

## Breastfeeding Groups

- Pregnant or breastfeeding?
- Looking for somewhere to go and meet other breastfeeding mothers? Come along to any of our groups to relax and chat.
- If you need it, you can get support to help you to breastfeed your baby. Our Health Visiting staff will be on hand to help and answer your questions.

<b>Location</b>	<b>Day</b>	<b>Time</b>	<b>Telephone/Contact Numbers</b>
Camelon Health Centre Baird Street Camelon FK1 4PP	Tuesday	11.30 am - 1.00 pm	01324 611711
Balfroon Church Hall Balfroon G63 0SZ	Tuesday (term time only)	10.30 am - Midday	01360 449573 01360 850646
Brightons Community Hall Main Street Brightons FK2 0JT	Tuesday	1.00 pm - 3.00 pm	01324 717920
Clackmannanshire Community Healthcare Centre Sauchie FK10 3JQ	Wednesday	1.00 pm - 2.30 pm	01259 290508
Denny Health Centre Carronbank Crescent Denny FK6 6GD	Wednesday	11.00 am - Midday	01324 827400
Bo'ness Health Centre Dean Road Bo'ness EH51 0DQ	Thursday	11.00 am - Midday	01506 827701
The Group Room GP & Minor Injuries Centre Stirling Health & Care Village Livilands Gate, Stirling FK8 2AU	Tuesday	10.30 am - Midday	01786 835709

## Midwife and Health Visitor

It can take a bit of time and patience for you and your baby to learn how to breastfeed, in fact most women have to work at it. Don't worry, to help you to keep going, your midwife or health visitor can give you the support and advice you might need.

## Additional or Specialist Support

Sometimes, despite your best efforts, you may still need additional or specialist help and support. For further information about what is available ask your midwife or health visitor.

## Useful Telephone Numbers

National Breastfeeding Helpline	0300 100 0212	9.30 am - 9.30 pm
BfN Supporter line	0300 100 0210	9.30 am - 9.30 pm
NCT Breastfeeding Helpline	0300 33 00 700	8.00 am - Midnight
La Leche League Helpline	0845 120 2918	24 hours per day
Association of Breastfeeding Mothers Helpline	0300 330 5453	9.30 am - 10.30 pm

## Other Local Groups

Stirling Babyccino, 6 Munro Road, Springkerse, Stirling FK7 7UU <a href="http://www.facebook.com/babyccinostirling/">www.facebook.com/babyccinostirling/</a>	Fridays 10.30 am - 12.00 noon
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## Useful Websites

<a href="http://www.abm.me.uk">www.abm.me.uk</a>	<a href="http://www.feedgood.scot">www.feedgood.scot</a>
<a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a>	<a href="http://www.nct.org.uk">www.nct.org.uk</a>

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call **01324 590886** (24hrs),  
fax **01324 590867** or email [disability.department@nhs.net](mailto:disability.department@nhs.net)

*Produced by Infant Feeding Co-ordinators - Updated March 2019*



# Pregnant or breastfeeding?

Want to meet breastfeeding mums  
or  
looking for information about breastfeeding?



# Support is available for you!