

PLEASE TREAT

* the enclosed donation of £

* all donations I make from the date of this declaration until I notify you otherwise

(delete as appropriate)

as Gift Aid donations.

DETAILS OF DONOR

TITLE FORENAME(S)

SURNAME

ADDRESS

POST CODE

DATE / /

Notes

1. You can cancel this declaration at any time by notifying the charity.
2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year. For further information visit: www.hmrc.gov.uk/individuals/giving/gift-aid.htm
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration (see note 1).
4. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask the charity. Or ask your local tax office for leaflet IR113 Gift Aid.
6. Please notify the charity if you change your name or address.

Get involved – help us help new mothers by becoming a volunteer

BfN Volunteers

If you have breastfed and feel positively about breastfeeding you can train to become a Breastfeeding Helper (peer supporter) and help other mothers to breastfeed. You can work alongside health professionals in a variety of settings including, for example, Breastfeeding Centres, at baby clinics, on postnatal wards. Further training enables you to work independently, running centres, taking calls on Supporterline (BfN's telephone helpline) and offering email support.

Training includes units accredited by the Open College Network and includes enhanced CRB checks.

Interested?

For more information contact our administration line on 0844 412 0995 or email training@breastfeedingnetwork.org.uk

Supporterline

0300 100 0210

LINE OPEN 9.30AM - 9.30PM
EVERY DAY OF THE YEAR

“ Yeah ”



BfN

The Breastfeeding Network

 PO Box 11126 Paisley PA2 8YB

 0844 412 0995

admin@breastfeedingnetwork.org.uk

Calls to 0844 provided by BT will be charged at 5 pence per minute. A call set-up fee of 3 pence per call applies to calls from BT residential lines. Mobile and other providers' charges may vary.

Calls to 0300 cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

www.breastfeedingnetwork.org.uk

The Breastfeeding Network is a Company Limited by Guarantee

Registered in Scotland Company No. 330639

Registered office Alexander Sloan, Chartered Accountants

38 Cadogan Street, Glasgow G2 7HF

The Breastfeeding Network is a Registered Scottish Charity No. SC027007

The Breastfeeding Network

Information
and **Subscription**

- an independent source of support and information for breastfeeding women and others
- raising awareness of current research on infant feeding
- working towards creating a society which affirms the right of all women to breastfeed their babies

“ Yeah ”



We believe that parents have the right to choose how to feed their children. We work to make this possible by providing support and education about breastfeeding for parents, health professionals and anyone else who is interested.

Independent information

It can be hard to find information that is independent. That is why we are especially careful to avoid links with companies who may have reason to profit from the choices women make about feeding their babies. To help us maintain our independence we abide by the International Code of Marketing of Breastmilk Substitutes and subsequent relevant resolutions. ("The WHO Code")



Advisers to the Breastfeeding Network
 Sue Ashmore, Programme Director
 UNICEF UK Baby Friendly Initiative, London
 Anabel Hands, Dairy Microbiologist
 Former BfN Registered Breastfeeding Supporter and Trustee
 Sandra Lang, Co-director
 Breastfeeding: Practice and Policy Course, Centre for International
 Child Health, Institute of Child Health, London
 Patti Rundall OBE, Policy Director
 Baby Milk Action, Cambridge
 Deana Whalley, Assistant Director of Public Health
 North Lancashire Teaching PCT
 Dr A F Williams, Consultant Paediatrician
 St Georges Hospital, London

• **BfN Supporterline 0300 100 0210**

Supporterline is a national telephone helpline, which connects parents, no matter where they live in the UK, to a BfN Registered Volunteer. If the volunteer is unable to answer your call please try again later. It operates 9.30am to 9.30pm every day and is also used as a resource by health professionals.

• **BfN Drugs in Breastmilk Helpline 0844 412 4665**

Provides telephone support for mothers or healthcare professionals who may have a query about the safety of a drug/medication taken during breastfeeding. The BfN Drugs in Breastmilk Helpline is run by volunteers in addition to their paid work. An answering machine is available if there is no-one available to take your call at the time. Calls will be returned as soon as possible. If you have not heard back within 48 hours please call again as difficulties can be experienced in understanding phone numbers left. Information sheets on a variety of commonly asked questions are available on the website: www.breastfeedingnetwork.org.uk/drugs-in-breastmilk.html

Questions can also be sent by email to: druginformation@breastfeedingnetwork.org.uk

Drugline volunteers have an additional code of conduct and have specific insurance for this service.

Wendy Jones who supervises the operation of the Drugs in Breastmilk helpline, is a BfN Registered Breastfeeding Supporter and Trainer and is also a pharmacist.

• **BfN Supporterline in Bengali/Sylheti 0300 456 2421**

A national telephone helpline connecting callers to a BfN Registered Volunteer who speaks Bengali/Sylheti. It operates 9:30am to 9:30pm 7 days a week.

Calls provided by BT will be charged 5 pence per minute. A call set-up fee of 3 pence per call applies to calls from BT residential lines. Mobile and other providers' charges may vary.

To the Manager:

BANK NAME _____

BANK ADDRESS _____

BANK POSTCODE _____

BANK SORT CODE - -

ACCOUNT NUMBER

ACCOUNT NAME _____

Please pay to the Bank of Scotland, 58 Neilston Road Paisley PA2 6NE (80-09-29) for the credit of **The Breastfeeding Network (06001963)** the sum of:-

£ immediately and ANNUALLY thereafter until further notice

SIGNED _____

DATE _____

Banks - on making payment please quote Subscription Number

Please return completed form to:
The Breastfeeding Network
PO Box 9574
Lochgilphead
PA31 9AG

The Breastfeeding Network is a Company Limited by Guarantee
 Registered in Scotland Company No. 330639
 Registered office Alexander Sloan, Chartered Accountants
 138 Cadogan Street, Glasgow G2 7HF

The BfN newsletter is produced quarterly, and contains personal stories, news and reports about breastfeeding and related issues, and research reviews.

Current subscription rates are £16 per year for waged, or £1 per year for low income/unwaged. You will receive four newsletters during each year of subscription. Note: overseas applicants may be charged additional postage.

NAME _____

ADDRESS _____

POST CODE _____

PHONE _____ FAX _____

E MAIL _____

SIGNED _____ DATE _____

Delete as applicable

I wish to become a BfN Newsletter subscriber £16 / £1

Donations

We welcome donations from members of the public to support the work of BfN

I wish to make a donation to BfN £

Total enclosed £

Please make cheques payable to "**The Breastfeeding Network**"

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