

## Useful Numbers & Websites

Health Visiting Duty Team  
Covering all areas within East Sussex Healthcare Trust  
Tel: 01323 463204

National Breastfeeding Helpline: 0300 100 0212  
Open 24 hours [www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

Association of Breastfeeding Mothers Helpline: 0300 330 5453  
Open 9.30am to 10.30pm [www.abm.me.uk](http://www.abm.me.uk)

Breastfeeding Network - Drugs in Breastmilk Information Service:  
email: [druginformation@breastfeedingnetwork.org.uk](mailto:druginformation@breastfeedingnetwork.org.uk).

The National Childbirth Trust (NCT) Helpline: 0300 330 0700  
Open 8am to midnight [www.nct.org.uk](http://www.nct.org.uk)

Local NCT Breastfeeding Counsellors: Hastings & Rother  
Breastfeeding Support:  
<https://www.facebook.com/profile.php?id=100070093843964>

La Leche League Helpline: 0345 120 2918  
Open 8am to 11pm [www.laleche.org.uk](http://www.laleche.org.uk)

Free IBCLC Lactation Support in East Sussex  
[www.eastsussexearlydays.co.uk](http://www.eastsussexearlydays.co.uk)

East Sussex Community Information Service  
[www.escis.org.uk](http://www.escis.org.uk)

Your feedback is really important to us. Please let us know 'how we are doing' by completing this short survey.

<https://forms.office.com/elcp299rZ5tm>

Health Visiting  
How Are We Doing?



## Breastfeeding Peer support service



We are mums who have breastfed our own children and have trained as volunteers to offer feeding support to families, both before and after they give birth.

If you would like to chat with a peer support volunteer or would like to meet others who are breastfeeding too, you can find us at many groups and clinics.

### Hastings and St Leonards

**Mondays:** 1pm - 2:30pm Baby Feeding Group, Hastings Town Family Hub, waterworks Rd 01424 724004

**Wednesdays:** 1pm - 2:30pm little pickles 0-5 messy play group, Hastings Town Family Hub, waterworks Rd 01424 724004 (feeding support peer present every other week TTO)

**Thursdays:** 1pm-2pm Baby Group 0-1yrs, East Hastings Family Hub, Chiltern Drive, 01424 724004 (term-time only for peer support)

**Friday:** 10am-12am stay and play 0-5yrs, East Hastings Family Hub, Chiltern Drive, 01424 724004 (peer every other week TTO)

### Bexhill

**Tuesdays:** 9:45am - 10:45am at 0-5yrs Stay and Play at Sidley family Hub, Turkey Road, Sidley 01424 725995

**Fridays:** 9:30am - 11am at Baby Buddies at Sidley Family Hub, Turkey Road, Sidley (term-time only) 01424 725995

### Rye

**Tuesdays:** 1pm - 2pm, Baby Feeding Group, Hub On Rye Hill, Kiln Drive, Rye. 01797 331800 (New- starting 20<sup>th</sup> May 2025)

### Eastbourne/Hailsham/Seaford

**Tuesdays:** 1030am -1230pm at Aquababes sessions, Sovereign Centre, Royal Parade, Eastbourne, BN22 7LQ (term-time only)

**Thursdays:** 1.00 - 2:30pm Baby Feeding Group, Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244

**Fridays:** 9:30 - 10:30am at Bizzy Bees U5s, Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244

### The Havens/Lewes/Seaford

**Mondays:** 9:15 - 10:30am at First Steps Group, Peacehaven Family Hub, Meridian Way, Peacehaven (3<sup>rd</sup> week of the month, term time only) 01273 336930

**Mondays:** 11:15am - 12:15pm Baby Time, Peacehaven Family Hub, Meridian Way, Peacehaven (2<sup>nd</sup> & 4<sup>th</sup> week of the month) 01273 336930

**Fridays:** 10:30am - 12pm Baby Feeding Group, Newhaven Youth Centre, Denton Island, Newhaven 01273 517250 (NEW TIME from 6<sup>th</sup> June 2025)

### High Weald

**Tuesdays:** 1 - 2pm at Bumps to Babies, Uckfield Family Hub, Manor Close, Uckfield Phone for info 01273 336930

Contact your local Family Hub for further information about local groups or visit their Facebook pages.

### Other Breastfeeding Support (not East Sussex Early Help 0-19)

**Moat Breastfeeding support group: Wednesdays 10:30am to 12pm**, Robertsbridge Youth Centre, TN32 5BU Further details can be found here:

<https://www.facebook.com/people/Moat-Breastfeeding-Group/100065423682744/>

<https://www.moatosteopaths.com/breastfeeding-support-group/> or contact Nikki on 07966 949755

**Breast mates: Mondays 10-1130am** St Lukes Parish Centre, Rattle Road, Stone Cross, BN24 5SL. **Tuesdays 10am-11:30am** Clifton Centre, Stainsby St, St Leonards TN37 6LA (term time only) **Wednesdays 10am to 11.30am**, Totsplay, Unit 2 Keymer Buildings, Victoria Rd, Bexhill, TN39 3PD. (term time only) Further details can be found here: <https://www.facebook.com/breastmatesussex>

**Crowborough Newborn Café: Thursdays 9am-12pm**, (last admission 11.30am) The Day Centre, Crowborough War Memorial Hospital, Southview Close, Crowborough. 01892 654080 *\*Run by Maidstone & Tunbridge Wells NHS Trust for parents with babies up to 12 weeks old\**