

Call in to any of these groups  
for a warm welcome!

**MORECAMBE LA4 4XF** Tel 01524 409569  
Landridge Way, Westgate,  
Westgate Children's Centre,  
Star Buddies Breastfeeding Support Group  
**Fridays** 9.30am-10.00am

Tel 01524 833644  
**MORECAMBE LA4 5HR**  
Poulton Children's Centre,  
"Bosom Buddies" Breastfeeding Support  
11.00am – 1.00pm  
**Wednesdays**

**LANCASTER LA1 4RP** Tel 01524 583863  
Women's Unit, RLI  
Parentcraft Room,  
Breastfeeding Support Group  
11.00am-1.00pm  
**Thursdays** (not school half terms)

Tel 01524 413524  
**HEYSHAM LA3 1HH**  
Balmoral Road,  
Balmoral Children's Centre,  
Star Buddies Breastfeeding Support Group  
1.00pm – 2.30pm  
**Mondays**

**CARNFORTH LA5 9JU** Tel 01524 732259  
Carnforth Health Centre, Market Street,  
Carnforth Breastfeeding Clinic  
10.30am – 12 noon  
**Thursdays**

Tel 01253 701972  
**HAMBLETON FY6 9BZ**  
Church Lane,  
Hambledon School House,  
"Mum's The Word" Breastfeeding Support Centre  
1.00 – 2.30pm  
**Mondays**

**LANCASTER LA1 5QB** Tel 01524 64132  
Millking Stile Lane  
Appletree Children's Centre,  
Breastfeeding Group  
**Wednesdays** 1.30-2.30pm

## Breastfeeding Group List

### TELEPHONE SUPPORT:

To talk to a trained Breastfeeding Supporter, who is a mother in her own home, phone the Department of Health helpline. Landline calls are answered locally.

☎ 0300 100 0212

9.30am - 9.30pm every day

Do try later if you don't get an answer straight away.

Remember that you can also contact your Midwife or Health Visitor for help with breastfeeding.

Calls will cost no more than 5p per minute from a BT landline. Calls from mobiles and other networks may vary.

### Breastfeeding Outside The Home

In Blackpool and North Lancashire we are pioneering a scheme to promote the rights of the infant to be breastfed whenever and wherever it is hungry. We ask local business premises to sign up to standards for

welcoming breastfeeding in their premises, and record them on a list updated often, and available on our website. They can be identified by a sticker, shown left.

See [www.NWNWBabyFriendly.org.uk](http://www.NWNWBabyFriendly.org.uk)



To discuss Baby Friendly implementation contact a member of the Baby Friendly Project Team:

☎ 01253 306450

Email: [comms@NWNWBabyFriendly.org.uk](mailto:comms@NWNWBabyFriendly.org.uk)

The most up-to-date version of this leaflet can be found at [www.NWNWBabyFriendly.org.uk](http://www.NWNWBabyFriendly.org.uk)



## Breastfeeding Support Groups in Lancaster and Morecambe



**October 2011**



**SureStart**

**NHS**  
North Lancashire