

## Breastfeeding support West Surrey

Practical information and support for breastfeeding mothers across Surrey. Meet other mums and share experiences, everyone very welcome, including partners.

### Bosom Buddies @ The Spinney

Health Visitors and Midwives - refreshments and cake.

Monday 12.15 to 1.45pm

Southway, Guildford,

GU2 8YD

t: 01483 510570

### Woking Baby Café

Monday 10am to 12noon

(except bank holidays)

The Y Pod Centre,

Chobham Road, Woking,

GU21 6JD

t: 07919 145 320

### Midwives drop-in

Monday 12.30 to 2pm

Clarendon Children's Centre

TW15 2HZ (for babies up to 28 days old)

t: 01784 424 759

### Café La Leche

Monday 10am to 12 noon (babies)

Monday 1.15 to 2.30pm (toddlers)

Potter's Gate Children's

Centre, Beaver Road,

Farnham, GU9 7BB

t: 01252 891 250

### BIBS (Breast is Best Support)

Health Visitors and Midwives - refreshments

Tuesday 10am to 12 noon.

Sayes Court Children's Centre,

Addlestone KT15 1NB

t: 01932 851502

### Breastfeeding Support Group

NCT and peer support- refreshments

Tuesday 10 to 11.30am

Pine Ridge Children's Centre

GU15 4AW

t: 01276 401605

### Breastfeeding Support Group

Nct and peer support- refreshments

Wednesday 10 to 11.30am

The Orchard Children's Centre

GU15 2RG

t: 01276 691 018

### Royal Surrey County Hospital (Midwives)

Wednesday 10.30am to 12noon

Guildford

t: 01483 464 004

### Grovelands Breastfeeding drop-in

NCT - Refreshments

1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursday, 9.45 to 10.45

Grovelands Children's Centre, Sandy Lane,

Walton-on-Thames

KT12 2EQ

t: 01932 229 313

### Spelthorne Baby Café

Thursday 12.30 to 2pm

Clarendon Children's Centre, Ashford

TW15 2HZ

t: 01784 424 759

### Breastfeeding Café

Children centre staff – cake and drinks

2<sup>nd</sup> and 4<sup>th</sup> Thursdays 2 to 3.30pm

Hale Sure Start Centre

Farnham GU9 0LH

t: 01252 734 288

### Breastfeeding support telephone numbers

National Breastfeeding helpline: 0300 100 0212 (9.30am-9.30pm every day)

NCT: 0300 330 0771 (seven days a week, 8am-10pm)

La Leche League Great Britain: 0845 120 2918

Association of Breastfeeding Mothers helpline: (0300 330 5453, 09.30 – 10.30pm every day)

### \* Virgin Care

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Registered in England and Wales: Number 7557877