

Warwickshire Breastfeeding Support During Lockdown

In addition to the feeding support available directly from your Midwife or Health Visitor here is the local support available for families in Warwickshire during this period of isolation which can be found here:

<https://www.swft.nhs.uk/our-services/adults-out-hospital-services/breastfeeding-community>

Early Breastfeeding Support Service for parents in Nuneaton, Bedworth and North Warwickshire. This service offers support to breastfeeding mums on discharge from the hospital up until their baby is 6-8 weeks. For further information on 01926 626529.

During COVID-19, the Early Breastfeeding Support Service is also running a daily online (Zoom) breastfeeding support group for parents across Warwickshire. Details found on:

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

**The support listed below should all be provided free of charge
(covers Warwickshire and Coventry)**

Lactation Consultant, Breastfeeding Counsellor, Breastfeeding Peer Supporter are all terms which may be confusing to parents you can find definitions here:

<https://www.lcgb.org/wp-content/uploads/2018/02/Whos-Who-2017-Oct-17-1.pdf>

IBCLC Lactation Consultants

Ali White IBCLC Lactation Consultant
070121 354 1559 aliwhite@blueyonder.co.uk

Helen Wright IBCLC Lactation Consultant
07976 732272 helenwright.ibclc@gmail.com

Rachel Priestley IBCLC Lactation Consultant
07976 956085 rachel-priestley@hotmail.co.uk

Suzanne Barber IBCLC
07547 897876 suzanne@babytobreast.com

Vikki Kidd IBCLC Lactation Consultant

07779 204695 VK.bfiss@gmail.com

Breastfeeding Counsellors

El Molloy NCT Breastfeeding Counsellor

07786490252 8am-10pm daily, you may need to leave a message.

Can arrange Zoom/WhatsApp and support can also be arranged via Facebook:

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

Jackie Shakespeare ABM Breastfeeding Counsellor

Support can be arranged via email:

breastfeedinghelpwarwickshire@gmail.com

Laura Wadley NCT Breastfeeding Counsellor

07849 780450 8am-10pm daily, you may need to leave a message.

Laurawadley@hotmail.co.uk

Can arrange Zoom/WhatsApp support also.

Lisa Colmillo NCT Breastfeeding Counsellor

07906 959632 8am-10pm daily you may need to leave a message.

lisa.colmillo@gmail.com

Can arrange Zoom/WhatsApp support also.

Paula Kiley NCT Breastfeeding Counsellor

07788 695002 8am-10pm daily, you may need to leave a message.

Vikki Kidd NCT Breastfeeding Counsellor

07376 385425 vikkikidd.nct@gmail.com

Peer Support/other Birth workers

Charlotte Holloway Antenatal Birth Educator, Postnatal and Antenatal Yoga Teacher and Birth Doula

Offering free feeding support by telephone.

7876 577639 info@mindbodyandbirth.com

Bump2Baby Reality

Offering free feeding support by telephone or Facetime with Lin Griffiths retired Midwife and Health Visitor

helen@bump2babyreality.co.uk please email any time and support will be arranged.

Rugby NCT Peer Supporters

07968847677 rugby@nct.org.uk please text or email any time with your name and support will be arranged or visit:

<https://www.facebook.com/NCTRugby/> or

<https://www.facebook.com/groups/NCTRugbyTiddlersandToddlers/>

Southam NCT Peer Supporters

07855 817860 Coordinator.southam@nct.org.uk please text or email any time with your name and support will be arranged.

Nuneaton NCT Peer Supporters

07885 915661 rsabinnct@gmail.com please text or email any time with your name and support will be arranged.

