

Local Breastfeeding Counsellors

Leaders trained and accredited with La Leche League GB

Emma 01604 705969 **Jane** 01536 513697 **Carolyn** 01604 790496

Local group meets twice a month, call any Leader for details.

Breastpump Hire / Loan

Local volunteer breastpump agents - collect from volunteers home, available evenings and weekends by arrangement. Hospital grade electric breastpumps.

Northampton	Ann Davison 07828169427 Carolyn Markham 01604 790496
Kettering	Jane Goodyear 01536 513697

National Breastpump Retailers

Order before 3.00pm Monday to Friday for next day delivery by courier

Medela Mail-Order Breastpump Hire Scheme phone 0870 950 5994.
www.medela.co.uk

Ardo Medical Ltd for Ameda pumps phone 01823 336362.
www.ardomums.co.uk

Breastfeeding Drop In

Breastfeeding Drop Ins are great places to meet other mums and find answers to questions about breastfeeding. Breastfeeding Drop in sessions are relaxed and informal. The sessions are run by staff with additional training in breastfeeding management and in some cases mothers who are trained breastfeeding support volunteers. We know how worthwhile and enjoyable breastfeeding can be but are also aware of the help and support that many new mothers need. No appointments are necessary. No charge for attending – Just turn up.

The Baby Cafe



There are three Baby Cafes in Northamptonshire, two in Northampton and one in Wellingborough. The Baby Cafe is similar to other Breastfeeding Drop Ins, with a relaxed, informal atmosphere. The Baby Cafe guarantees that there will be expert advice and help on hand every week. There is a higher level of skill and expertise at the Baby Cafes than at other Breastfeeding Drop Ins. You can read more about the Baby Cafe network on the website www.thebabycafe.org



Mum to Mum Breastfeeding Support

Mum to Mum Breastfeeding Support is an NHS service for pregnant and new mothers in Northamptonshire being provided by Baby Ways. Mum to Mum Breastfeeding Supporters are local mothers who have all breastfed their own babies. They have completed a course so that they can help you with any questions or concerns you have before or after you have your baby. Mum to Mum Breastfeeding Support service is available at Kettering and Northampton General Hospitals on the postnatal ward. It is also available in many Children's Centres across Northamptonshire. Once you are at home, a Mum to Mum Breastfeeding Supporter will contact you. She will continue to support you whilst you are breastfeeding for as short or as long a time as you would like.

Sure Start Children's Centres

Children's Centres are places where children 0-5 years old and their families can find services and information - educations, childcare, family support, health services and support for training and employment. Many Children's Centres offer breastfeeding support. You may also find baby massage classes, groups for new mothers, health visitor drop-in and much, much more. Call 01604 237935 to find out about your local Children's Centre.



National Breastfeeding Helpline numbers

To speak to a breastfeeding counsellor, all operate 7 days a week. Breastfeeding Counsellors have undergone extensive training and are accredited with the organisation they represent.

■ **La Leche League:** 0845 120 2918 open 24 hours

■ **National Childbirth Trust:** 0300 330 0771
open 8.00am–10.00pm

■ **The Breastfeeding Network** breastfeeding support in
Bengali and Sylhetti Tel. 07944 879 759 open 9.30am to 9.30pm

■ **Association of Breastfeeding Mothers Helpline:**
0844 4122 949 open 9.30am to 10.30pm

■ **National Breastfeeding Helpline** 0300100 0210
open 9.30am to 9.30pm

Northampton

Northampton Baby Cafe

The Friends Meeting House, Wellington Street, Northampton NN1 3AS

07780 672939

Drop in
Fri 10.30 to 12.30



Camrose SureStart Children's Centre

Streatfield Road, Northampton, NN5 7DF

01604 585219

Drop in
Mon, Wed & Fri
9.00 to 12.00

Call 01604 585219 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Thorplands Children's Centre

Farm Field Court, Thorplands, Northampton, NN3 8AQ

01604 741131

Drop in
Tue 12.30 to 1.30

Call 01604 741131 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Spring Lane Baby Cafe

Spring Lane Children's Centre, Spring Lane Primary School, Spring Lane, Northampton NN1 2JW

01604 620484
07795 110109

Drop in
Wed 9.30 to 11.30

Call 01604 620484 to speak to a breastfeeding supporter on the telephone or to arrange to meet.



Kingsthorpe SureStart Children's Centre

St Davids Road, Northampton, NN2 7QJ

01604 791537

Thurs 3.30 to 5.30

Gloucester Nursery School & Children's Centre

Cambourne Close, Northampton, NN4 8PH

01604 762251

Breastfeeding Peer Support available at Bump Baby and You at the Rec Centre.

Bump Baby and You drop in Monday 12.00 to 2.00 exc bank hols at the Rec Centre, Towster Road NN4 8LQ call for further details.

Call 01604 762251 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Headlands SureStart Children's Centre

Bushland Road, Northampton NN3 2NS

01604 411440

Breastfeeding Support available at the centre please call for details

Call 01604 411440 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Vernon Terrace SureStart Children's Centre

Vernon Terrace, Northampton NN1 5HE

01604 633894

Breastfeeding support available as part of Baby Group.

