

# Portsmouth Supports Breastfeeding



## ***THINKING ABOUT BREASTFEEDING YOUR BABY?***

### **Breastfeeding Information for Pregnant Mothers and their Partners:**

- **Queen Alexandra Hospital:**

For details of dates and times and to book a place on the workshop call Hayley Nelson – Infant feeding specialist and lactation consultant 02392 286000 ext 4530 or 07798925529

- **Portsmouth Maternity Centre:**

11:30-12:30pm last Wednesday of every month.

To book on the workshop call Portsmouth Maternity Centre 02392 680135

### **Drop in breastfeeding groups welcoming pregnant mothers:**

**Monday:** YMCA Portsea Nursery, Union Street, Portsea PO1 3BY 10am – 11.30am  
TERM TIME ONLY

**Tuesday:** Northern Parade Family Hub, Doyle Avenue PO2 9NE 10am - 11:30am  
TERM TIME ONLY

**Wednesday:** Buckland Family Hub, Turner Road, PO1 4PN 1:30pm - 2:45pm -  
TERM TIME ONLY

**Friday:** Milton Park Family Hub, Perth Road, Southsea PO4 8EU 9.30am- 11am

**Saturday:** Portsmouth Maternity Centre, St Marys Hospital, PO3 6AD 10am – 12pm

Breastfeeding groups welcome to all pregnant and breastfeeding mums and their family. Breastfeeding Network volunteers are mums who have breastfed and are trained to help other mums to breastfeed.

If you are unable to access a group but need support with breastfeeding please contact your Midwife or Health Visiting Team.

Infant Feeding & Healthy Weight Team: 03001236629

Solent Pulse Text Service 07491163275 National breastfeeding helpline: 0300 100 0212

<https://www.porthosp.nhs.uk/departments/Maternity/antenatal-information.htm>

***To help you make an informed decision by offering education & ongoing support.***