

Breastfeeding Drop Ins in Brighton & Hove Saltdean and Peacehaven.

Details of groups in the area offering practical help & advice

Abbreviations

HP – Health professional

M2M – Mum to Mum support

PS – Peer Support Volunteer

LC – Lactation consultant

NCTbfc– National Childbirth Trust breastfeeding counsellor

LLLbfc – La Leche League breastfeeding counsellor

Monday – 10.00 – 12pm LLL Brighton Breastfeeding Drop In – First Monday of the month (LLLbfc) The Top Lounge, Church Centre, (Opposite All saints Church) Church Hill, Patcham, Brighton, BN1 8YU - ☎ *Lisa-Marie 07866129681*

Monday – 12.30 – 2pm North Portslade - Baby Group - Term time Only (HP, PS)
North Portslade Children's Centre, The Rise, Portslade, BN41 2PY - ☎ *01273 696011 Ext 5450*

Monday – 1 – 2.30pm Peacehaven Children's Centre Baby Group- Term time Only (PS) Peacehaven Children's Centre, Meridian , Peacehaven, BN10 8NF - ☎ *01273 335100*

Monday – 1.30 – 3pm NCT Bumps and Babies (Saltdean) (NCTbfc) Saltdean Lido, Saltdean Park Road, Saltdean BN2 8SP - ☎ *Julia NCTbfc 07919371725*

Tuesday - 10.30 – 12.30pm Hanover Breastfeeding Drop in (M2M, PS, NCTbfc)
Hanover Community Centre, 33 Southover Street, Brighton BN2 9UD ☎ *Julia 07919371725*

Wednesday –2 – 3.30pm Hove Breastfeeding Drop in (LC, HP, PS)
Conway Court Children's Centre, Clarendon Road, Hove, BN3 3WR - ☎ *01273 666485*

Thursday - 1.30 – 3pm Conway Court – Healthy Child Clinic (HP)
Conway Court Children's Centre, Clarendon Road, Hove, BN3 3WR - ☎ *01273 266000*

Thursday – 10 -11.30am NCT and Peer Support Breastfeeding Drop in –(NCTbfc, PS) alongside Roundabout Children's Centre Baby and You Group (HP) Roundabout Children's Centre, Whitehawk Road, BN2 5FL - ☎ *Julia NCTbfc 07919371725* ☎ *01273 666481*

For information about drop ins, last minute changes, general breastfeeding info see our facebook page:
www.facebook.com/sctbreastfeeding

National Breastfeeding Helpline ☎ 0300 100 0212

NCT Helpline ☎ 0300 330 0700

If you are having difficulties with breastfeeding remember to ask your midwife or Health Visitor for advice and support

La Leche League has monthly meetings on a Saturday in Hassocks: Dates and venues see website www.llwestsussex.org.uk or contact Efrat (efrat@llwsetsussex.org.uk or 01273-846548)