



Mammas are mums like you - Here to help you and your baby

- Call/text to talk to a **Mamma Breastfeeding Supporter -07794667791**
- Come along to our friendly **Baby Cafés for one to one feeding support**, and to meet other mums – see reverse for locations and times
- **Call/text 07580159278** for more information
- Join our **Mammas Baby & Me WhatsApp group** to connect with others and ask all your baby-related questions
- Like us on Facebook -  Leicester Mammas

Visit our website – www.mammas.org.uk

**We welcome all mums and babies
however you are feeding your baby**

स्तनपान म६६ मातानो-थी-मातागुजराती Leicester मां परिवारो माटे स्तनपान
हेल्पलाइन 07794667901 - 9am - 9pm

مان كا دودھ پلانے ميں كوئی مدد يا نصیحتہ يا كوئی سوال يا صرف کسی سے بات کرنی ہو تو یمیں
: ضرور فون کیجئے 07794667901 9am-9pm



For breastfeeding help call

Mamma-line – 07794667791

Gujarati/Urdu – 07794667901

Tel 9am – 9pm any day,

or text / WhatsApp