Breastfeeding Support Groups in Bristol

Breastfeeding groups welcome pregnant women and breastfeeding mothers from all areas of the city. Partners and/or supportive friends are also welcome, along with breastfed infants/children of any age.

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

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**

Bristol Babes @ Zion  
Zion Community Art Space  
Bishopsworth Rd  
BS13 7JW  
Contact: Zion. Tel: 0117 9231212  
**Fridays 1:00-2.30pm.**  
Refreshments can be purchased  
Trained and trainee breastfeeding supporters available weekly.  
Sling advisor and cranial osteopath available monthly.

**Brenty & Henbury**

Brenty and Henbury Children’s Centre  
Brenty Lane  
Brenty  
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
Fishponds Closed Thursday 31st October 2019
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 Tuesday 29th October 2019
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  
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 1:00-2:30**  
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: Children’s Centre
Tel: 0117 3772343
**Tuesdays 1.30pm-3pm**
Peer Supporters & children’s centre worker present
Refreshments

**Southville**
Cherubs Breastfeeding Group
The Milk Shed
26 North Street
Southville
Bristol
BS3 1HW
Contact: [https://milkshedbristol.com/](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 Thursday 31st October 2019**
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 28/9/2019
Contact Sandra Tanner with queries or amendments.
Email: sandra.tanner@bristol.gov.uk