

Breastfeeding Part of everyday life

Help and support for breastfeeding your baby

Breastfeeding your baby gives your child the best possible start in life and has many benefits for both mothers and babies.

As well as the help and guidance available from your midwife and health visitor, there is also a network of local mums who volunteer their time to support other mothers with breastfeeding. These mums are known as peer supporters and they have all breastfed their babies as well as receiving

special training. They use experience and knowledge to provide help to new mothers and mums-to-be.

If you are pregnant and want information about feeding your baby, if you need support or information or if you would just like to meet up with other breastfeeding mothers, you can drop in to your local support group or contact a peer supporter living near you.

Contact details for all groups are listed over the page - or you can ring our Patient Advice and Liaison Service (PALS) on 01484 466172 or 466214 to find your nearest peer supporter.



www.kirklees.nhs.uk



Search for
Kirklees Breastfeeding Bistro
on Facebook and become a fan.



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Breastfeeding support group/information

| Where | When | Contact |
|---|---|--|
| Huddersfield: The Baby Café, Woodhouse Children's Centre, Chestnut Street, Deighton | Mondays 1 - 3pm | <ul style="list-style-type: none"> The Baby Café on 01484 234234 Infant Feeding Specialists/advisors: Claire Fox and Anita Holroyd. Contact HRI switchboard 01484 342000. |
| Mirfield: Breastfeeding Supporters Group, St Mary's Church Hall, Church Lane | Every 2 nd and 4 th Monday 10 - 11.30am | <ul style="list-style-type: none"> 01924 509290 |
| Huddersfield: Huddersfield Central Children's Centre, 2nd Floor, Brian Jackson House, New North Parade, Huddersfield | Mondays, 10am - 12pm | <ul style="list-style-type: none"> Contact: 01484 223380 Or call the Patient Advice and Liaison Service 01484 466172 or 01484 466214 |
| Golcar: Baby Bistro, Golcar, Cowersley and Milnsbridge Children's Centre, Beech Avenue, Golcar | Tuesdays 9:30 - 11:30 | <ul style="list-style-type: none"> 01484 222133 Or call the Patient Advice and Liaison Service 01484 466172 or 01484 466214 |
| Gomersal: Baby Bistro, Gomersal and Littletown Children's Centre, Shirley Avenue, Gomersal | Wednesdays 10am - 12pm | <ul style="list-style-type: none"> 01274 335283 Or call the Patient Advice and Liaison Service 01484 466172 or 01484 466214 |
| Thornhill: Baby Bistro, Thornhill Children's Centre, Edge Top Road, Thornhill | Thursdays 9:30 - 11:30 | <ul style="list-style-type: none"> 01924 325219 Or call the Patient Advice and Liaison Service 01484 466172 or 01484 466214 |
| Batley: Baby Café, Staincliffe and Healey Children's Centre, Chestnut Avenue, Staincliffe | Thursdays 11.30 - 1.30pm | <ul style="list-style-type: none"> The Baby Café on 01924 326920 Una Crozier - Breastfeeding Champion Health Visitor on 01924 351573 or Sharon Tunnacliffe - Infant Feeding Specialist on 07887 993561. |

General information

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|---|----------------|
| National Breastfeeding Helpline | 0844 20 909 20 |
| National Childbirth Trust | 0870 444 8708 |
| La Leche League | 0845 120 2918 |
| Breastfeeding Network | 0870 900 8787 |
| Association of Breastfeeding Mothers | 08444 122 949 |
| NHS Direct | 0845 4647 |
| West Yorkshire Urgent Care Services | 0345 605 99 99 |

Websites for further information

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| www.babyfriendly.org.uk | www.multiplebirths.org.uk |
| www.nctpregnancyandbabycare.com | www.abm.me.uk |
| www.breastfeedingnetwork.org.uk | www.ambermums.co.uk |
| www.expressyourselfmums.co.uk | www.netmums.com |
| www.bravadodesigns.com | |

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| www.expressyourselfmums.co.uk | www.netmums.com |
| www.bravadodesigns.com | |