Wed 2.00 to 4.00
Ask for Jayne at any other time.

Blackthorn SureStart Children's Centre

The Community Centre, Longmead Court, Blackthorn, Northampton, NN3 8QD

01604 411166

Breastfeeding support available as part of Family Health drop-in

Mon 1.30 to 4.00
Ask for Kay at any other time.

Duston Library SureStart Children's Centre

Pendle Road, Duston, Northampton NN5 7DF

01604 752891

Breastfeeding support available as part of Baby Group.

Mon 2.00 to 3.30
Ask for Sarah at any other time.

Daventry & South Northants

Brackley Library Sure Start Children's Centre

Manor Road, Brackley, NN13 6AJ

01280 841674

Breastfeeding support available at Drop In Tue 10.45 to 11.30

New baby and you Thur (6-12mths) 10.00 to 11.30 (fortnightly)
Fri (0-6mths) 10.00 to 11.30 (weekly)

More than one (Twins Group)
Third Mon in month 1.30 to 2.30

Call 01280 841674 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Daventry SureStart Children's Centre

14 Benbow Close, Southbrook, Daventry, NN11 4JP

01327 313861

Drop in
Mon 1.00 to 3.00

Call 01327 313861 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Breastfeeding Support Group with the Health Visitor

The Schoolrooms, United Reformed Church, Foundry Place, Daventry (next door to Dorothy Perkins)

01327 313861

Drop in
Fri 12.00 to 2.00

Call 01327 313861 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Daventry & South Northants

Woodford Halse SureStart Children's Centre

Scrivens Hill, Woodford Halse, Daventry, NN11 3SU

01327 264809

Breastfeeding support

Monday 9.00 to 5.00
Tue, with the health visitor 9.00 to 4.00 Wed 9.00 to 5.00
Fri, with the health visitor 10.00 to 12.00

At any other time speak to Chris or Nicky

Call 01327 264809 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Weedon

The Village Hall, West Street, Weedon, Northants NN7 4PQ

01327 264809

Drop in
With Nicky from Woodford Halse SureStart Children's Centre.

Thur 9.30 to 12.00

Guilsborough Surgery

High Street, Guilsborough, Northampton NN6 8QE

01604 740210

07920 782379
Drop in
Wed 11.00 to 1.00

Call 01327 313861 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Brook Health Centre

Swinneyford Road, Towcester NN12 6HD

01327 323900

Drop in
Mon 11.00 to 12.30

Kettering

Kettering SureStart Children's Centre

Montagu Street, Kettering, NN16 8RY

01536 311030

Drop in
Tue 11.15 to 12.30

Ask for Shell at any other time.

Rothwell Infant School

Rothwell, NN14 6HZ

01536 710025

Drop in
Tue 1.30 to 2.30

Call 01536 710025 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Corby

Pen Green Centre for Children and Their Families

Pen Green Lane, Corby, NN17 1BJ

01536 400068

Drop in
Mon 11.00 to 1.00

Call 01536 400068 to speak to a breastfeeding supporter on the telephone or to arrange to meet

Kingswood Children's Centre

Kingswood Neighbourhood Centre, Alberta Close, Corby NN18 9HU

01536 746518

Drop in
Tue 10.00 to 12.00

Call Sally 07964 975700

Wood Newton Children's Centre

Wood Newton Primary School, Rowlett Road, Corby NN17 2NU

01536 265173

Drop in
Mon 11.00 to 1.00

Call Sally 07964 975700

Wellingborough

Wellingborough Baby Cafe

All Saints Church Hall, Midland Road, Wellingborough NN8 1HF

07780 672939

Drop in
Thur 9.30 to 11.30



East Northamptonshire

Higham Ferrers Library Children's Centre

Midland Road, Higham Ferrers, NN10 8DN

01933 419759

Milky Coffee 1st Tue of every month 2.00 to 3.30

Call 01933 419759 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Irthlingborough Infant and Nursery School

Scarborough Street, Irthlingborough, NN9 5TT

01933 653765

Breastfeeding Support available at the centre please call for details

Call 01933 653765 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Manor SureStart Children's Centre

Manor School & Sports College, Mountbatten Way, Raunds, NN9 6PA

01933 624714

Drop in
Wed 3.15 to 4.00
Stay and Play, preschool children welcome.

Call 01933 624714 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Rushden Children's Centre

Rushden Community College, Hayway, Rushden, NN10 6AG

01933 410112

Milky Way 2nd Friday of every month 1.30 to 3.00

Call 01933 410112 to speak to a breastfeeding supporter on the telephone or to arrange to meet.

Information Valid Until March 2011

Information Valid Until March 2011

Information Valid Until March 2011

We have tried to ensure the accuracy of information in this directory at the time of issue. Please let us know if details are incorrect or need updating or if there are additional services which could be included. Thank you. **BabyWays** 01604 492474 email info@babyways.org