

## Breastfeeding support during lockdown

### Local Support

#### **John Radcliffe Infant Feeding Team**

A team member is available every day on the postnatal ward and in the Spires.

Infantfeeding.team@ouh.nhs.uk      01865 572950

#### **Abingdon Baby Café\* – by appointment**

Sue Richards      suerichards10@hotmail.com      07598 315375

Double electric breast pumps available to hire at £5 week.

#### **Abingdon NCT\* – by appointment**

Breastfeeding Counsellor - Sophie Jamieson      sophiejamieson@gmail.com

07775 933127

#### **Oxfordshire Breastfeeding Support\***

Free one to one support by appointment, a private Facebook Group and a Monday

Facebook chat group 11-12. Breast pump hire for urgent clinical need only.

[www.oxbreastfeedingsupport.org](http://www.oxbreastfeedingsupport.org)

#### **Wallingford Maternity Unit (UNICEF Baby Friendly)**

01491 826 037 (open 24 hrs)

#### **Wantage NCT\* - by appointment**

Breastfeeding Counsellor - Sue Hannon

[sue.m.hannon@gmail.com](mailto:sue.m.hannon@gmail.com)

#### **Oxford La Leche League\***

[www.lloxford.org.uk](http://www.lloxford.org.uk)

### National Helplines

NCT infant feeding line	0300 330 0700	0800-2400hrs daily
National Breastfeeding Helpline	0300 100 0212	0930-2130hrs daily
La Leche League	0345 120 2918	<a href="http://www.laleche.org.uk">www.laleche.org.uk</a>
Assoc. of Breastfeeding Mothers	0300 330 4543	<a href="http://www.abm.me.uk">www.abm.me.uk</a>

### Online Resources

NHS	<a href="http://www.nhs.uk">www.nhs.uk</a>
Hand expressing video	<a href="http://www.unicef.org.uk">www.unicef.org.uk</a>
Kelly Mom	<a href="http://www.kellymom.com">www.kellymom.com</a>
Best Beginnings	<a href="http://www.bestbeginnings.org.uk">www.bestbeginnings.org.uk</a>
Tongue Tie	<a href="http://www.tongue-tie.org.uk">www.tongue-tie.org.uk</a> or speak to the JR Infant Feeding Team

### Breast Pump Hire

Available to hire from Abingdon Baby Café and Oxfordshire Breastfeeding Support

Ask your midwife or health visitor if they have an electric pump you can borrow.

Online Ardo:      [www.ardobreastpumps.co.uk](http://www.ardobreastpumps.co.uk)

Online Medela:      [www.medela-rental.co.uk/](http://www.medela-rental.co.uk/)

\* All support if offered free of charge. Please consider making a donation to the charity that supports you during these difficult times.