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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>

## Useful Numbers & Websites

### 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:

[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)

### La Leche League Helpline:

0345 120 2918

Open 8am to 11pm

[www.laleche.org.uk](http://www.laleche.org.uk)

### East Sussex Community Information Service

[www.escis.org.uk](http://www.escis.org.uk)

### East Sussex Family Hubs

For information on local groups

[www.familyhubs.eastsussex.gov.uk](http://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.



START4LIFE

Early Help 0-19  
Respect | Partnership | Strength



## 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 (2<sup>nd</sup> & 4<sup>th</sup> 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, (2<sup>nd</sup> & 4<sup>th</sup> week of the month for peer support) 01273 336930

**Tuesdays:** 1pm-2pm at Bumps to Babies, Uckfield Family Hub, Manor Close, Uckfield, (1<sup>st</sup> & 3<sup>rd</sup> 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](http://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](http://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:** 3<sup>rd</sup> 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.