Local Facebook Groups

Coventry

NCT Coventry Branch

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

Nuneaton & Bedworth District

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

Rugby District

Booby Tuesday

<https://www.facebook.com/groups/495186803981160/>

Booby Thursday

<https://www.facebook.com/groups/breastfeedingsupportboobythursday/>

Booby Friday

<https://www.facebook.com/groups/2226315067385014/>

Rugby and Lutterworth Breastfeeding Support

<https://www.facebook.com/Rugby-and-Lutterworth-Breastfeeding-Support-1406753909551542/>

Rugby NCT

<https://www.facebook.com/groups/NCTRugbyTiddlersandToddlers/>

Stratford District

Breast Friends Alcester

<https://www.facebook.com/groups/456229081423530/>

NCT Southam and Villages Group monitored by NCT Peer Supporters

<https://www.facebook.com/groups/NCTSouthamSupport/>

NCT Stratford Branch

<https://www.facebook.com/groups/117042359008842/>

Warwick District

Bump2Baby Reality

<https://www.facebook.com/bump2babyreality/>

NCT Warwickshire Central Branch

<https://www.facebook.com/groups/nctwarks/>

Scheduled Feeding Support

Monday

Daily (zoom) online Early Breastfeeding Support Group

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

Morning - NCT Rugby

Peer Supporter offering breastfeeding support via Zoom.

Message NCT Rugby for details: <https://www.facebook.com/NCTRugby/> or

<https://www.facebook.com/groups/NCTRugbyTiddlersandToddlers/>

Tuesday

Daily (Zoom) online Early Breastfeeding Support Group

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

10am-11am and 6pm-7pm - NCT Nuneaton

Peer Supporter offering breastfeeding support via Zoom.

Message NCT Nuneaton for details: <https://www.facebook.com/NCTNuneaton/>

Wednesday

Daily (Zoom) online Early Breastfeeding Support Group

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

11am-12noon - Bump 2 Baby Reality

Virtual coffee morning with feeding support from Lin Griffiths retired Midwife and Health Visitor via Zoom

Join the closed Facebook group for Bump2Baby Reality:

<https://www.facebook.com/bump2babyreality/>

Thursday

Daily (Zoom) online Early Breastfeeding Support Group

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

10.30am-11.10am or longer if more time is needed - NCT Stratford Branch

Facilitated by an NCT Breastfeeding Counsellor via Zoom

Join the closed Facebook group for NCT Stratford Bumps and Babies:

<https://www.facebook.com/groups/117042359008842/>

1-2pm - NCT Warwickshire Central Branch

Facilitated by an NCT Breastfeeding Counsellor

Join the closed Facebook group NCT Warwickshire Parents:

<https://www.facebook.com/groups/nctwarks/>

or contact Lisa Colmillo on 07906 959632 for Zoom details

Friday

Daily (zoom) online Early Breastfeeding Support Group

<https://www.facebook.com/groups/551891282242769/?ref=bookmarks>

10am-11.30am - NCT Southam & Villages Branch

Facilitated by NCT Breastfeeding Peer Supporters

Join the closed Facebook group for NCT Southam & Villages Bumps and Babies

<https://www.facebook.com/groups/NCTSouthamSupport/>

National Helplines

In addition to the local services there are a number of national organisations which provide breastfeeding support over the phone or online:

National Breastfeeding Helpline (funded by Public Health England):

0300 100 0212 open 9.30am-9.30pm daily

Text chat with a volunteer also available, volunteers are trained by ABM or BfN

<https://www.nationalbreastfeedinghelpline.org.uk/>

ABM - Association of Breastfeeding Mothers
0300 330 5453 open 9.30am-10.30pm every daily
<https://abm.me.uk/>

BfN - Breastfeeding Network
BfN have a Facebook and website with information on medication and breastfeeding
<https://www.facebook.com/BfNDrugsinBreastmilkinformation/>
<https://www.breastfeedingnetwork.org.uk/>

LLL - La Leche League
0345 120 2918 for urgent queries
<https://www.laleche.org.uk/supporting-a-breastfeeding-mother/>

NCT - National Childbirth Trust
0300 330 0700 Helpline option 1 open 8am-midnight daily
<https://www.nct.org.uk/>