

National helplines

National Breastfeeding Helpline
9.30am - 9.30pm **0300 1000212**

Association of Breastfeeding Mothers
9.30am - 10.30pm **0300 330 5453**

Drugs and Breastmilk Helpline
9.30am - 9.30pm **0844 4124665**

Support in Bengali and Sylheti
0300 456 2421

La Leche League (LLL) 24 hour helpline
0845 1202918

National Childbirth Trust (NCT)
8am - 12midnight (daily)
0300 3300700

Local breastfeeding counsellors

LLL and ABM Volunteers

These are local women who answer calls in their own homes so please call before bedtime unless your call really cannot wait.

Vicky - 01634 366324
Sarah - 01634 845833
Deborah - 01634 814221
Mirjam - 01622 720142
Rebecca - 01622 200360
Jane - 01634 304203

"I made new friends, had a giggle and as a bonus learnt about breastfeeding."

Local support

Breastfeeding Specialist Clinic
Offers 1:1 appointments with feeding specialists. No need to book. Please bring your baby's red book with you.

Breastfeeding Drop-Ins
Breastfeeding support sessions are run by local peer supporters. You are welcome to drop-in for support with a specific issue, come regularly to meet other breastfeeding mums, as well as book a private 1:2:1 if you would prefer some individual support.

Peer supporters are available at a range of other clinics and sessions for 1:2:1 appointments.

Useful websites

NHS Choices
www.breastfeeding.nhs.uk
Best Beginnings
www.bestbeginnings.org.uk
Breastfeeding Network
www.breastfeedingnetwork.org.uk

La leche League
www.laleche.org.uk
Association of Breastfeeding Mothers
www.abm.me.uk
UNICEF Baby Friendly Initiative
www.babyfriendly.org.uk

For local children's services including healthy child clinics
www.medwaycommunityhealthcare.nhs.uk/mch-services

NCT Breastfeeding Counsellor
www.facebook.com/Medwaybreastfeedingcounsellor



Medway Breastfeeding Network

A guide to breastfeeding support and information in Medway

Monday

Medway Breastfeeding Clinic

9am - 12 noon

Wayfield Children's Centre,
Wayfield Rd, ME5 0HH.

Wendy: 07772 769939

Jo: 07824474464

A clinic offering 1:2:1 appointments
with breastfeeding specialists.

No need to book, but please come
before 11.15am to guarantee you
will be seen.

Brompton breastfeeding support

10 - 11.30am

Brompton Children's Centre,
Kings Bastion, Gillingham ME7 5DQ
Children's Centre: 01634 844152

Delce breastfeeding support

9.30 - 11.30am

1:2:1 appointments available on
Mondays.

Peer supporter at the Delce Healthy
Child Clinic - 1st and 3rd Mondays
of the month.

Delce Children's Centre, Fleet Rd,
Rochester ME1 2QA
Children's Centre: 01634 844127

Tuesday

Riverside breastfeeding support

1:2:1 appointments 10 - 11.30am

Group open to all 11 - 12pm
St Edmund's Way, Rainham ME8 8ET
Children's Centre: 01634 338700

La Leche League meeting (Rochester)

10am - 12noon

Second and fourth Tuesdays of
the month. St Luke's Church,
City Way, ME1 2BQ.

Phone: 01634 814221

Please check online at www.lllkent.org.uk
for more details of meetings in Maidstone
and other areas.

Lordswood breastfeeding support

9.30 - 11.30am

Lordswood Children's Centre,
Lordswood Lane, Lordswood
ME5 8NN

Children's Centre: 0300 0658250

Temple Mill breastfeeding lounge

11.30 - 12.30pm

Temple Mill Children's Centre, Strood,
ME2 3NL.

Children's Centre: 01634 338205

Wednesday

Twydall 'Tums 2 Mums' group

9.30 - 11am

Hand in Hand Children's Centre,
Twydall ME8 6JS.

Children's Centre: 01634 365985

Kingfisher breastfeeding support

12.30 - 2pm (term time only) -

Breastfeeding support in group
Kingfisher Drive, Walderslade
ME5 7NX

Children's Centre: 01634 661540

Mierscourt breastfeeding support

1 - 3pm

Mierscourt Children's Centre,
Silverspot Close, Rainham ME8 8JR
Children's Centre: 01634 236974

Thursday

Saxon Way breastfeeding support

10 - 11.30am, term time only

Breastfeeding support in group.
Saxon Way Children's Centre,
Gillingham, ME7 1SJ.

Centre: 01634 852320

Burnt Oak breastfeeding support

1 - 3pm

Burnt Oak Children's Centre,
Richmond Rd, Gillingham ME7 1LS.
Children's Centre: 01634 334344

Parkwood 'Boobiful Babies' breastfeeding group

10 - 11.30am

Runs alongside healthy child clinic.
Parkwood Green, Rainham
ME8 9PN

Friday

Deanwood breastfeeding support

9.30 - 11.30am

Private 1:2:1 support available
(please call centre to book)

Deanwood Children's Centre, Long
Catlis Rd, Parkwood ME8 9TX.
Children's Centre: 01634 231901

Chatham breastfeeding group

1.30 - 3pm

All Saints Children's Centre, Magpie
Hall Road, Chatham ME4 5JY
Call: 07507 456972

Saturday

NCT Drop-in

10 - 12noon

2nd Saturday of the month - with
information on breastfeeding,
slings, real nappies and homebirth.

Riverside Children's Centre,
St Edmunds Way, Rainham ME8 8ET
Children's Centre: 01634 338700

*Are you pregnant or a new mum
and feel like you need some individual
support? You can now book a private 1:2:1
with a peer supporter, a mum who has been there!
Please call your local centre or message
07908817569 for more details
or just drop-in on the day!*

*All of our groups are run
by mums that have breastfed and gone
on to train with the NCT to become peer
supporters. The groups welcome all
breastfeeding mums for a friendly chat,
support and cup of tea!*



click here to see our
video explaining more about
breastfeeding groups.

Peer Supporters are available in a range of sessions including drop-ins, health clinics and other sessions – they welcome new and expectant mothers who are interested in breastfeeding. Please ring ahead to confirm session is running. Please see www.abettermedway.co.uk/breastfeeding for more information on support locally. Alternatively you can phone 07908 817569 or 01634 331054 or email ifp@medway.gov.uk