

Breastfeeding

Peer support service

Health Visiting team hubs

**High Weald, Lewes & Havens**:

01323 464000

**Eastbourne, Hailsham & Seaford**:

01323 432300

**Hastings & St Leonards**: 01424 726446

**Rother:** 01424 726790

**Useful Numbers**

**National Breastfeeding Helpline**: 0300 100 0212

Open 9.30am to 9.30pm [www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

 **Association of Breastfeeding Mothers Helpline:** 0300 330 5453

Open 9.30am to 10.30pm [www.abm.me.uk](http://www.abm.me.uk)

**Breastfeeding Network - Drugs in Breastmilk Information Service: email:** druginformation@breastfeedingnetwork.org.uk.

**The National Childbirth Trust (NCT) Helpline:** 0300 330 0700

Open 8am to midnight [www.nct.org.uk](http://www.nct.org.uk)

**Local NCT Breastfeeding Counsellors: Hastings & Rother Breastfeeding Support**: <https://www.facebook.com/profile.php?id=100070093843964>

**La Leche League Helpline:** 0345 120 2918

Open 8am to 11pm [www.laleche.org.uk](http://www.laleche.org.uk)

We are mums who have breastfed our own children and have trained as volunteers to offer feeding support to families, both before and after they give birth.

If you would like to chat with a peer support volunteer or would like to meet others who are breastfeeding too, you can find us at many groups and clinics.

### A picture containing circle  Description automatically generated

Hastings and St Leonards

**Mondays**: 1pm to 2.30pm Breastfeeding Support Group, Hastings Town Family Hub, waterworks Rd 01424 724004

**Thursdays:** 1pm-2pm Baby Group 0-1yrs, East Hastings Family Hub, Chiltern Drive, 01424 724004 (term-time only)

**Thursdays:** 10am to 11.30am at Aquanatal and Aquababes sessions, Summerfield Leisure centre, Bohemia Rd, Hastings (term-time only)

Battle

**Thursdays:** 1pm-2.30pm , Battle Baby Group, age 0 - Non Walking, at Battle Library, 7 Market Road, Battle 0345 6080196 (term-time only)

Bexhill

**Fridays**: 10am to 11.30am at Baby Buddies at Sidley Family Hub, Turkey Road, Sidley (term-time only) 01424 725995

Rye

**Thursdays:** 10.30am-12.00pm, Breast feeding group, Tilling Green Community Centre, Mason Road, Rye. 01797 229600

Eastbourne/Hailsham/Seaford

**Mondays:** 10am-11.30am at Little Superstars (U5s), Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244 (peer support alternate weeks, term time only, phone for info)

**Thursdays:** 1.30pm to 2.30pm Breastfeeding Support Group, Shinewater Family Hub, Milfoil Drive, Eastbourne 01323 463244 \*NEW TIME\*

**Fridays**: 10am to 11.30am at Baby Bubbles, Hailsham Family Hub, Vega Close, Hailsham 01323 463244 (peer support alternate weeks, phone for information)

The Havens/Lewes

**Mondays:** 11.15am to 12.30pmatBaby Time Group, Peacehaven Family Hub, Meridian Way, Peacehaven (term-time only) 01273 336930

**Wednesdays:** 1pm to 2.15pm at Just Play U5s, Peacehaven Family Hub, Meridian Way, Peacehaven (term-time only) 01273 336930

**Fridays:** 10am to 11.30am at Lewes Baby & Me Group, Malling Community Centre, Spences Lane, Lewes (behind Lewes Family Hub) 01273 336930 (term time only)

**Fridays:** 1pm-2.30pm Breastfeeding Support Group, Newhaven Youth Centre, Denton Island, Newhaven 01273 517250

High Weald

**Tuesdays:** 1pm to 2pm at Uckfield Bumps to Babies Group Uckfield Family Hub, Manor Close, Uckfield 01273 336930 (peer support alternate weeks, term time only, phone for info)

**Wednesdays:** 10am to 11am at Crowborough Bumps to Babies Group Crowborough Community Centre, Pine Grove, Crowborough 01892 653823 (peer support alternate weeks, term time only, phone for info)

**Fridays:** 10am to 11.30am at Discovery Tots, Uckfield Family Hub, Manor Close, Uckfield 01273 336930 (peer support alternate weeks, term time only, phone for info)

Contact your local Family Hub for further information about local groups or visit their Facebook pages.

Other non-NHS Breastfeeding Support

**NCT Sing & Play Cafe: Baby Latte Fridays** **10am - 11.30am**

Market Square, Battle TN33 0XB Further details can be found here:

<https://www.facebook.com/NCTEastbourneHastingsandRother>

**Moat Breastfeeding support group: Wednesdays** **10.30am to 12pm,** Robertsbridge Youth Centre, TN32 5BU Further details can be found here: <https://www.facebook.com/people/Moat-Breastfeeding-Group/100065423682744/> <https://www.moatosteopaths.com/breastfeeding-support-group/> or contact Nikki on 07966 949755

**Breast mates: Wednesdays 10am to 11.30am,** Totsplay, Unit 2 Keymer Buildings, Victoria Rd, Bexhill, TN39 3PD. (term time only). **Fridays** 10.30am-12pm Spun Glass Theatre, 26 White Rock, Hastings, TN34 1JY (term time only) Further details can be found here: <https://www.facebook.com/breastmatessussex>

**Crowborough Breastfeeding café: Thursdays 9-12pm,** The Day Centre, Crowborough War Memorial Hospital, Southview Close, Crowborough. 01892 654080