



East Sussex Breastfeeding Peer Support Service

We are mums who have breastfed and have been trained as volunteers to offer breastfeeding support to other mums, both before and after they give birth.

If you would like to chat with a breastfeeding supporter or just meet other mums who are breastfeeding too, you can find us at many groups and clinics. You can also ring many of the venues whilst a group/clinic is running to speak to a volunteer if you can't attend for any reason.

It is great to see you whilst you are pregnant to have a chat about how to get breastfeeding off to a good start.

Hastings and St Leonards

Monday-9.30am to 11am at Child Health Clinic, East Hastings cc, Chilton Drive, Hastings Tel:01424 726450

Wednesday- 9.30am to 11.30am at Child Health Clinic, Station Plaza Health Centre, Station Approach, Hastings

Wednesday—1pm to 2pm at Child Health Clinic, Scout Hut, Oxford rd, St Leonards, Tel: 01424 724340

Thursday - 10am to 11.30am at South St Leonards Children's Centre, Clyde rd, St Leonards, Tel:01424 200604

First Thursday of the month- 10am to 11.30, Twins group, Robsack cc, Bodium Drive, St Leonards

Bexhill

Monday— 9.30am to 11.30 at Bexhill Health Clinic, Bexhill Health Centre, Holliers Hill, Bexhill

Thursday - 9.30am to 11am at Bumps to Babies, Egerton Park Children's Centre, Bexhill Tel: 01424 725888

Last Friday of the month—10am to 11.30am, Twins group, Sidley CC, Ninfield Rd, Sidley,

Rye

Thursday- 10.20am to 12pm at Rye Child Health Clinic, Rye Health Centre,

Battle

Monday—1pm to 2.45pm at Child health clinic, Battle Health centre, Station App

Westfield

1st Friday of the month—1pm to 3pm at Child Health Clinic, Westfield Church hall
(term time only)

Ticehurst

1st Monday of the month- 9.30-11.15am at Child Health Clinic/

High Weald Children's Centre, Tel: 01424 725043

Thursday— 10am-11.30am High Weald Children's Centre, Tel: 01424 725043

(2nd, 3rd and 4th wk of the month)

Nct Breastfeeding counsellors

Ros Vinall 01580830756

Jane Saville 01435883893

Trudie Betts 01424 756077

Useful Numbers

National Breastfeeding Helpline: 0300 100 0212

Open 9.30am until 9.30pm www.nationalbreastfeedinghelpline.org.uk

Association of Breastfeeding Mothers Helpline: 0300 330 5453

Open 9.30 am - 10.30 pm www.abm.me.uk

Breastfeeding Network Helpline: 0300 100 0210

Open 9.30am to 9.30pm www.breastfeedingnetwork.org.uk

The National Childbirth Trust Helpline: 0300 330 0771.

Open 8am-12am www.nct.org.uk

You can also find this and lots of other useful information on our App—'Breastfeeding Facts' which you can download for free on most smartphones.

(Feb 15 SB)

For more information about breastfeeding or if you are interested in training as a volunteer then please look on our website (below), speak to your midwife or health visitor or ask for details at your local children's centre.



www.yourbabyyourchoice.org.uk

