

## Contact details for NHS Lothian Infant Feeding Advisors:

East and Midlothian CHP .....0131 536 8180

Edinburgh CHP .....0131 537 4262

West Lothian CHP .....01506 771 843

St John's Hospital.....01506 524 010

Simpson Centre for  
Reproductive Health .....0131 242 2490

Please notify any Breastfeeding Group changes  
to [gillian.x.muir@nhslothian.scot.nhs.uk](mailto:gillian.x.muir@nhslothian.scot.nhs.uk)

Printed July 2012



# BREASTFEEDING SUPPORT IN LOTHIAN

YOUR MIDWIFE AND  
HEALTH VISITING TEAM

MOTHER TO MOTHER  
PEER SUPPORT

BREASTFEEDING  
GROUPS

BREASTFEEDING  
CLINICS

BREASTFEEDING  
WEBSITES

BREASTFEEDING  
HELPLINES



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## Notes

### Your Midwives and Health Visiting Team can help you to breastfeed your baby.

They provide:

- support with breastfeeding for as long as you need
- antenatal classes about breastfeeding
- 1 to 1 support in hospital and at home
- help to prevent or solve breastfeeding problems
- referral to other health professionals or peer supporters.

### Contact your Midwife or Health Visiting Team if your baby

- has difficulty attaching to the breast
- feeds fewer than 6 times in 24 hours
- falls asleep soon after starting to feed
- has fewer wet and dirty nappies than shown in the leaflet 'How to know your baby is getting enough milk'
- if breastfeeding is painful.



## Breastfeeding peer supporters are local mothers who have had special training to help other women with breastfeeding.

They:

- offer new breastfeeding mothers practical information, emotional support and encouragement
- provide support at local breastfeeding groups, in postnatal wards, in women's homes or by telephone
- usually work as NHS volunteers
- are supervised by an NHS infant feeding advisor or peer support coordinator.

**Ask your midwife or health visiting team about local peer support programs.**



- Appointments are not necessary, just come along
- Partners are welcome, or you may bring your mum or a friend
- If possible, please leave your pram at home as space can be limited
- Most mothers spend about 2 hours at the clinic. Staff will
  - > take a full history of the feeding
  - > watch your baby feeding
  - > explain the causes of the problem
  - > make suggestions for improvements
  - > discuss solutions and make a plan with you.

Many problems are solved in one or two visits. You are welcome to attend the clinic until feeding becomes easy and comfortable for you and your baby.

The Clinic staff and Community staff are in close contact with each other and will work with you to resolve feeding problems as quickly as possible.



## Lothian Breastfeeding Clinics

If you have seen your midwife, Health Visiting Team or GP, and your breastfeeding problem isn't getting better, you can ask to be referred to any of the following clinics, or you may just come along.

You can visit the NHS Lothian Breastfeeding Clinics webpage ([www.nhslothian.scot.nhs.uk/Services/A-Z/BreastfeedingSupport/BreastfeedingClinics/Pages/default.aspx](http://www.nhslothian.scot.nhs.uk/Services/A-Z/BreastfeedingSupport/BreastfeedingClinics/Pages/default.aspx)) to be sure that a clinic is open. There will be a notice at the top of the page if a clinic is closed, for example during holidays.

<b>Simpson BF Clinic</b> Simpson Centre, RIE EH16 4SA	Mondays 10am – 12 noon
<b>Leith BF Clinic</b> Leith Community Treatment Centre EH6 5JQ	Tuesdays 12:30 – 14:30 pm
<b>St John's BF Clinic</b> St John's Hospital EH54 6PP	Wednesdays 2pm – 4pm
<b>Tollcross BF Clinic</b> Ponton Street Health Centre EH3 9QQ	Fridays 9am – 11am

## Breastfeeding Groups

Breastfeeding groups are usually held in your local area. They are run regularly by health professionals with extra training and experience in breastfeeding support, or by voluntary breastfeeding organisations like La Leche League. These groups are a great way to:

- meet other local breastfeeding mums
- learn more about breastfeeding and parenting
- get help with concerns
- learn what to expect as your baby gets older
- find out about other activities for parents and children near to you.

