








Fife Health & Social Care Partnership and voluntary organisations run breastfeeding groups in Fife. For details of your nearest group contact your Health Visitor or the group contact person. Other groups that may be near you can be found by visiting the parentclub.scot website.

| Group | Run by | Venue | Time | Contact |
|--|---|---|--|---|
| Bosom Buddies Read & a Feed Group |  | Activity Room Duloch Library Nightingale Place Dunfermline | Monday 2.00pm- 3.30pm | Fiona MacDonald 01383 565314 |
| Dalgety Bay |  | Dalgety Bay Clinic Regents Way | Thursday 11:30am – 12:30pm | Dalgety Bay Health Visitors 01383 821099 |
| Glenrothes |  | Rothes Halls Kingdom Centre Glenrothes | Wednesday 1:00-3:15pm | Lisa Cruickshank 01592 743431 |
| St Andrews Breastfeeding Group |  | St Andrews Nursery Kilrymont Road St Andrews | Tuesday 1:00-3.15pm (Term time only) | Lynne Napier Senior EY Officer 01334 659485 |
| * East Neuk |  | Skeith Health Centre | Monday 1.30pm- 2.30pm | Sian Baxter 01333 310329 |
| ◇ Fife Breastfeeding Mums  | The Breastfeeding Network & Association of Breastfeeding Mothers | Free Church Hall 191 St Clair St Kirkcaldy | Monday 10.00am- 11.30am | Lesley Backhouse 07710 455259 |
| ◇ LLL Fife & Tayside  | La Leche League | St Columba's Church Lovers Lane Cupar | 2nd Saturday of the month 10.30am- 12.00 | Anita MacKenzie Mills 07981 906466 |
| | | St Paul's Church The Muirs Kinross | 1st Thursday of the month 10.00am | Hannah Dalgety 07886 859461 |



Breastfeeding Support Information

You will get general breastfeeding support and information from your **Community Midwife, Health Visitor or Family Nurse**

You can phone the **Breastfeeding Support Workers** for telephone support or home visits (7 days)
01383 565331

You can phone the **NHS Fife Breastfeeding Helpline** (Maternity Services)

07810 637 767

You can speak to a breastfeeding counsellor at the National Breastfeeding Helpline (every day from 9:30am - 9:30pm)

0300 100 0212

If you require this information in other community languages or alternative formats please contact the Equality and Human Rights Lead by email fife-UHB.EqualityandHumanRights@nhs.net or by telephoning 01592 729130

Breastfeeding Support Workers

Breastfeeding Support Workers work alongside Midwives and Health Visitors to help support breastfeeding at home. They can give you additional help and encouragement. This can be by telephone or by visiting you at home.

They will try to telephone you to see how things are going. This should be shortly after you return home from hospital.

If you do not receive a call and would like this type of support, please ask your Midwife, Health Visitor or Family Nurse to refer you.

You can also refer yourself at any point in your breastfeeding journey by telephoning **01383 565331**.

The support workers are only in the office for short periods each day. Please leave a voice message if your call is not answered and a support worker will call you back.

You can email Fife-UHB.BreastfeedingSupportWorkers@nhs.net

Specialist Breastfeeding Support (Community)

The Infant Feeding Advisor (Community) manages the Breastfeeding Support Worker Service. She can offer specialist breastfeeding support at any stage by telephone, email or at home.

Contact details:

Gina Graham

Tel: 01383 565331 Mobile: 07748 704901

Email: g.graham@nhs.net

Local Breastfeeding Groups

Several breastfeeding groups run in Fife. They can provide breastfeeding support in an informal environment. They provide mum-to-mum support. They can help with breastfeeding difficulties, but you do not need to have a problem to come along. Some groups are facilitated by a health professional but some are run by voluntary organisations or by mums themselves (See page 4 for full list)

You can find details about Breastfeeding Groups in Fife and in other areas at the ParentClub website: www.parentclub.scot/

Specialist Breastfeeding Support (Hospital)

Specialist help with breastfeeding for mums with babies up to six weeks old is available from the **Infant Feeding Advisor** within the maternity unit at the Victoria Hospital.

Phone **07810 637767** to discuss your concerns or arrange an appointment. If the Infant Feeding Advisor is not available, your call may be redirected to the maternity ward.

Sometimes breastfeeding mums and babies need a longer assessment than your midwife can provide at home. In these circumstances you may be offered an appointment to see the Infant Feeding Advisor at the **Maternity Unit at the Victoria Hospital**.

Voluntary Organisations also provide breastfeeding support. You can phone them or visit their websites for further information.

| Organisation | Telephone No |
|---|---------------|
| Breastfeeding Network www.breastfeedingnetwork.org.uk/ | 0300 100 0210 |
| La Leche League (available 24hrs) www.lll-fife-tayside.co.uk | 0845 120 2918 |
| Association of Breastfeeding Mothers http://abm.me.uk/ | 0300 100 0212 |
| National Childbirth Trust www.nct.org.uk/ | 0300 330 0700 |

The information in this leaflet is available by visiting www.nhsfife.org and typing **breastfeeding** in the search box

If any information in this leaflet needs updating, contact Gina Graham Tel: 01383 565331 or email g.graham@nhs.net