


Are you looking for information about breastfeeding?

You can get breastfeeding support a number of ways, from your midwife, health visitor, from the Bolton Infant feeding workers or by attending breastfeeding support groups where a health professional is present

Bolton Community Infant Feeding Workers (IFW) - work Monday – Friday (excluding BHs)	
The Bolton Infant Feeding Workers (IFWs) can offer you a range of support options e.g. general support and information over the phone, home visits to help you assess how well your breastfeeding is going or continued support until you feel confident with getting your baby onto the breast.	You should be contacted by the IFW following discharge – otherwise speak to your midwife or health visitor, and they will arrange for an IFW to get in touch with you.
DL-Communityinfantfeedingteam@boltonft.nhs.uk	
Or phone direct on Tel: 01204 462339	
For information & advice visit our Facebook page	
 Feeding your baby around Bolton	

Breastfeeding Support groups

Tonge Children's Centre

Starkie Road, Tonge, BL2 2ED

Tel: 01204 336745

Specialist Clinic Tuesday 2 – 4:30pm

Oxford Grove Children's Centre

Shepherd Cross Street, BL1 3BH

Tel: 01204 337090

Specialist Clinic Friday 10am – 12pm

National Breastfeeding Helpline; 0300 100 0212 www.nationalbreastfeedinghelpline.org.uk		
Breastfeeding Network 0300 100 0210 www.breastfeedingnetwork.org.uk		
NCT Breastfeeding Line 0300 330 0771 www.nct.org.uk	La Leche League 0845 1202918 www.laleche.org.uk	Local Breastfeeding Counsellors: Elisabeth Ginniff 01942 815317

If you need Specialist Support for Breastfeeding concerns you can access this from the drop-in clinics below or from the Specialist Feeding team based in the maternity unit.

Specialist Lactation Clinics at

Tonge Children's Centre

Starkie Road, Tonge, BL2 2ED

Tel: 01204 336745

Specialist Clinic Tuesday 2 – 4:30pm

Oxford Grove Children's Centre

Shepherd Cross Street, BL1 3BH

Tel: 01204 337090

Specialist Clinic Friday 10am – 12pm

The Infant Feeding Specialist Service works Mon-Fri 10:00am -5:00pm (exc BHs). You can call directly on Tel: 01204 390 423

Or email infantfeeding@boltonft.nhs.uk

For urgent feeding concerns in *office hours* call Bolton Hospital switchboard on Tel: 01204-390390 and ask for the Infant Feeding team on bleep 5423

For urgent feeding concerns after 5pm, at weekends and BHs phone postnatal ward on Tel: 01204 390 631

For useful video clips and advice visit

www.bestbeginnings.org.uk

www.babyfriendly.org.uk

For breastfeeding friendly cafes/restaurants in Bolton see

- <http://www.boltoncvs.org.uk/breast-feeding-project>

Updated July 2018