Breastfeeding
Local Support Groups

Come along for an informal chat, mother to mother support and the latest breastfeeding information.

Midwife: ________________________________
Health Visitor: ____________________________
Bangor

Bangor Drop In
Breastfeeding Support Group
Kyle Room
Bayview Centre
Bangor
Every Thursday
11.00am - 12.30pm
Bangor Health Centre
Health Visitors Department
Tel: (028) 9151 5372 / (028) 9151 5375

Newtownards

Ards Community Network
43 - 45 Frances Street
Newtownards
BT23 7DX
Every Tuesday
10.30am - 12.00pm
SureStart Health Visitor
Tel: (028) 9181 9722

Colin Area

Milky Way Breastfeeding Support
Colin Community Hub
Laurelglen Shops
Stewartstown Road
Every Monday
11.00am - 12.30pm
Colin SureStart
Tel: (028) 9060 1417
Health Visitors/Midwives
Tel: (028) 9060 2705

Downpatrick

Ballymote Centre for Children and Families
Downpatrick
Every Wednesday
10.30am - 11.30am
Downpatrick SureStart
Health Visitor
Tel: (028) 4461 3630 / (028) 4461 3511
Midwife
Tel: (028) 4461 6995

Kircubbin

Maxwell’s Court
35 Main Street
Kircubbin
BT22 2SR
Every Thursday
10.30am - 12.00pm
Surestart Ards Health Visitor
Tel: (028) 9181 9722

Hillsborough

Village Centre
29 Ballynahinch Road
Hillsborough
BT26 6AW
Every Thursday
10.30am - 12.00pm
Health Visitor
Tel: (028) 9268 0848
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Lisburn</td>
<td>Atlas Centre 7 Bachelors Walk Lisburn BT28 3JP</td>
<td>Every Tuesday 10.00am - 12.00pm Health Visitor Tel: (028) 9266 5181 ext: 4306 Midwifery Led Unit Lagan Valley Hospital Tel: (028) 9263 3534 Lisburn breastfeeding support group at FACEBOOK</td>
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<tr>
<td>Maghaberry</td>
<td>Maghaberry Community Centre Maghaberry Every Monday 11.00am - 12.00pm Health Visitor Tel: (028) 9261 0906 Midwife Tel: (028) 9263 3534</td>
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<tr>
<td>Castlewellan</td>
<td>Castlewellan Community Services 23 Newcastle Road Castlewellan BT31 9DP Every Wednesday 10.30am - 12.00pm Health Visitors Tel: (028) 4372 3346</td>
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Antenatal Breastfeeding Workshops

Book at local unit around 34 weeks gestation

Lagan Valley
Midwifery Led Unit
Tel: (028) 9263 3534

Ulster Hospital
Maternity Unit
Tel: (028) 9056 1339

Downe Hospital
Midwifery Led Unit
Tel: (028) 4461 6995

24 Hour Support

Maternity Unit
Lagan Valley Hospital
Tel: (028) 9263 3534

Maternity Unit
Ulster Hospital
Tel: (028) 9055 0469
or (028) 9055 0403

Maternity Unit
Downe Hospital
Tel: (028) 4461 6995

Other Breastfeeding Services

Breastfeeding Network
9.30am - 9.30pm
(365 days a year)
Tel: 03331 000 303

La Leche League
Breastfeeding Helpline
Tel: 0345 120 2918
(Calls cost 2p per minute)

NCT Helpline
8.00am - 10.00pm
(7 days a week)
Tel: 03003 300 771
(Calls cost 2p per minute)

South Eastern HSC Trust Breastfeeding Resource Page

www.setrust.hscni.net/healthyliving/2457.htm

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