

Use this space to make your own notes::

Useful Numbers & Websites

National Breastfeeding Helpline:
0300 100 0212
Open 24 hours
www.nationalbreastfeedinghelpline.org.uk

**Association of Breastfeeding Mothers
Helpline:**
0300 330 5453
Open 9.30am to 10.30pm
www.abm.me.uk

**Breastfeeding Network -
Drugs in Breastmilk Information Service:**
druginformation@breastfeedingnetwork.org.uk

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

La Leche League Helpline:
0345 120 2918
Open 8am to 11pm
www.laleche.org.uk

East Sussex Community Information Service
www.escis.org.uk

East Sussex Family Hubs
For information on local groups
www.familyhubs.eastsussex.gov.uk

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

Infant Feeding Peer Support Service



We are parents who have breastfed our own children and trained as volunteers, offering 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.

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



[https://forms.office.com/e/
cp299rZ5tm](https://forms.office.com/e/cp299rZ5tm)

Hastings and St Leonards

Mondays: 1pm - 2:30pm at the Baby Feeding Group, Hastings Town Family Hub, Waterworks Rd 01424 724004

Wednesdays: 1-2:30pm at the 0-2yrs group (1st and 2nd Weds of the month peer supporter is present) Hastings Town Family Hub, Waterworks Rd 01424 724004

Bexhill

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

Rye

Tuesdays: 1pm - 2pm at the Baby Feeding Group, Hub On Rye Hill, Kiln Drive, Rye. 01797 331800

Eastbourne/Hailsham/Seaford

Tuesdays: 10:30am - 12:30pm at Aqua babes sessions, Sovereign Centre, Royal Parade, Eastbourne (term-time only)

Thursdays: 1:00pm - 2:30pm at the Baby Feeding Group, Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244

The Havens/Lewes/Seaford

Mondays: 10:30am-12pm at Baby Time, Peacehaven Family Hub, Meridian Way (1st & 3rd of the month for peer support) 01273 336930

Wednesdays: 1pm-2pm at Baby & Me, Lewes Family Hub, Spences Lane (2nd & 4th week of the month for peer support) 01273 336930

Fridays: 10:30am - 12pm at the Baby Feeding Group, Newhaven Youth Centre, Denton Island, 01273 517250

High Weald

Mondays: 10am-11am at Bumps to Babies, Grove House, The Grove, Crowborough, (2nd & 4th week of the month for peer support) 01273 336930

Tuesdays: 1pm-2pm at Bumps to Babies, Uckfield Family Hub, Manor Close, Uckfield, (1st & 3rd week of the month for peer support) 01273 336930

Other Breastfeeding Support (unaffiliated with East Sussex Early Help 0-19)

Moat Breastfeeding support group: **Wednesdays 10:30am to 12pm**, Robertsbridge Youth Centre, TN32 5BU Contact Nikki on 07966 949755

Breast Mates: Tuesdays 10am-11:30am Clifton Centre, St Leonards TN37 6LA
Wednesdays 10am to 11:30am, Totsplay, Bexhill, TN39 3PD. **Thursdays: 10am - 11:30am** Hailsham Cricket Pavilion, Hailsham, BN27 3DN (term time only for all groups) www.eastsussexearlydays.co.uk

Breastfeeding Cafe: Wednesdays 12:30pm - 2pm, Sovereign Harbour Community Centre, Eastbourne BN23 6JH **For babies up to 18 months old**

www.sunshinecoastbreastfeedingsupport.org.uk

Crowborough Newborn Café: Thursdays 9am-12pm, (last admission 11:30am) The Day Centre, Crowborough War Memorial Hospital, Crowborough. 01892 654080 **Run by Maidstone & Tunbridge Wells NHS Trust for parents with babies up to 12 weeks old**

SCBU Support Group: 3rd Thursday of the month 1pm - 4pm. Community Room, Tesco Extra, St Leonards, TN38 9RB. Open to all babies who have used the conquest Special Baby Care Unit.