



South Eastern Health
and Social Care Trust

January 2019

Breastfeeding

Local Support Groups

Come along for an informal chat,
mother to mother support
and the latest breastfeeding information.



SureStart

Midwife: _____

Health Visitor: _____

Bangor

Bangor Drop In
Breastfeeding Support Group
Kyle Room
Bayview Centre
Bangor
Every Thursday
11.00am - 12.30pm
Bangor Health Centre
Health Visitors Department
Tel: (028) 9151 5372 /
(028) 9151 5375

Newtownards

Ards Community Network
43 - 45 Frances Street
Newtownards
BT23 7DX
Every Tuesday
10.30am - 12.00pm
SureStart Health Visitor
Tel: (028) 9181 9722

Colin Area

Milky Way Breastfeeding
Support
Colin Community Hub
Laurelglen Shops
Stewartstown Road
Every Monday
11.00am - 12.30pm
Colin SureStart
Tel: (028) 9060 1417
Health Visitors/Midwives
Tel: (028) 9060 2705

Downpatrick

Ballymote Centre for
Children and Families
Downpatrick
Every Wednesday
10.30am - 11.30am
Downpatrick SureStart
Health Visitor
Tel: (028) 4461 3630 /
Tel: (028) 4461 3511
Midwife
Tel: (028) 4461 6995

Hillsborough

Village Centre
29 Ballynahinch Road
Hillsborough
BT26 6AW
Every Thursday
10.30am - 12.00pm
Health Visitor
Tel: (028) 9268 0848

Kircubbin

Maxwell's Court
35 Main Street
Kircubbin
BT22 2SR
Mondays
10.30am - 12.00pm
Surestart Ards Health Visitor
Tel: (028) 9181 9722

Lisburn

Atlas Centre
7 Bachelors Walk
Lisburn
BT28 3JP
Every Tuesday
10.00am - 12.00pm

Health Visitor
Tel: (028) 9266 5181
ext: 4306

Midwifery Led Unit
Lagan Valley Hospital
Tel: (028) 9263 3534

Lisburn breastfeeding
support group at
[FACEBOOK](#)

Maghaberry

Maghaberry Community
Centre
Maghaberry
Every Monday
11.00am - 12.00pm
Health Visitor
Tel: (028) 9261 0906
Midwife
Tel: (028) 9263 3534

Castlewellan

Castlewellan Community
Services
23 Newcastle Road
Castlewellan
BT31 9DP
Every Wednesday
10.30am - 12.00pm
Health Visitors
Tel: (028) 4372 3346

Saintfield

Saintfield Health Centre
Saintfield
Every Thursday
10.30am - 11.30am
Health Visitor
Tel: (028) 9751 0575
Midwife
Tel: (028) 4461 6995

Milk Bank

The milk bank supplies
milk throughout Ireland.
The milk is mainly used
for sick or premature
babies and it is now the
third largest milk bank in
the UK. New donors are
always needed.
Human Milk Bank
Ann McCrea
Tel: (028) 6862 8333

Antenatal Breastfeeding Workshops

Book at local unit around 34 weeks gestation

Lagan Valley
Midwifery Led Unit
Tel: (028) 9263 3534

Ulster Hospital
Maternity Unit
Tel: (028) 9056 1339

Downe Hospital
Midwifery Led Unit
Tel: (028) 4461 6995

24 Hour Support

**Maternity Unit
Lagan Valley Hospital**

Tel: (028) 9263 3534

**Maternity Unit
Ulster Hospital**

Tel: (028) 9055 0469
or (028) 9055 0403

**Maternity Unit
Downe Hospital**

Tel: (028) 4461 6995

Other Breastfeeding Services

Breastfeeding Network

9.30am - 9.30pm
(365 days a year)
Tel: 03331 000 303

**La Leche League
Breastfeeding Helpline**

Tel: 0345 120 2918
(Calls cost 2p per minute)

NCT Helpline

8.00am - 10.00pm
(7 days a week)
Tel: 03003 300 771
(Calls cost 2p per minute)

**South Eastern HSC
Trust Breastfeeding
Resource Page**

[www.setrust.hscni.net/
healthyliving/2457.htm](http://www.setrust.hscni.net/healthyliving/2457.htm)