



Southern Health
and Social Care Trust
Quality Care - for you, with you



Public Health
Agency



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Baby Friendly Gold
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UNITED KINGDOM

Breastfeeding Support Groups in the Southern Trust

Greater Banbridge Area

Wendy Ryan – Tel: 028 40622475
star.surestart@southerntrust.hscni.net
Wednesday 11.45-13.00

Blossom Surestart, Portadown

Kathleen Creaney – Tel: 028 38337455
Siobhan McConville, Health Visitor
Wednesday 12.30-13.30

Clogher Valley Surestart SHSCT

Spring Centre, Augher

Carol McMahon, Health Visitor – Tel: 028 85549898
e-mail – info@cloghervalleysurestart.org
Wednesday 10.00-11.00

Dungannon Area Surestart SHSCT

Breastfeeding Support Group
info@surestartdc.org
To book contact Tel: 028 87729695
Wednesday 10.30-12.00

Armagh

Arke Surestart, Heather Jackson, Health Visitor –
Tel: 028 37518569
Every Thursday 10.00-11.00

Mourne Surestart Breastfeeding Support Group

Tel: 028 41764718
E-Mail: info@mournesurestart.com
Every Tuesday 9.30-11.00

Newry Surestart Breastfeeding Support Group

Newry Leisure Centre, Training Room
Contact Sandra Hewitt Tel: 028 3083 3780
info@newrysarestart.org
Every Wednesday 10.30-12.00

Splash Surestart, Craigavon

To book please contact
Tel: 028 3831 3360
Every Tuesday 11.30-12.30

South Armagh Surestart

Baby café
Tel: 023 830830022 or
info@surestartsa.org
1st Tuesday every month
Camlough Programme Room
14.00-15.30
3rd Tuesday every month
Crossmaglen Community Centre
11.00-12.30

External Sources of Support

Birthwise Breastfeeding Support Groups

Thursday
Lurgan Library, 1 Carnegie Street, Lurgan
10.00-12.00
Friday
Tesco, The Boulevard, Banbridge
(Community Room) 10.00-12.00

Your Breastfeeding Peer Volunteer can also support you at your local Trust Group

For details of cross border breast feeding support groups: www.breastfeeding.ie

Sources of Support for Breastfeeding

Daytime 9am - 5pm

Community Midwife

Armagh	028 3756 4974
Banbridge	028 4062 3306
Craigavon/Lurgan/Portadown	028 3756 2188
Dungannon	028 3756 5537
Newry	028 3756 2095

Infant Feeding Lead Email: breastfeeding.information@southerntrust.hscni.net

Human Milk Bank 028 6362 8333 Email: tmb.swah@westerntrust.hscni.net

Health Visitor

Armagh	028 3752 1575
Banbridge	028 4062 0070
Lurgan	028 3756 0223
Portadown	028 3756 0489
	028 3833 4400
Brownlow	028 3756 2188
Dungannon	028 3756 5516
Newry	028 3756 2095

Helplines

Southern Trust Infant Feeding Helpline	6.00pm - 9.00pm Mon-Frid (Excluding Bank Holidays)	07342 065 152
National Childbirth Trust Helpline	8.00am - 10.00pm	0300 3300771
National Breastfeeding Helpline	8.00am - 10.00pm	0300 1000212
Breastfeeding Network Supporter Line	9.30am - 9.30pm	0300 1000210
La Leche League helpline	8.00am - 11.00pm	0845 1202918

Breastfeeding Peer Support Volunteer Service

This is a telephone service and face to face, volunteer contact is also available to you at the Trusts Breastfeeding Support Groups. For further information please contact your Community Midwife or Health Visitor.

Craigavon Area Hospital - Breastfeeding Peer Support Link Worker – 07823 532 306 Alicia
Daisy Hill Hospital - Breastfeeding Peer Support Link Worker – 07751 732 681 Rebecca

FACEBOOK

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Last revised: August 2024