There are over 30 breastfeeding groups held throughout Lothian on every day of the week. To find one near to you, ask your Midwife or Health Visiting team, or visit [www.feedgoodfactor.org.uk](http://www.feedgoodfactor.org.uk)





## Breastfeeding Groups

This is a list of all the Breastfeeding Groups in Lothian. Expectant mums, mothers and babies are welcome at all groups. You can download a location map for each group at [www.feedgoodfactor.org.uk](http://www.feedgoodfactor.org.uk). We update this list frequently, but it's a good idea to ring the contact number or check with your midwife or health visitor before going along the first time, just in case there has been a recent change.

### Central Edinburgh

<b>MacKenzie Medical Centre</b> 20 West Richmond Street EH8 9DX	Fridays 12pm – 1:30pm	Sandi Pringle HV 0131 667 0942
<b>La Leche League Edinburgh</b> Pregnancy and Parents Centre Breastfeeding Group 10 Lower Gilmore Place EH3 9NY	2nd Friday each month 10:30am – 12:30pm For mothers and babies of all ages 4th Friday each month 10:30am – 12:30pm For mothers and older breastfeeding babies and toddlers	Pregnancy and Parents Centre 0131 229 3667

## National Breastfeeding Helplines

National Breastfeeding Helplines are staffed by women who have breastfed their own baby. They have special training in helping with breastfeeding problems over the phone. They:

- offer expert information and suggestions for help with problem situations
- are available 7 days a week
- will refer you to local BF groups and counsellors where available
- provide telephone follow-up if you wish.

### Breastfeeding Helplines

<b>La Leche League</b>	24 hours	0845 120 2918
<b>The Breastfeeding Network</b>	9:30am – 9:30pm	0300 100 0210
<b>National Breastfeeding Helpline</b>	9:30am – 9:30pm	0300 100 0212
<b>National Childbirth Trust</b>	8:00am – 10:00pm	0300 330 0771

## Breastfeeding Websites

There are some excellent national Breastfeeding websites on the Internet. The main ones are listed below.

### The Feedgood Factor

[www.feedgoodfactor.org.uk](http://www.feedgoodfactor.org.uk)

### NHS Breastfeeding

[www.nhs.uk/Planners/Breastfeeding/Pages](http://www.nhs.uk/Planners/Breastfeeding/Pages)

### The Breastfeeding Network

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### La Leche League

[www.laleche.org.uk](http://www.laleche.org.uk)

### Unicef Baby Friendly Initiative

[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)



## West Edinburgh

### The Breastfeeding Café

Balerno  
Health Clinic  
Deanpark Primary  
School, Balerno  
EH14 7ET

Thursdays  
11am – 12:30pm

Karen Wight  
0131 537 7333

## South Edinburgh

### Breastfeeding Café

Elim Church  
Holy Corner  
18 Morningside Road  
EH10 4DB

Thursdays  
1pm – 2.30pm

0131 228 7502

### Breastfeeding Café

Fraser Room  
Oxgangs Library  
EH13 9LY

Wednesdays  
1:30pm – 2:30pm

Margie Lamont  
0131 441 4704

### Southwest Breastfeeding Group

Community Room  
Wester Hailes Library  
Westside Plaza  
EH14 2ST

Mondays  
2pm – 4pm

Chris Mcleod  
(Midwife)  
0131 537 7116

<b>Slateford Breastfeeding Group</b> Medical Centre, Education Room Gorgie Park Close EH14 1NQ	Wednesdays 2pm – 3:30pm	Lorraine Shekleton  Ruth Morrison (Midwives) 0131 455 9846
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### North Edinburgh

<b>Leith Community Treatment Centre</b> Junction Place EH6 5JA	Mondays 11am – 12pm except Bank Holidays	0131 554 3310/ 549 7351
<b>Craigmount High School</b> Community Wing EH12 8NH	Tuesdays 10:30am – 12pm	0131 459 7257
<b>Breastfeeding Group</b> In the Hideaway Café South Queensferry Community centre EH30 9NZ	Tuesdays 11:30am – 1pm	Health Visitor 0131 537 4445 0131 335 5320

