

Local and National

Breastfeeding support for you

Helplines and Websites



Association of Breastfeeding Mothers

0300 330 5453 (9.30am-10.30pm)

Email: counselling@abm.me.uk

www.abm.me.uk Live chat available

Baby Buddy (app) - multi-award winning **free** app that guides you through pregnancy, birth, parenting and beyond.

www.bestbeginnings.org.uk/baby-buddy



Breastfeeding Network

Supporter Line 0300 100 2010 (9.30am-9.30pm)

www.breastfeedingnetwork.org.uk

Health Visitor Team.

0300 300 0123. Contact for infant feeding support, advice and details about your local clinics.



La Leche League 0845 120 2918

www.lalache.org.uk

Local Midwife via Medicom

01603 481222 (for babies aged up to 28 days old)



National Breastfeeding Helpline 0300 100 0212

www.breastfeeding.nhs.uk



National Childbirth Trust 0300 330


0771 (8.00am-10.00pm) www.nct.org.uk

NNUH Infant Feeding Co-ordinator 01603 286058
(for babies aged up to 28 days old)


Start4life 24/7 Breastfeeding support service
(chatbot) accessed via Facebook or Amazons
Alexa.


Local Support Groups

Monday

 Mallard Room at Diss Children's Centre. IP22 4PU. 1.00pm-2.30pm. Drop-in clinic for pregnant, breastfeeding mums and families.


 Café B, Butterflies Children's Centre, Castle Hill, Beccles NR34 7BQ **01502 718750** 10.00-12.00

 Lactation Motivation, Fakenham Parish Church, NR21 9BX. **07472 663365** 11.45-12.45
<https://www.lactationmotivation.com/>

 Honesty Café, for breast and bottle feeding mums. North City Childrens centre, Angel Road. NR3 3HR. **01603 253610**. Mondays 11.00-15.00, term time only.

 Tiny Tummies, Thorpe Hamlet, Heartsease & Dussindale Childrens Centre. 63 Wolfe Road, Norwich. NR1 4HT. **01603 307680**. Mondays 0930-1030.

Tuesday

 Baby Grow, Poringland Community Centre, Overtons Way Poringland, Norwich, NR14 7IU

01603 219797, 1st Tuesday of the month 2.00pm-3.00pm





Breastfeeding Café, Dereham Sure Start Children's Centre, London Road, Dereham, NR19 1AS **01362 692839**. Fornightly 10.00-11.00



Tiny Tummy's, Catton Grove, Fiddlewood and Milecross Children's Centre, Hunter Road, Norwich, NR3 3PY **01603 413393** 0930-11.00.

Wednesday



Baby Bistro, Trinity Childrens Centre, Black Street, Martham, NR29 4PR **01493 740242** 10.00-12.00



Baby Grow, East City & Framlingham Earl Children's Centre Duckett Close, Norwich, NR1 2LR **01603 219797** 9.30-11.30



Breast Is Best Support (BIBs), Long Stratton Children's Centre, NR15 2XR. **01508 536399** Wed 10.00-11.30



Breastfeeding Baby Bistro, Acle (marshes) Sure Start Children's Centre,, Bridewell Lane, Acle, NR13 3RA **01493 752950** 1.30-3.30 every 2 weeks



Baby Start, Watton Sure Start Childrens Centre, West Road, Watton IP25 6AU **01953 880175** 0930-11.00.



Latched On, Willow Room, Adult Day Care Centre, Charles Road, Holt NR25 6DA. 10.00-12.00
Latchedonholt@gmail.com

With IBCLC Lactation Consultant.

Thursday



Breastfeeding Support Group Wymondham & Hethersett Children's Centre, (attached to Ashleigh School), Wymondham NR18 0HL **01953 713896** 10.00-11.00.



Butterflies , Earham Early Years Children's Centre, Community Annex, 168a Motum Road, NR5 8EG **01603 455629** 12.30-14.00



Honesty Café, for breast and bottle feeding mums. North City Childrens centre, Angel Road. NR3 3HR. **01603 253610**. Thursdays 12.30-14.00, term time only.



West Pottergate Breastfeeding Support Centre, West Pottergate Medical Practice, Earham Road, Norwich NR2 4BX **07555 239 564**. 10.00-12.00 *IBCLC Lactation Consultants available.*

Friday



Badersfield Breastfeeding Support groups, RAF Coltishall, Baderfield Nr Coltishall, Norwich, NR10 5JU. **07852 117662** 10.30-11.30.



Tiny Tummy's, Catton Grove, Fiddlewood and Milecross Children's Centre, Hunter Road, Norwich, NR3 3PY **01603 413393** 10.00-11.00.

Appointment Only



Bowthorpe West Earlham & Costessey Children's Centre



Humbleyard, Cloverhill, Norwich NR5 9AW **01603 594030** Call for appointment 09.00-4.00



Breastfeeding Café, Spixworth & Sprowston Children's Centre, Sprowston Infant School, Norwich, NR7 8EW **01603 301408** Home Visits, breast pump hire available



NNUH Specialist Infant Feeding Clinic -Norwich Community Hospital Bowthorpe Road NR2 3TU- **Midwife and IBCLC lactation consultant, appointments available.** Please ask your midwife or call **01603286058**

Sling Libraries

Norwich Sling Library, 1st Norwich Sea Scout Hall, 13 Old Lakenham Hall, Hall Drive, Norwich NR12 2NW 2nd Thursday of each month 10-12. Email for information.

Norwich Sling Library, Attleborough, NR17 2AJ Mondays-email for information

www.norwichslinglibrary.co.uk
info@norwichslinglibrary.co.uk

