



# Local Breastfeeding Groups

Where mothers meet to support each other, relax and share their breastfeeding stories.

**Practical breastfeeding support is available from your midwife/health visitor. Please ask for help in the first hours, days and weeks if required.**

A small number of mothers may require specialist support. Your midwife, health visitor or support group facilitator will discuss the specialist services that are available.

If you are pregnant, breastfeeding or expressing milk for your baby you are welcome to attend any of the groups listed.

No appointment necessary.

## NEWTOWNABBEY AREA

Newtownabbey Support Group  
Theatre at the Mill (lower ground floor)  
Mossley Mill, Carnmoney Rd Nth BT36 5QA  
1st and 3rd Wednesday of every month  
10.00 am – 11.30 am  
Contact Admin on 028 9083 1502

Abbey Surestart Breastfeeding Support Group  
Monkstown Village Centre, Monkstown  
Every Monday  
10.00 am – 11.30 am  
Contact 028 9086 0938

## CARRICKFERGUS AREA

Carrickfergus Breastfeeding Group  
Horizon Surestart  
Sunnylands Primary School  
Sandes Court Entrance  
Carrickfergus  
1st and 3rd Wednesday of every month  
11.00 am – 12 noon  
Contact Health Visitor on 028 9335 9734

La Leche League  
Oakfield Community Centre, Carrickfergus  
2nd Friday of every month  
10.30 am – 12.30 pm  
Contact Sarah on 028 9336 3644 or  
Kerry on 079669 58887

## BALLYCLARE AREA

The Beeches, Avondale Drive, Ballyclare  
1st and 3rd Tuesday of every month  
10.00 am – 11.30 am  
Contact Health Visitor on 028 9334 3514

## BALLYMENA AREA

Ballymena North Business and Recreation Centre  
Cushendall Road, Ballymena  
2nd and 4th Wednesday of every month  
10.30 am – 12 noon  
Contact Health Visitor on 028 2563 5353 or  
028 2563 5235 or 028 2563 5326

Ballymena and Little Steps Surestart at Ballykeel  
Unit 25, Ballykeel Business Centre, Ballymena  
3rd Thursday of every month 10.30 am – 12 noon  
Contact Health Visitor on 028 2564 3555

Ballymena and Little Steps Surestart at St Joseph's EY Centre  
90 Doury Road, Ballymena  
1st Thursday of every month 10.30 am – 12 noon  
Contact Health Visitor on 028 2564 2883

## LARNE AREA

Larne Health Centre, Gloucester Avenue, Larne  
Every Friday 10.30 am – 12 noon  
Contact Health Visitor Helen Sherry on 028 2827 6044  
or 07590 002534

## ANTRIM AREA

Holiday Inn Express  
Junction One, Antrim  
2nd and 4th Wednesday of every month  
10.30 am – 12 noon  
Contact Health Visitor on 028 9441 3986

## DALRIADA AREA

Dalriada Rural Surestart's Breastfeeding Support Group  
in the Ballycastle Surestart Office  
55-57 Leyland Road Ballycastle  
1st and 3rd Tuesday of every month  
10.00 am – 12 noon  
Contact Health Visitor, Una on 028 2076 8668

Dalriada Rural Surestart's Breastfeeding Support Group  
in the Bushmills Surestart Office  
88 Main Street, Bushmills  
2nd and 4th Monday of every month 10.00 am – 12 noon  
Contact Health Visitor, Karen on 028 2073 0444

Ballymoney Breastfeeding Support Group, Dalriada Rural  
Surestart, 11 Kirk Road, Ballymoney  
1st and 3rd Thursday of every month 11.00 am – 12.30 pm  
Contact Health Visitor on 028 2075 1919 or 028 2957 2242

## COOKSTOWN AREA

Gold Surestart Support Group  
Cookstown Primary School, Molesworth Road  
Every Thursday 10.00 am – 12 noon  
Contact Gold Surestart on 028 8676 9994

## CAUSEWAY AREA

Portrush Medical Centre, Dunluce Avenue  
2nd and 4th Wednesday of every month  
10.30 am – 12 noon  
Contact Health Visitor on 028 7082 2423

