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
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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/Breastfeeding Support/BreastfeedingClinics/Pages/default.aspx](http://www.nhslothian.scot.nhs.uk/Services/A-Z/Breastfeeding Support/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.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Days and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simpson BF Clinic</td>
<td>Mondays 10am – 12 noon</td>
</tr>
<tr>
<td>Simpson Centre, RIE</td>
<td>EH16 4SA</td>
</tr>
<tr>
<td>Leith BF Clinic</td>
<td>Tuesdays 12:30 – 14:30 pm</td>
</tr>
<tr>
<td>Leith Community Treatment Centre</td>
<td>EH6 5JQ</td>
</tr>
<tr>
<td>St John’s BF Clinic</td>
<td>Wednesdays 2pm – 4pm</td>
</tr>
<tr>
<td>St John’s Hospital</td>
<td>EH54 6PP</td>
</tr>
<tr>
<td>Tollcross BF Clinic</td>
<td>Fridays 9am – 11am</td>
</tr>
<tr>
<td>Ponton Street Health Centre</td>
<td>EH3 9QQ</td>
</tr>
</tbody>
</table>

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. 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

MacKenzie Medical Centre
20 West Richmond Street
EH8 9DX

<table>
<thead>
<tr>
<th>Fridays</th>
<th>Sandi Pringle HV 0131 667 0942</th>
</tr>
</thead>
<tbody>
<tr>
<td>12pm – 1:30pm</td>
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</tbody>
</table>

La Leche League Edinburgh
Pregnancy and Parents Centre Breastfeeding Group
10 Lower Gilmore Place
EH3 9NY

<table>
<thead>
<tr>
<th>2nd Friday each month 10:30am – 12:30pm</th>
<th>Pregnancy and Parents Centre 0131 229 3667</th>
</tr>
</thead>
<tbody>
<tr>
<td>For mothers and babies of all ages</td>
<td></td>
</tr>
<tr>
<td>4th Friday each month 10:30am – 12:30pm</td>
<td>For mothers and older breastfeeding babies and toddlers</td>
</tr>
</tbody>
</table>

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

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

NHS Breastfeeding
www.nhs.uk/Planners/Breastfeeding/Pages

The Breastfeeding Network
www.breastfeedingnetwork.org.uk

La Leche League
www.laleche.org.uk

Unicef Baby Friendly Initiative
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
**Slateford Breastfeeding Group**  
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**

**Leith Community Treatment Centre**  
Junction Place  
EH6 5JA

| Mondays | 11am – 12pm except Bank Holidays | 0131 554 3310/ 549 7351 |

**Craigmont High School**  
Community Wing  
EH12 8NH

| Tuesdays | 10:30am – 12pm | 0131 459 7257 |

**Breastfeeding Group**  
In the Hideaway Café  
South Queensferry Community centre  
EH30 9NZ

| Tuesdays | 11:30am – 1pm | Health Visitor  
0131 537 4445  
0131 335 5320 |

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**Stoneyburn Health Centre**  
EH47 8BY

| Tuesdays 1:30pm | Health Visitor  
01501 762 515 |

**Strathbrock Partnership Centre**  
Broxburn, EH52 5LH

| Fridays | 11am – 12pm | Midwife/Health Visitor  
01506 771 871 |

**West Calder Medical Practice**  
65 West End  
West Calder  
EH55 8EJ

| Thursday | 11am – 12 pm (1st and 3rd Thursday of each month) | Health Visitor  
01506 874 301 |

**Whitburn Health Centre**  
Education Room  
Weavers Lane  
Whitburn  
EH47 OSD

| Fortnightly on a Wednesday | 9.30am – 11am | Health Visitor  
01501 740 719 |
### West Lothian

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Armadale Health Centre</strong></td>
<td>Saturdays 10am – 12pm</td>
<td>Health Visitor 01501 730 339</td>
</tr>
<tr>
<td><strong>Bathgate Primary Care Centre</strong></td>
<td>Mondays 11am – 1pm</td>
<td>Midwife/Health Visitor 01506 630 771</td>
</tr>
<tr>
<td><strong>Blackburn Health Centre</strong></td>
<td>Tuesdays 10:30am – 11:30am</td>
<td>Midwife/Health Visitor 01506 654 965</td>
</tr>
<tr>
<td><strong>Boghall Clinic</strong></td>
<td>Wednesdays 12pm – 1 pm</td>
<td>Health Visitor 01506 630 771</td>
</tr>
<tr>
<td><strong>Craigshill Health Centre</strong></td>
<td>Tuesdays 1:30pm – 2pm</td>
<td>Health Visitor 01506 432621 Ext 142 or 145</td>
</tr>
<tr>
<td><strong>Dedridge Health Centre</strong></td>
<td>Thursdays 11am – 12pm</td>
<td>Health Visitor 01506 414 586</td>
</tr>
<tr>
<td><strong>East Calder Church Hall</strong></td>
<td>Wednesdays 11:30am – 12:30pm</td>
<td>Health Visitor 01506 880 582</td>
</tr>
<tr>
<td><strong>Linlithgow Health Centre</strong></td>
<td>Mondays 10:30 am</td>
<td>Health Visitor 01506 670 044</td>
</tr>
</tbody>
</table>

### East Edinburgh

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spartans Breastfeeding Café</strong></td>
<td>Monday 12pm – 2pm</td>
<td>Nicola Shufflebotham and Julie Sim 0131 537 4251</td>
</tr>
<tr>
<td><strong>Portobello Parenting Network</strong></td>
<td>Mondays (except public hols) 1pm – 2:30pm Peep 2.30pm – 3 pm</td>
<td>Alison Shiel HV 0131 657 8924</td>
</tr>
</tbody>
</table>

### Midlothian

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td><strong>Bonnyrigg Breastfeeding</strong></td>
<td>Thursdays 10:30am – 11:30am</td>
<td>Elaine Wilson 0131 537 9903</td>
</tr>
</tbody>
</table>
| Newbattle Breastfeeding Group | Mondays 11am - 12.30pm (Meets fortnightly) | Ailene Banks HV 0131 561 9220  
Jill Guild (Midwife) 0131 561 5533 |
<table>
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</thead>
<tbody>
<tr>
<td>Breastfeeding Group</td>
<td>Tuesdays 10.30am – 11.30am</td>
<td>Elaine Wilson HV 0131 537 9903</td>
</tr>
<tr>
<td>tranent Breastfeeding Group</td>
<td>1st and 3rd Tuesdays 11:30am – 1pm</td>
<td>Midwives 0131 536 8304</td>
</tr>
<tr>
<td>Haddington Breastfeeding Group</td>
<td>1st and 3rd  Wednesdays 12:30pm – 1:30pm</td>
<td>Sally McGonigal (Midwife) 0131 536 8304</td>
</tr>
<tr>
<td>Musselburgh Breastfeeding Mothers Group</td>
<td>1st and 3rd Mondays 1pm – 2:30pm</td>
<td>Janette Hunter/ Lynne Ireland 0131 446 4216</td>
</tr>
</tbody>
</table>