



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Breastfeeding Support Contacts and Groups

Maternity Services



Congratulations on choosing to breastfeed your baby.

To provide continuing support for you whilst you are establishing breastfeeding, we will refer you to the local breastfeeding peer support workers in your area who will make contact with you within a couple of days of you going home from hospital. This support is in addition to the support you will receive from your midwife. If you do not wish us to pass on your contact details, please let your midwife know before you leave hospital.

Breastfeeding groups are run by trained breastfeeding supporters for any mum who is breastfeeding or giving breastmilk to her baby and would like to meet other mums or need support or information. We have also enclosed contact details of the national volunteer organisations.

The following is a list of breastfeeding groups in your area. The groups are run as drop-in sessions – there is no need to book. The days and times of these groups may occasionally change so if going for the first time always ring and check the details of the group are correct.

If you have any worries or concerns about your baby's feeding please speak to your community midwife.

Ormskirk Maternity Community Midwives Office

Tel: 01695 656668 09:00am-10:00am or 16:00pm-17:00pm
outside these times please call **Maternity ward on 01695 656947**

Further support numbers can be found at the back of this leaflet.

WEST LANCASHIRE AREA

FAMILIES AND BABIES (FAB)
Breastfeeding Peer Support Service
Tel: 01254 772929 24 hour helpline
www.familiesandbabies.org.uk

The following is a list of breastfeeding groups in your area:

Tuesday	Hesketh Bank Christian Centre, Moss Lane, Hesketh Bank.PR4 6AA	1pm- 2:45pm	FAB 01254 772929
Thursday	Mini's Party Play Centre 60-62 Lodge Street Preston PR1 8XE FREE under 1years, discounted entrance for over 1 year.	1pm- 2:30pm	FAB 01254 772929
Friday	The Play Pad Soft Centre Tomlinson Road Leyland PR25 2DY	10:30am- 12 midday	FAB 01254 772929
Friday	Park Neighbourhood Centre Barnes Road Skelmersdale WN8 8HN	10am-12 midday	FAB 01254 772929 Park NC 01695 654099

SEFTON AREA

BREASTFEEDING SUPPORT SEFTON (BSS)

For Support and Information Mon-Fri 9am-5pm

Tel: 07752 661408

Tel: 0151 291 8010

 Breastfeeding Support Sefton

 @BFSupportSefton

www.feelgoodfactory.org.uk

For Breastfeeding Groups in the Sefton area (including Southport and Formby) please check the above Facebook page or website.

KNOWSLEY AREA

Knowsley Community Breastfeeding Support Service

For support and information Mon-Fri 9am-5pm

Tel: 0151 244 3269

 nwboroughsnhs

 @NWBoroughsnhs

The following is a list of breastfeeding groups in your area which are run by Homestart volunteer Service called Community Buddies Tel: 0151 480 3910

Monday	Oak Tree Children's Centre, Lichfield, Halewood. L26 1TT	1pm-3pm	Community Buddies Tel: 0151 480 3910
Tuesday	Tesco Community Space Tesco Cables Retail Park, Steley Way, Prescot. L34 5QN	11am-1pm	Community Buddies Tel: 0151 480 3910
Thursday	The Pride Children's Centre 2 Simonswood Lane, Kirkby. L33 5PY	1pm-3pm	Community Buddies Tel: 0151 480 3910
Thursday	Jubilee Children's Centre, St Aloysius site, Twig Lane Huyton, L36 9TB	1:30pm- 3pm	Community Buddies Tel: 0151 480 3910

HALTON AND ST.HELENS AREA

HALTON AND ST.HELENS BREASTFEEDING PEER SUPPORT SERVICES

Tel: (ST.HELENS) 0300 300 0103
(HALTON) 0300 029 0029

Support groups in St Helens area

Tel: 0300 300 0103
www.healthysthelens.co.uk

Monday	Rainford Clinic Higher Lane, Rainford, St.Helens WA11 8AZ	1pm-2pm
Tuesday	Suttons Children's Centre Ellamsbridge Road Sutton, St.Helens WA9 3PY	11am-2pm
Wednesday	Moss Bank Children's Centre Kentmere Avenue, St.Helens WA11 7PQ	11am-2pm
Thursday (lactation consultant)	Central Link Children's Centre Peter Street St.Helens WA10 1QF	11:30am- 12:30pm
Friday	Newton le Willows Library Crow Lane East, Newton-le- Willows WA12 9TU	1pm-2pm
Saturday	Central Library Victoria Square, St.Helens WA10 1DY	1pm-2pm

WHISTON HOSPITAL (MATERNITY UNIT)

Breastfeeding Drop-In Clinic

Tel: 0151 290 4166

Friday 10am – 12 noon (except Bank Holidays)	Whiston Hospital Maternity Unit Parentcraft Room Warrington Road Prescot L35 5DR	Tel: 0151 290 4166
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LOCAL AND NATIONAL VOLUNTEER ORGANISATION/HELPLINES

Families and Babies (FAB)

Breastfeeding Peer Support Service (West Lancashire area)

Tel: 01254 772929 (9am – 5pm Mon – Fri)

www.familiesandbabies.org.uk

Knowsley Community Breastfeeding Support Service

(Knowsley area)

Tel: 0151 244 3269 (9am-5pm Monday-Friday)

Breastfeeding Support Sefton (Sefton area)

Tel: 0151 291 8010 or 07752 661408 (Mon-Fri 9am-5pm)

Department of Health

National Breastfeeding Helpline 0300 100 0212

www.breastfeeding.nhs.uk

(Run by Association of Breastfeeding Mothers and
Breastfeeding Network)

National Childbirth Trust (NCT)

Breastfeeding Helpline 0300 3300 700

(10.00am – 10.00pm)

Breastfeeding Network (BFN) (9.30am – 9.30pm every day)

Supporter Line 0300 100 0210

www.breastfeedingnetwork.org.uk

Le Leche League

Helpline 0845 1202918

www.laleche.org.uk

Sefton Breastfeeding It's Amazing

www.amazingbreastmilk.nhs.uk

Association of Breastfeeding Mothers

08444 122 949 (9.30am – 10.30pm every day)

www.abm.me.uk

Baby Friendly Initiative

www.babyfriendly.org.uk

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS FOR AFTER YOU HAVE LEFT HOSPITAL

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION AFTER YOU HAVE LEFT HOSPITAL

Your own GP –
Post Natal Ward (01695) 656947/656920

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111
Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680

Email soh-tr.appointments@nhs.net

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: southportandormskirk.nhs.uk/FFT

Thank you

Owner: Lesley Fawcett

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