

Breastfeeding Support in Bristol

Please check individual groups below, for closures over the summer holidays (23/7/19 – 30/8/19)

Breastfeeding groups welcome pregnant women and breastfeeding mothers from all areas of the city. Partners and/or supportive friends are also welcome.

If you need urgent help with breastfeeding, your midwife or health visitor will be able to help you. They will also be able to refer you to specialist support if you need this. Your GP will be able to support you with your medical needs.

You can also ring the *National Breastfeeding Helpline* which is open 9.30am – 9.30pm every day: 0300 100 0212. The line is staffed by volunteer breastfeeding counsellors, and funded by the Dept. of Health.

Mother to mother social media support can be found on [Facebook](#) at [Bristol Breastfeeding Mummies](#).

For more information on breastfeeding in Bristol and other support available please go to www.bristol.gov.uk/breastfeeding

Barton Hill

Closed 19th August

BAPS (Breastfeeding and peer support)

Wellspring Healthy Living Centre

Beam Street

Barton Hill

Bristol

BS5 9QY

Contact: Charlotte

Tel: 0117 3041400

Monday 1.00–2.30 (except Bank Holidays)

Breastfeeding Counsellor and peer supporters present

Refreshments

Bedminster

Breastfeeding drop in + Baby Clinic
Compass Point Children's Centre
South Street
BS3 3AU

Tuesdays 12.15 – 2.00pm Breastfeeding Counsellor present
Health Visitors' Baby clinic 1-2.45pm

Bedminster Down

Closed on 30th August

Bristol Babes @ Zion
Zion Community Art Space
Bishopsworth Rd
BS13 7JW

Contact: Zion. Tel: 0117 9231212

Fridays 1:00-3.00.

Refreshments can be purchased
Trained and trainee breastfeeding supporters available weekly.
Sling advisor and cranial osteopath available monthly.

Bishopsworth

Not running through summer holidays

Breast Friends (monthly group)
Bishopsworth Children's Centre
2 Lakemead Grove
Bristol
BS13 8EA

Tel: 0117 978 1028

Breastfeeding Support, Sling advice, refreshments

Brentry & Henbury

Brentry and Henbury Children's Centre
Brentry Lane
Brentry
Bristol
BS10 6RG

Contact: Sue Pereira

Tel: 0117 9593800

Wednesday 11.30-1:00

Peer supporters & Children's Centre workers present
Refreshments

Clifton

Closed during August 2019

Breastfeeding Support Group
Hampton House Health Centre
Cotham Hill
Cotham
Bristol
BS6 6AU

Contact: Health visiting team

Tel: 0117 330 2609

Monday 11:00-12:30

Weekly except for bank holidays
Breastfeeding Counsellor and peer supporters present
Refreshments

Fishponds

Closed during summer holidays.

Feeding Support
Fishponds Baptist Church
Downend Road
BS16 5AS
Contact: Gaynor
0117 3532899

Thursday 1.30pm - 2.30pm

Term time only – Bristol Schools term dates.
Peer supporters present
Refreshments

Hengrove

Closed for the summer holidays

Bristol Babes @ Whitchurch & Hengrove
Healthy Living Zone, Hengrove Leisure Centre

Hengrove Promenade

Bristol

BS14 0DE

Contact Donna: 0117 3533503

Tuesdays 11.30am – 1.00pm

Peer Supporters & refreshments.

Parking tickets can be validated for 3 hours free parking

Knowle

Milk Tots

Knowle Clinic

Broadfield Rd

Knowle

Bristol

BS4 2UH

Thursday 11:00-12:30

Contact: Caroline Wade

Tel: 01179030214

Breastfeeding Counsellor, Peer Supporters and Children's Centre
worker present

Refreshments

La Leche League

Monthly meetings

Every 2nd Thursday in Southville

Every 4th Thursday in Avonmouth

<https://www.laleche.org.uk/supportgroup/la-leche-league-bristol/>

for up to date information.

Lawrence Weston

Longcross breastfeeding support group

Lawrence Weston Baptist Church

117-119 Long Cross

Bristol

BS11 OLS

(Car park on Kings Weston Lane)

Thursdays 1:30-2:30

Contact: Long Cross Children's Centre

Tel: 0117 9030740
Peer supporters present
Refreshments

Lockleaze

The Honeysuckle Café
Boing! @The Hub
Fedden Buildings
Gainsborough Square
Lockleaze
Bristol
BS7 9FB
Contact: Boing!
Tel: 01179141129

Thursdays 10.00-11.30

Peer supporters & Breastfeeding Counsellors present
Refreshments & cake available-small donation requested

Southmead

Babes in the Wood
Badocks Wood Children's Centre
Doncaster Rd
Southmead
Bristol
BS10 5PW
Contact: Childrens Centre
Tel: 0117 3772343

Tuesdays 1.30pm-3pm

Peer Supporters & childrens centre worker present
Refreshments

Southville

Closed on 22nd & 29th July 2019

Cherubs Breastfeeding Group
The Milk Shed
26 North Street
Southville
Bristol
BS3 1HW

Contact: <https://milkshedbristol.com/>

Mondays 1:00-3:00pm

Trained and trainee breastfeeding supporters available weekly.

Sling advice and cranial osteopath once a month.

Refreshments can be purchased

Stockwood

Closed during summer holidays.

Breastfeeding Social Group

Southern Links Children's Centre

Whittock Rd

Stockwood

Bristol

BS14 8DQ

Contact: Donna

Tel: 0117 3533503

Thursday 9.45-10.45am

Peer supporters and Children's Centre worker present

Refreshments

List updated 11/7/2019

Contact Sandra Tanner with queries or amendments.

Email: sandra.tanner@bristol.gov.uk