Breastfeeding babes (Bursledon)</p>	 <p>Breastfeeding Support Group Fridays 10.00 - 11.30am IKEA Restaurant, Southampton, SO15 1GY  southamptonwelcomesbreastfeeding</p>  <p>NCT Eastleigh & District Fridays 13.15-14.45pm With the Bumps and Babies group* Places Leisure, Passfield Ave Eastleigh, SO50 9NL *In the Wellbeing room  Eastleigh NCT</p>  <p>La Leche League 3rd Friday of month, 12.45-2.45pm Fair Oak Village Hall, Shorts Rd Fair Oak SO50 7EJ  LLL Southampton Leader@lllsouthampton.org.uk lllsouthampton.org.uk</p>

	Organisation	Contact Number	Opening hours
National Contacts	 National Breastfeeding Helpline	0300 100 0212	Open 24 hours
	 National Childbirth Trust Helpline	0300 330 0700	8.00 am - Midnight
	 The Breastfeeding Network Helpline	0300 100 0212	9.30 am - 9.30 pm
	 Association of Breastfeeding Mothers Helpline	0300 330 5453	9.30 am - 10.30 pm
	 La Leche League Helpline (LLL)	0345 120 2918	8.00 am - 11.00pm, 7 days a week
Local Contacts	 Breastfeeding Counsellor (Southampton) - Joanna Daniels	07890 913439	Volunteer, please leave voicemail
	 ABM Breastfeeding Counsellor - Debbie Hampton	07889 059833	Volunteer, please leave voicemail

To update the information contained within this leaflet please contact Carol Salmon (Carol.Salmon@uhs.nhs.uk) – 01/06/24



UHS Feeding
your baby



Attaching your
baby to the breast



Hand
expressing



Nipple pain





Increasing your
milk supply



How to tell if baby is
getting enough milk



Duty Health Visitor
0300 123 6661
Request Infant Feeding Support
from day 14

 Breastfeeding in and around Southampton
– every day counts 



University Hospital Southampton
NHS Foundation Trust

NHS Solent
NHS Trust



SOUTHAMPTON CHILDREN &
YOUNG PEOPLE'S
ALLIANCE

NHS
Southampton City
Clinical Commissioning Group

