# *Local Breastfeeding Groups*

Come along for help, advice, support or just a chat!
Meet with other breastfeeding mothers, volunteers and health professionals.

For further information please contact

**Infant Feeding Co-ordinators Fiona or Helen f.munromuotune@nhs.net / helen.howard@nhs.net**

**Little Angels Tameside Karen.williams@littleangels.org.uk**

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| Bosom Buddies, Mossley Children's Centre, The Rowans | Mon 10-12md |
| Little Angels, Hyde Flowery Children's centre, Old Rd, Hyde | Mon 9.30-11.30am |
| Bumps & Breastfeeders, Ridge Hill Children's centre, Stalybridge | Tues 10-12am |
| NCT (National Childbirth Trust) ,IKEA Cafe, Ashton (toddler friendly) | Tuesday 10.30-12noon |
| Ducklings Drop-In, Dukinfield Children's centre, Yew Tree Lane | Tues 10-12md |
| Breast babies, Denton South Children's Centre, Tatton Rd, Haughton Green | Wed 10-11.30am |
| Breastfeeding Support, Glossop Children's Centre Lactation Consultant Clinic | Wed 9.30-11.30am |
| Breast Start, St. Peter's Children's centre, Trafalgar Square, AUL | Wed 12.30-2.15pm |
| Breast Start, Rosehill Children's Centre, A-U-L Lactation Consultant Clinic | Thurs 9.30-11.30am |

## Local and National Contact Numbers

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| Little Angels Breastfeeding Support, Tameside & Glossop (Mon-Fri 9-5pm) | 0161 343 4977 |
| www.littleangels.org.uk | |
| National breastfeeding helpline (9.30am-9.30pm) www.breastfeeding.nhs.uk | 0300 100 0212 |
| Association of Breastfeeding Mothers www.abm.me.uk | 08444 122 949 |
| La Leche League www.laleche.org.uk | 0845 120 2918 |
| The Breastfeeding Network www.breastfeedingnetwork.org.uk (English) | 0300 100 0210 |
| (Bengali / Sylheti) | 0300 456 2421 |
| (Tamil, Telugu & Hindi) | 07501 466 817 |
| National Childbirth Trust www.nctpregnancyandbabycare.com | 0300 330 0772 |

***Updated Dec 2011***