Breastfeeding Support in Bristol

Breastfeeding groups welcome pregnant women and breastfeeding mothers from all areas of the city. It is advisable to phone first to check that the group is running, especially in school holidays.

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.

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**
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 Term time only**
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
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.

Bishopworth
Breast Friends (monthly group)
Bishopsworth Children’s Centre
2 Lakemead Grove
Bristol
BS13 8EA
**Monday: 10:00–11:30 a.m. (May 13th; June 10th; July 8th)**
Contact Rachael at Bishopsworth Childrens Centre for further dates:
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
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**
Feeding Support
Fishponds Baptist Church
Downend Road
BS16 5AS
Contact: Gaynor
0117 3532899
**Thursday 1.30pm - 2.30pm**
Term time only
Peer supporters present
Refreshments

**Hengrove**
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

**Knowle West**
Baby Hub
Knowle West Children’s Centre
Leinster Avenue
BS4 1NN
**Tuesday 10:00-11:00**
Contact: Gemma at the Children’s Centre
Tel: 0117 9030214
Term Time only
Peer supporter present

**La Leche League**
Monthly meetings in Southville and Avonmouth.
Breastfeeding Counsellor present
**Thursdays – 2nd and 4th of the month.**
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

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**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

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**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**
Cherubs Breastfeeding Group
The Milk Shed
26 North Street
Southville
Bristol
BS3 1HW
Contact: Amy 07771 855121
**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**
Breastfeeding Social Group
Southern Links Children’s Centre
Whitlock 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 27/4/2019
Contact Sandra Tanner with queries or amendments.
Email: sandra.tanner@bristol.gov.uk