



Contact Information



Helpful Websites

www.breastfeedingnetwork.org.uk

www.laleche.org.uk

www.unicef.org.uk/babyfriendly

www.feedgood.scot

Local Peer Support

We have a group of trained Breastfeeding Peer Supporters who can give you support over the phone or at a mutually agreed venue.

All breastfeeding women will be referred to the Peer Support programme and will be contacted by a volunteer. (If you do not want a volunteer to contact you please let the staff on Ward 17 know at discharge).

For more information contact:

Kirstin Worsley (Peer Co-ordinator)
01835 825970/07824474024

Barbara Jessop (Joint Health Improvement Team)
01835 825970/07775227172

Jill Gibson (BFI Lead)
07816459560

Or ask your Midwife or Health Visitor



October 2016



Breastfeeding Groups



Breastfeeding Groups in the Scottish Borders

New mums can find it helpful to attend a group whilst they and their baby get used to breastfeeding. The groups enable Mums to:

- Meet other Mums and their babies
- Share experiences
- Boost Confidence
- Relax and enjoy a social time together
- You are welcome at any stage of your breastfeeding journey



Storage of expressed breast milk

Store in a sterile container (e.g. ice cube tray)

Fresh breast milk

Room	6 hours
Fridge: (not in the door) 0 to 4°C	up to 5 days
In freezer compartment of fridge	up to 2 weeks
Freezer: -18°C or lower	up to 6 months

Previously frozen breast milk

Thaw in fridge and use immediately—defrosted milk does not keep.

Information on storage & hand expression can be found on page 51-53 in 'Off to A Good Start'

<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression/>

Or ask your Midwife, Health Visitor or Peer Supporter.



BREASTFEEDING CLINIC



1:1 specialist support with feeding issues
Langlee Early Years Centre (Langlee Primary School)
Langlee Drive, Galashiels TD1 2EB

For more information contact:

Jill Gibson 07816459560

Barbara Jessop

01835 825970/07775227172

DROP-IN

Thursdays 10.00am-12.00noon

Town	Venue	Time	Contact
Selkirk Breast-feeding Café	Early Years Centre Philippaugh Primary School	Monday 9.30 – 11.30am	Rachael Whigham 07887451561
Kelso	Health Education Room, Kelso Health Centre	Monday 10.00-11.30am	Health Visitor 01573 223001
Lauder Latchers Group	Lauder Community Café (Leisure Centre)	From Tuesday 19th April 10-11.30am	Lisa Burne 07973981394 Zoe Brown 07748624780
Peebles Starting 19th October	Gytes Leisure Centre, Peebles	Wednesday 11am—12 noon	Health Visitor 01721 722080
Hawick	Seminar Room, Hawick Community Hospital	Tuesday 10—12 noon	Carol Bain 01450 376845/ 01450 361000
Jedburgh Starting 17th October	Jedburgh Health Centre	Monday 9am—10.30am	Health Visitor 01835 863361
Galashiels	1st Wednesday at MoJos Other weeks At Galashiels Health Centre	Wednesday 11.00am-12.30pm	Eileen Von Kynhoff 01896 661367
Berwick (out with NHS Borders)	Children's Centre, Ladywell Place, Tweedmouth	Thursday 2pm—3.30pm	Carolynn Reavely 01668 283372/ 07876501439

If you are travelling a distance, please call to check opening times before you set out as group times may occasionally change.