

# Milton Keynes Breastfeeding Support



Breastfeeding support in the community in Milton Keynes is currently provided by Midwifery and Health Visiting services and La Leche League (LLL). LLL MK Leaders are available 7 days a week for mother-to-mother support, information and education via phone, email and Facebook. They also run monthly meetings led by breastfeeding counsellors.

## Breastfeeding Friends Groups:

The Health Visitors offer four drop-in Breastfeeding Friends sessions across Milton Keynes. All families including siblings and pregnant women are welcome. Mothers can access one-to-one support from a Health Visitor in a relaxed environment and are also invited to meet other breastfeeding women and their babies for social support. All the sessions have play equipment available as well as cold refreshments and areas for private feeding and consultation.

**Monday 13:30 – 15:00 – Health Visitor Drop in** - Tickford Meadow Children’s Centre, Thames Drive, Newport Pagnell, MK16 9DS

**1<sup>st</sup> Monday of the month 12:30 – 14:00 – NCT Bumps to Babes** The Oak Tree Centre, Wallinger Drive, Shenley Brook End MK5 7GZ

**Tuesday 09:30-11:00 – Breastfeeding Friends** - Rowan’s Family Centre, 13A Moorfoot, Fullers Slade, MK11 2BD – with Baby Clinic session and Baby Group

**Tuesday 10:00-11:30 – Breastfeeding Friends** - Hedgerows Family Centre, Langland Road, Netherfield, MK6 4NP – with Baby Clinic session and Baby Group

**Thursday 13:30-15:00 – Breastfeeding Friends** - Daisy Chain Family Centre, Abbey’s Primary School, Melrose Avenue, Bletchley, MK3 6PS

**Friday 14-00 - 16:00 – Mum to Mum group** - Ridgeway Centre, Wolverton Mill, Milton Keynes MK12 5TH

**3<sup>rd</sup> Friday of the month 14-00 - 16:00 – NCT Bumps to Babes** - Kings Community Centre, Creed Centre, Wolverton, Milton Keynes MK12 5LY

See overleaf for useful numbers/web links

## Useful numbers/web links

- **Community Midwives:** If you are being cared for by the midwife and need additional breastfeeding support, please contact the Community Midwives' office on **01908 996484**, Monday to Friday between 9-5. Outside these hours, please contact Labour Ward on **01908 996480** for advice.
- **Health Visitors:** contact directly or via your Health Centre/GP Surgery or email **bfeeding@nhs.net**
- **La Leche League MK:** contact **J'Nel 0756159337**  
llmiltonkeynes@gmail.com  
www.llmiltonkeynes.weebly.com  
www.facebook.com/groups/llmk

## National support/helplines:

- National Childbirth Trust (NCT): Helpline: **03003 300 771**  
www.nct.org.uk/parenting/feeding
- La Leche League: Helpline: **0845 120 2918**  
www.laleche.org.uk
- Association of Breastfeeding Mothers: Helpline: **0300 330 5453**  
www.abm.me.uk/
- Breastfeeding Network: Helpline: **0300 100 0212**  
www.breastfeedingnetwork.org.uk/



November 2017

## Useful numbers/web links

- **Community Midwives:** If you are being cared for by the midwife and need additional breastfeeding support, please contact the Community Midwives' office on **01908 996484**, Monday to Friday between 9-5. Outside these hours, please contact Labour Ward on **01908 996480** for advice.
- **Health Visitors:** contact directly or via your Health Centre/GP Surgery or email **bfeeding@nhs.net**
- **La Leche League MK:** contact **J'Nel 0756159337**  
llmiltonkeynes@gmail.com  
www.llmiltonkeynes.weebly.com  
www.facebook.com/groups/llmk

## National support/helplines:

- National Childbirth Trust (NCT): Helpline: **03003 300 771**  
www.nct.org.uk/parenting/feeding
- La Leche League: Helpline: **0845 120 2918**  
www.laleche.org.uk
- Association of Breastfeeding Mothers: Helpline: **0300 330 5453**  
www.abm.me.uk/
- Breastfeeding Network: Helpline: **0300 100 0212**  
www.breastfeedingnetwork.org.uk/



November 2017