

# LOCAL BREAST FEEDING GROUPS



LOCATION	DAY	TIME	CONTACT DETAILS
Alloa, Clackmannan Community H/C	Every Wednesday	1.30 – 3pm	Lynn Donaldson 01259 750350
Balfron, Church Hall	Tuesdays (term time)	10.30-12noon	Colette Simpson 01360 449573
Bo'ness Health Centre	Thursdays	12.30-1.30pm	Margaret Shanks 01506 827701
Denny Health Centre, Carronbank	Wednesdays	11– 12.00pm	Sarah Gardner 01324 827403 Aileen Lynch 01324 827404
Falkirk Camelon Health Centre	Tuesdays	11.30am-1pm	Monica Wood 01324 611711 Andrea Mitchell 01324 621662
Polmont Brightons Community Hall	Tuesdays	1-3pm	Sheila Atalla 01324 717920 Gillian Murray 01324 717922
Bridge of Allan Health Centre	Thursdays from 2 <sup>nd</sup> March '17	10.30-12.00	Gail Wintersgill 01786835710

## Useful contacts & websites:

[www.feedgood.scot](http://www.feedgood.scot)

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

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

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

[www.abm.me.uk](http://www.abm.me.uk)

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

[www.facebook.com/babyccinostirling](https://www.facebook.com/babyccinostirling)

**National Breastfeeding Helpline:** 0300 100 0212

**BfN Supporterline:** 0300 100 0210

**NCT Breastfeeding line:** 0300 330 0700

**Great Britain Helpline:** 0845 120 2918

La Leche League **Association of Breastfeeding Mothers Helpline:** 0300 330 5453

**Smartphone app now available**

**Stirling Babyccino**, a social hub run by mums for breastfeeding mums

Fridays 10.30am-12noon, Studio 37, Evans Business Centre, 3 Whitehouse Road, Springkerse, Stirling, FK7 7SP



**Please visit our Maternity Information Leaflet section [www.nhsforthvalley.com/maternity](http://www.nhsforthvalley.com/maternity) or scan QR code**