

Breastfeeding Groups in Lincolnshire

Breastfeeding groups are for expectant parents and mothers, whether breastfeeding is going well or you have some worries, the groups provide a relaxed friendly environment to chat, get help, support and advice from other breastfeeding mums, a member of the health team is usually available to answer questions.

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| Alford Children's Centre Farlesthorne Road, Alford Tel: 01507 463218 | Wednesday 11.30am – 12.30pm (Monthly – 1 st Wednesday of every month) |
| Billingham Children's Centre Fen Road, Billingham Tel: 01526 869248 | Wednesday 9am – 10am (Monthly – 1 st Wednesday of every month) |
| Boston- St Christopher's Children's Centre 23 Fenside Road, Boston Tel: 01205 368297 | Tuesday 1pm - 2:30pm |
| Bourne Children's Centre Queen's Road, Bourne Tel: 01778 395895 | Monday 10am-11:30am |
| Crowland Children's Centre Postland Road, Crowland Tel: 01733 211609 | Monday 11am-12pm |
| Gainsborough Children's Centre Market Arcade, Heaton Street, Gainsborough Tel: 01427 617767 | Tuesday 1:30pm – 3pm |
| Grantham - Swingbridge Children's Centre Trent Road, Grantham Tel: 01476 590034 | Monday 10am – 12pm |
| Holbeach Children's Centre Holbeach Primary School, Boston Road South, Holbeach Tel: 01406 426 064 | Tuesday 1pm - 2pm |
| Holton Le Clay Children's Centre Picksley Crescent, Holton Le Clay Tel: 01472 828548 | Tuesday 9am -10am Please ring before attending as does not run every week. |
| Horncastle Children's Centre Banovallum Secondary School, Boston Road, Horncastle Tel: 01507 526603 | Thursday 10am – 12pm |
| Louth Children's Centre Eastfield Infants and Lacey Gardens Primary Schools Lacey Gardens, Louth Tel: 01507 607087 | Wednesday 11am -12:30pm (1 st Wednesday of the month) Wednesday 10.30 – 12.30pm (All other Wednesdays) |
| Lincoln - Birchwood Children's Centre Birchwood Avenue, Lincoln Tel: 07796 336 849 | Thursday 12pm – 2pm |
| Lincoln - Bracebridge Heath Children's Centre Bud Robinson Community Centre, 56 Maple Street, Lincoln Tel: 01522 525610 | Friday 12pm - 2:15pm |
| Lincoln – St Giles Children's Centre Lamb Gardens, Lincoln Tel: 01522 529631 | Monday 11am – 1pm |
| Market Deeping Children's Centre Willoughby Avenue, Market Deeping Tel: 01778 382574 | Thursday 1pm - 2:30pm |
| Market Rasen Children's Centre Kilnwell Road, Market Rasen Tel: 01673 844703 | Thursday 11am - 12:30pm |
| Nottingham QMC The Wellbeing Room, D Floor East Block, Nottingham Tel: 0115 691 169 ext. 55178 | Monday 10am – 12pm Infant Feeding Café (Open to mothers who booked at either Nottingham City or QMC) |

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| Nottingham, City Campus The Parent Education Room 1 st Floor, City Campus Maternity, Nottingham Tel: 0115 691 169 ext. 55178 | Thursday 2pm – 4pm Infant Feeding Café (Open to mothers who booked at either Nottingham City or QMC) |
| Skegness Children’s Centre Brunswick Drive, Skegness Tel: 01522 555652 | Tuesday 1:30pm – 3pm |
| Sleaford Children’s Centre Money’s Mill Complex, Carre Street, Sleaford Tel: 01529 306888 | Wednesday 10:15am-12:15pm |
| Spalding Children’s Centre Banks Avenue, Spalding Tel: 01775 767475 | Tuesday 2pm - 3:30pm 1 st and 3 rd Tuesdays of the month |
| Spilsby Children’s Centre Woodlands Avenue, Spilsby Tel: 01790 753451 | Monday 9:30am - 11:30am |
| Stamford Children’s Centre Green Lane, Stamford Tel: 01780 764072 | Monday 1pm - 2:30pm |
| Swineshead Children’s Centre Swineshead St Mary’s Primary School, Abbey Road Tel: 01205 820 331 | Tuesday 1pm – 2:30pm |
| Sutton Bridge Children’s Centre Westmere Community Primary School, Anne Road, Sutton Bridge. Tel: 01406 359327 | Wednesday 10:30am – 12pm |
| Tattershall Children’s Centre Clinton Park, Tattershall Tel: 01526 343858 | Friday 11am – 1pm |
| Wainfleet Children’s Centre Magdalen, Moorlin Road Wainfleet Tel: 01754 880 500 | Thursday 10am - 11am |

Contact Details for 24 hour Midwife Advice

Pilgrim Hospital, Maternity, 01205 445429
Lincoln County, Nettleham ward, 01522 573134
Grantham Maternity Unit, 01476 464334
 (Grantham 8am-4pm every day)

Contact Details for Health Visiting Service

Single Point of Access: 01522 843 000

Breastfeeding Specialist Support

For a referral ask your midwife to contact the Specialist Midwife Infant Feeding Coordinator.

Breastfeeding Helplines and Websites

National Breastfeeding helpline

0300 100 0212

NHS Choices

<https://www.nhs.uk/conditions/pregnancy-and-baby/your-breastfeeding-questions/>

Breastfeeding Friend Sign in with Facebook and message the [Start4Life Breastfeeding Friend](#) chatbot for fast, friendly, trusted NHS advice anytime, day or night, also works with Google Assistant and Amazon Alexa.

Association of Breastfeeding Mothers

0300 330 5453 www.abm.me.uk

Breastfeeding Network

08444 120 995 www.breastfeedingnetwork.org.uk

La Leche League

www.laleche.org.uk

National Childbirth Trust

0300 330 0700 www.nct.org.uk

Children’s Health, Lincolnshire County Council

www.lincolnshire.gov.uk/health-and-wellbeing/childrens-health/

Breastpump Hire

- Contact your Health Visitor
- Medela www.medela-rental.co.uk or 0161 776 0400
- Ardo www.ardobreastpumps.co.uk or 01823 336362

Breastfeeding Videos

<https://www.unicef.org.uk/babyfriendly/?s=videos>
<https://globalhealthmedia.org/videos/breastfeeding>