

We are still here!

Derbyshire breastfeeding peer support during COVID-19

**Derbyshire**

It’s a strange and unsettling time for everyone right now, especially new parents.

We’ve had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there’s still lots of support we can offer you.

We will update this document as things develop but here’s what you can expect from us over the coming weeks

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| **Well-trained Breastfeeding Network peer supporter groups…**Whilst we cannot offer face to face support in our usual venues our peer supporter groups continue on line through their facebook pages. They can answer questions, provide information, and be a safe place to talk.* [Ashbourne Mum2Mum](https://www.facebook.com/AshbourneMum2Mum/) provides support to Ashbourne and surrounds
* B.E.A.R.S provide support across Amber Valley
* Breast Mates offer 1:1 support with breastfeeding. Based in the High Peak, Buxton, Matlock, Wirksworth & Bakewell.
* In Erewash we have Long Eaton Breastfeeding Social and Support; and Cradles who operate out of Ilkeston
* To the north of the County you can find Chesterfield Breastfeeding Support and Feeding Together Bolsover
* In the south we have the Melbourne Breastfeeding Group and Windmills in Boulton Moor and [Swadlincote Breastfeeding Brunches](https://www.facebook.com/breastfeedingbrunch/?__tn__=%2Cd%2CP-R&eid=ARA5gU-v9UQObeNtVhY_FxA_ctRc3t5xN_lRuMY0VQmZR-a1d2bkZo90VMiayQWeBdkl2Ajb7nqSOwvo)

(Please click on the name to go to the corresponding facebook page) |
|  **Support and information…**If you have any issues with feeding, such as pain, difficulty getting baby to take the breast, or worries about how much or how often baby is drinking, you can call the National Breastfeeding Helpline on 0300 100 0212 9.30am - 9.30pm every day of the year. The helpline is currently answering 100% of calls we are however experiencing larger than usual call volumes, if you cannot get through please leave a message and one of our trained supporters will get back to you as soon as possible.You can contact your local peer supporter group (see above) and volunteers will get back to you soon.You can call the Derbyshire Community Health Service single point of access (SPA) on 01246 515100 Monday to Friday 9am to 4:30pm for infant feeding support and information.You can also look here for general breastfeeding information here. |
| **Virtual support groups…**We know that our breastfeeding groups are about more than feeding issues - sometimes just a chat with someone who understands how you are feeling can help you make sense of all the highs and lows of caring for and feeding a new baby. In this challenging time, it is even more important than usual for us to stay connected, so we are running regular breastfeeding groups online, via Zoom Long Eaton Breastfeeding Social and Support Monday 10:00 to 10:45B.E.A.R.s Breastfeeding virtual support group Tuesday 11:00 to 11:30South Derbshire Breastfeeding Brunches alternate Tuesdays 13:30 to 14:30Online Cradles group Thursday 11:00 to 11:30 Asbourne Mum2Mum Friday 10:00 to 10:30 Feeding Together Bolsover Fridays 13:00 to 14:00To join a virtual group please visit the groups individual facebook pagesIt can really help to stay in touch with some friendly and supportive faces whatever’s happening in the outside world. |
| **Hand expressing …** People may have talked to you about hand expressing colostrum (and eventually milk).We encourage you to give this a try so that you know what to do as it may take longer than usual to get extra support if your baby has any difficulty feeding. Knowing how to hand express will mean you have options if your baby does need a little extra. (baby formula may be harder to get at short notice)There is a great video about hand expressing here which is also available in other languages here.You could talk to our peer supporters about hand expression and storage before or after your baby is born |
| **The Breastfeeding Network Drugs in Breastmilk Information service…**This service provides evidence based fact sheets on a wide variety of medications and how they impact on breastfeeding. If you have a specific question about the safety of medication or medical treatments while you are breastfeeding and you can't find the information you need on the factsheets you can ask in a private message to the Facebook page Drugs in Breastmilk.**https://www.breastfeedingnetwork.org.uk/drugs-factsheets/****https://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/** |
| **What about coronavirus ..?**If you have any concerns about how COVID-19 (coronavirus) might affect you, your baby and your breastfeeding, there is lots of useful information on the Breastfeeding Network webpageIf you still have questions, please do get in touch and we will do our best to find the right information for you.  |
| **If you need medical advice call NHS 111, visit 111 online****or contact your midwife, GP or health visitor (SPA)****NHS info on coronavirus-covid-19****gov.uk guidance on coronavirus-covid-19****Other links that might be useful****http://www.nationalbreastfeedinghelpline.org.uk/** |