Coleraine Sure Start Partnership  
Every Thursday 11.00 am – 12.30 pm  
Contact Infant Feeding Coordinator on  
028 7032 1032

Garvagh and Kilrea Breastfeeding Group  
Kilrea Health Centre, Garvagh Road  
2nd and 4th Monday of every month 10am-11.30am  
Contact Admin Office on 02870325461

## MAGHERAFELT/MAGHERA AREA

Barnardo's House  
36A Westland Road  
Magherafelt  
Every Tuesday 10.00 am – 11.30 am  
Contact Health Visitor on 028 7954 7994

La Leche League  
Maghera Cross Community Link  
(between Crawfords & Cinema)  
2nd and 4th Monday of every month  
10.30 am to 12.30 pm  
Contact Grainne on 07988 712895





*Pregnant mothers are particularly welcome to groups. No appointment is required. It's a great opportunity to pick up tips and hints from other breastfeeding mums before your baby arrives and find out where to go for support if required.*

Breastfeeding mums are very welcome at 'Baby and Me' groups and Surestart Breastfeeding Groups. Ask your health visitor or Surestart about a local group where you can meet other families and find out more about your baby's growth and development.

Photographs reproduced courtesy of the Health Promotion Agency for Northern Ireland.

### Peer Support

Following the birth of your baby you may receive a telephone call from a mother who has been trained as a Northern Trust breastfeeding peer supporter. Many mums find peer support helpful. If you would like to talk to a peer supporter please tell your midwife or contact 028 7034 6128.

M.U.M.S. (Mid Ulster Mums' Support)

Gold Community Partnership  
Contact 028 8676 9994 / 07801 413576

Mums 4 Mums (Larne)  
Breastfeeding Peer Support Network  
Contact Health Visitor on 028 2827 6044

**For urgent medical advice please contact your own GP's Out of Hours service**

### Out of Hours Support

Breastfeeding mothers with babies fourteen days or less can contact their postnatal ward between 10pm and 8am.

For babies delivered in Antrim Area Hospital  
Tel: 028 9442 4495  
For babies delivered in Causeway Hospital  
Tel: 028 70346128

### Voluntary Agencies

La Leche League Northern Ireland  
028 9581 8118

La Leche League National Breastfeeding Helpline:  
0845 120 2918

Lines open 7 days per week, up to 9.00pm  
(24 hours if necessary, voicemail after 10.00pm)

National Breastfeeding Helpline: 0300 100 0212  
Lines open 7 days per week, including Public  
Holidays, 9.00am - 10.00pm

National Childbirth Trust: 0300 3300 771  
Lines open 7 days per week, including Public  
Holidays, 8.00am - 10.00pm

Breastfeeding Network: 0300 100 0210  
Lines open 7 days per week, including Public  
Holidays, 9.30am - 9.30pm

Association of Breastfeeding Mothers:  
0844 412 2949

Lines open 7 days per week, including Public  
Holidays, 9.30am - 10.30pm

Most groups have disability access/facilities.  
Please contact the facility for more detail if required.

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## Recognising Feeding Cues



When your baby is asking to be fed it will try to get your attention:

- Rooting
- Mouth opening
- Lip licking
- Stretching of legs
- Flexion of arms
- Clenching of fists
- Hands to mouth

So don't wait until they are crying  
**Crying is a late HUNGER CUE**

Babies love cuddles - you won't spoil them

### Useful Websites

[www.northerntrust.hscni.net](http://www.northerntrust.hscni.net)

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

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

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

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

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

[www.lalecheleague.org](http://www.lalecheleague.org)

[www.breastfeeding.see.nhs.uk](http://www.breastfeeding.see.nhs.uk)

[www.breastfeeding.co.uk](http://www.breastfeeding.co.uk)

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

[www.breastfedbabies.org\\*](http://www.breastfedbabies.org*)

[www.firststepsnutrition.org](http://www.firststepsnutrition.org)

\* Look here for details of local businesses and cafes who have signed up to the Breastfeeding Welcome Here scheme