

## BREASTFEEDING SUPPORT In Blackburn with Darwen

IN PERSON, ON VIDEO CALL OR ON THE PHONE

A chance to meet new friends and receive support from trained staff if required

**Starting Week Commencing 7 June 2021**  
To book a place, please contact the  
Children's Centre directly.

**Tuesday: 1:00pm-2:00pm**  
Livesey Children's and All Age Centre  
(01254) 507950

**Wednesday: 9:30am-10:30am**  
Audley Children's Centre  
(01254) 507750

**Friday: 10:00am – 11:00am**  
Darwen Children's Centre  
(01254) 778900

### FEED & CHAT

**Virtual Breastfeeding Group within  
Blackburn with Darwen**

**NEW TIMES: Every Monday & Thursday**

1pm – 2pm

Via Microsoft Teams

**Please use link below or contact your  
Health Visitor**

**Feed & Chat**



**WEST PENNINE SLINGS**

Visit West Pennine Sling FB page to speak  
to a baby wearing consultant. They can  
help you find the right sling or carrier for  
you and your family.

#### A little reminder!!

Amazing support at your fingertips - download these hyperlinks save them to your phone.....

<https://www.unicef.org.uk/babyfriendly/support-for-parents/> -

<https://elht.nhs.uk/services/maternity-and-newborn-services/infant-feeding>

**Families and Babies Night Time helpline 09.30 pm – 12 midnight 365 days**

**01254 77 2929**

**National Breastfeeding Helpline number:**

**0300 1000 212**

**365 days / year 9:30am - 9:30pm**

**You can also contact your Midwife or Health Visitor for breastfeeding support**

**We are all here to help you**