

# Portsmouth Supports Breastfeeding



## Breastfeeding Support in Portsmouth

TUESDAY	<p><b>Northern Parade Family Hub, Doyle Ave PO2 9NE</b> 10 – 11.30 am (BfN group)</p> <p><b>Milton Park Family Hub, Perth Road, Southsea PO4 8EU</b> 1 – 2:30 pm (BfN group)</p>
WEDNESDAY	<p><b>Portsmouth Birthing Centre, St Marys Hospital, Milton Road PO3 6AD</b>  <b>Post natal</b> - 2 – 3.30 pm no booking required  <b>Antenatal</b> – 3.30 – 4.30 pm <b>the last</b> Wednesday of every month to book call Portsmouth Maternity Centre on: 023 92 680135</p> <p><b>Buckland Family Hub, Turner Road PO1 4PN</b> 1.30 – 2.45 pm (BfN group TERM TIME ONLY)</p> <p><b>Paulsgrove Family Hub, Cheltenham Road, Portsmouth PO6 3PL</b> 1-2.30 pm (BfN group)</p>
FRIDAY	<p><b>Somerstown Family Hub, Omega Street, Southsea PO5 4LP</b> 11.30 am – 1 pm (BfN group)</p>
2 <sup>nd</sup> & 4 <sup>th</sup> SATURDAY of the month	<p><b>Portsmouth Birthing Centre, St Marys Hospital, Milton Road PO3 6AD</b> 10.00 am – 12 noon (BfN drop-in)</p>

Breastfeeding groups offer a welcome to all pregnant and breastfeeding mums and their family. Breastfeeding Network volunteers are mums who have breastfed and are trained to help other mums to breastfeed. If you are unable to access a group close to you but need information or help with breastfeeding please contact your Midwife or Health Visiting Team.

Or call: Breastfeeding Support & Healthy Weight Team on: 07771 978885

Breastfeeding Network Supportline: 0300 100 0210

[www.porthosp.nhs.uk/Maternity-Dept/breast-feeding-infant-feeding.htm](http://www.porthosp.nhs.uk/Maternity-Dept/breast-feeding-infant-feeding.htm)