













Monday	 <p><b>La Leche League</b> 10.00 - 12.00 noon <i>Term time only</i> St James Road Methodist Church, Shirley, SO15 5HE</p>	 <p><b>Breastfeeding Support</b> 10.00 - 11.30 Cutbush Family Hub Townhill Park, SO18 2GF</p>	 <p><b>Breastfeeding support</b> 10.00 - 12.00noon St Andrews Church Beaulieu Road, Dibden Purlieu SO45 4PT <i>*Not run on Bank Holidays</i></p>	 <p><b>NCT Eastleigh &amp; District</b> 10.00 - 12.00 noon Chandlers Ford Library Oakmount Road, Chandlers Ford SO53 2LH</p>	<p><b>New Forest HV Team with</b></p>  <p>13.15 - 14.45 <i>*Term Time only</i> Ashley Youth Hub (behind the rugby club) Normans Way, Ashley, New Milton, BH25 5FN</p>
Tuesday	<p><b>Breastfeeding Support</b> Eastleigh South HV Team 9.30 - 11.30 Salvation Army Hall 85 Whites Way, Hedge End SO30 2GL</p>	 <p><b>Breastfeeding Support</b> 9.30 - 11.30 The Trago Lounge Portswood Road, Portswood SO17 2LB</p>	 <p><b>Breastfeeding Support</b> 12.45 - 14.30 Blackberry Family Hub Byron Road, Thornhill, SO19 6FH</p>	<p><b>Breastfeeding Support</b> Group with New Forest HV Team 14.00 - 15.30 New Forest Birth Centre Lyndhurst Road, Ashurst SO40 7AR</p>	<p><b>Group contacts:</b></p> <p>BFN: southamptonwelcomesbreastfeeding <a href="mailto:southampton@breastfeedingnetwork.org.uk">southampton@breastfeedingnetwork.org.uk</a></p> <p>@southamptonbreastfeeding</p> <p>BF Babes Bursledon: Breastfeeding Babes, Bursledon</p> <p>Bosom Pals: Bosom Pals</p> <p>La Leche League: LLL Southampton <a href="mailto:Leader@lllsouthampton.org.uk">Leader@lllsouthampton.org.uk</a></p> <p>NCT: Eastleigh NCT</p> <p><a href="#">Breastfeeding Support Groups : Hampshire Healthy Families</a></p> <p>Waterside area: <a href="http://www.healthandwellbeingwpcn.co.uk">www.healthandwellbeingwpcn.co.uk</a></p> <div>    </div>
Wednesday	<p><b>Breastfeeding Support</b> Eastleigh North HV Team 9.30 - 11.30 Places Leisure, Passfield Ave Eastleigh, SO50 9NL  02382 313094</p>	 <p><b>Breastfeeding Support</b> 11.00 - 13.00 Hythe Library 38 Pylewell Road, Hythe SO45 6QA</p>	 <p><b>Breastfeeding Support</b> 12.30 - 14.00 Woolston Library Centenary Quay, Victoria Road, Woolston, SO19 9EF <b>*1<sup>st</sup> Wednesday of month only</b></p>	<p><b>Online 1:1 support</b> From 13.00 - 15.00 3x 30minute slots Scan QR code to book.</p> 	
Thursday	 <p><b>Breastfeeding Support</b> 9.45 - 11.15 Maple Family Hub Helvellyn Road Millbrook, SO16 4AS</p>	 <p><b>Breastfeeding Support</b> Totton 9.45 - 11.45 Calmore Community Centre Calmore, SO40 2ZU</p>	 <p><b>Breastfeeding Babes</b> Bursledon 13.00 - 14.30 St Pauls Church, Oak Road, Bursledon, SO31 8DT</p>	<p><b>Breastfeeding Support</b> Winchester City HV Team 9.00 - 11.00 United Church, Jewry Street, Winchester SO23 0NY <b>Booked only:</b> 02382 313088</p>	
Friday	 <p><b>Breastfeeding Support</b> 10.00 - 11.30am IKEA Restaurant, Southampton, SO15 1GY</p>	 <p><b>La Leche League</b> 12.45 - 14.45 Fair Oak Village Hall, Shorts Rd Fair Oak SO50 7EJ <b>*3<sup>rd</sup> Friday of month only</b></p>	 <p><b>NCT Eastleigh &amp; District</b> 13.15-14.45 Places Leisure, Passfield Ave Eastleigh, SO50 9NL <i>*In the Wellbeing room</i></p>		



# Help and Support with Breastfeeding

## Infant Feeding Team at Princess Anne Hospital

Southampton Welcomes  
**Breastfeeding**



**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.



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



Request Infant Feeding Support  
from day 14

Solent Duty Health Visitor  
0300 123 6661



**Breastfeeding in and around Southampton  
– every day counts**



University Hospital Southampton  
NHS Foundation Trust





NHS Solent  
NHS Trust

NHS



SOUTHAMPTON CHILDREN &  
YOUNG PEOPLE'S  
ALLIANCE

NHS  
Southampton City  
Clinical Commissioning Group

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

To update the information contained within this leaflet please contact Carol Salmon ([Carol.Salmon@uhs.nhs.uk](mailto:Carol.Salmon@uhs.nhs.uk)) – 10/03/2025