<b>Stoneyburn Health Centre</b> EH47 8BY	Tuesdays 1:30pm	Health Visitor 01501 762 515
<b>Strathbrock Partnership Centre</b> Broxburn, EH52 5LH	Fridays 11am – 12pm	Midwife/Health Visitor 01506 771 871
<b>West Calder Medical Practice</b> 65 West End West Calder EH55 8EJ	Thursday 11am – 12 pm (1st and 3rd Thursday of each month)	Health Visitor 01506 874 301
<b>Whitburn Health Centre</b> Education Room Weavers Lane Whitburn EH47 OSD	Fortnightly on a Wednesday 9.30am – 11am	Health Visitor 01501 740 719





## West Lothian

<b>Armadale Health Centre</b> EH48 3QB	For One to One help contact Health Visitor	Contact Health Visitor 01501 730 339
<b>Bathgate Primary Care Centre</b> EH48 2SS	Mondays 11am – 1pm	Midwife/Health Visitor 01506 630 771
<b>Blackburn Health Centre</b> EH47 7LL	Tuesdays 10:30am – 11:30am	Midwife/Health Visitor 01506 654 965
<b>Boghall Clinic</b> EH48 1SJ	Wednesdays 12pm – 1 pm	Health Visitor 01506 630 771
<b>Craigshill Health Centre</b> EH54 5DY	Tuesdays 1.30pm – 2pm	Health Visitor 01506 432621 Ext 142 or 145
<b>Dedridge Health Centre</b> EH54 6QQ	Thursdays 11am – 12pm	Health Visitor 01506 414 586
<b>East Calder</b> Church Hall Main Street EH53 OEU	Wednesdays 11:30am – 12:30pm	Health Visitor 01506 880 582
<b>Linlithgow Health Centre</b> EH49 7ER	Mondays 10:30 am	Health Visitor 01506 670 044

## Spartans Breastfeeding Café

Spartans  
Community  
Football Academy  
Ainslie Park Stadium  
94 Pilton Drive  
EH5 2HF

Monday  
12pm – 2pm  
except bank  
holidays

Nicola  
Shufflebotham  
and Julie Sim  
0131 537 4251

## East Edinburgh

### Portobello Parenting Network

St Phillip's  
Church Hall,  
Brunstane Road  
North, Portobello  
EH15 2DJ

Mondays  
(except public hols)  
Café Bambino  
1pm – 2:30pm  
Peep 2.30pm – 3 pm

Alison Shiel HV  
0131 657 8924

## Midlothian

### Bonnyrigg Breastfeeding

Group Bonnyrigg  
Health Centre  
EH19 2DA

Thursdays  
10:30am – 11:30am

Elaine Wilson  
0131 537 9903

<b>Newbattle Breastfeeding Group</b> Mayfield Leisure Centre, Mayfield, Dalkeith EH22 4AA	Mondays 11am - 12.30pm (Meets fortnightly)	Ailene Banks HV 0131 561 9220  Jill Guild (Midwife) 0131 561 5533
<b>Breastfeeding Group</b> Ikea Café, Straiton EH20 9PW	Tuesdays 10.30am – 11.30am	Elaine Wilson HV 0131 537 9903

### East Lothian

<b>Dunbar Breastfeeding Group</b> Dunbar Medical Centre Queens Road EH42 1EE	Tuesdays 1:30pm – 2:30pm	Liz Addie (Midwife) 01368 863704  Gabrielle Stewart (NCT) 01368 864 526
<b>Musselburgh Breastfeeding Mothers Group</b> Musselburgh East Community Learning Centre EH21 8JJ	1st and 3rd Mondays 1pm – 2:30pm	Janette Hunter/ Lynne Ireland 0131 446 4216

<b>Haddington Breastfeeding Group</b> Newtonport Clinic Haddington EH41 3NA	1st and 3rd Wednesdays 12:30pm – 1:30pm	Sally McGonigal (Midwife) 0131 536 8304  Maureen Thomson HV 01620 826 559
<b>Tranent Breastfeeding Group</b> Early years Centre, Sanderson Wynd, Tranent EH33 1DA	1st and 3rd Tuesdays 11:30am – 1pm	Midwives 0131 536 8304  Health Visitors 01875 618 952
<b>Breastfeeding Support Group</b> The Library West Loan Prestonpans	Every Thursday 9.30am – 10.15am	01875 818 594