Where Can I Access Breastfeeding Support?

West Cumbria

Telephone support from trained volunteers Trustworthy online information

National Support Services

National Breastfeeding Helpline: 0300 100 0212
24 hours, 7 days a week.
Live online support via chat.

The Breastfeeding Network
Drugs in breastmilk factsheets and Breastfeeding information
www.breastfeedingnetwork.org.uk
Find them on Facebook:
'The Breastfeeding Network'

Unicef
('Hand Expressing', 'Maximising Breastmilk', 'Caring For Your Baby at Night', skin to skin and more):
https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/

Start4life Breastfeeding Friend
For information, support and chat.
https://en-gb.facebook.com/Start4LifeBreastfeedingFriend/

Local Maternity Systems.
Information and videos.
https://www.northernlms.org/news/after-you-have-given-birth-mum/infant-feeding/

Community support

Peer & Group Support
Basic breastfeeding support from volunteers/chat with other mums
Drop-in Baby Buddy/Feeding support (term time) at;
We suggest checking family hubs social media for up-to-date group info

WHITEHAVEN family Hub on Harbour, CA28 7LZ. **10-11:00, Tue**

MARYPORT family hub in the port, CA15 8HN. **13:30-14:30 Mon**

WORKINGTON Westfield Family Hub, CA14 15AP. **1-2 Wed**

WIGTON Family Hub 10/12 Wampool Place, CA7 9SA. **13:30-14:30 Tues**

MILLOM Family Hub, Lapstone Road, LA18 4LP. **1-2 Thursday**

Midwifery/Lactation Consultant Group
Workington – Community Hospital, Education Room, CA14 2RW.
Thursdays 2pm-4pm. Drop in.
Tel: 01900 705033. Early Breastfeeding. Available up to **1 month** after birth.

Child health advice Skilled infant feeding support

Midwife or Health Visitor

MIDWIVES

Copeland Community Midwives
Whitehaven **01946 523229**

Allerdale Community Midwives
Cockermouth: **01900 705 760**
Workington: **01900 705 033**
Maryport: **01900 811 840**
Keswick: **01768 245 558**

NCIC Maternity website

HEALTH VISITORS

Copeland and Allerdale Health Visitors
03003 049 029

Children's Health Services 0 -19 | Growing Healthy | HDFT

Specialist infant feeding support

Infant Feeding Coordinator Lactation Consultant (IBCLC)

For specialist infant feeding support and complex feeding problems

Maternity (Up to 1 month postnatal)

Infant Feeding Lead/Lactation Consultant (IBCLC)
Andrea Nicholson
07920 531 015
infantfeedingleadwest@ncic.nhs.uk

Maternity Infant Feeding Team
07484 558 488

Health Visiting Infant Feeding Coordinators/Lactation Consultant (IBCLC)

Cumberland council region
03003 049 029
hdft.spoc0-19cumberland@nhs.net

June 2026

Where Can I Access Breastfeeding Support?

North Cumbria

Telephone support from trained volunteers Trustworthy online information

National Support Services

National Breastfeeding Helpline: 0300 100 0212
24hours, 7 days a week.
Live online support via chat.

The Breastfeeding Network
Drugs in breastmilk factsheets and Breastfeeding information
www.breastfeedingnetwork.org.uk
Find them on Facebook:
'The Breastfeeding Network'

Unicef
('Hand Expressing', 'Maximising Breastmilk', 'Caring For Your Baby at Night', skin to skin' and more):
https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/

Start4life Breastfeeding Friend
For information, support and chat.
https://en-gb.facebook.com/Start4LifeBreastfeedingFriend/

Local Maternity Systems.
Information and videos.
https://www.northernlms.org/news/after-you-have-given-birth-mum/infant-feeding/

Community

Peer & Group Support
Basic breastfeeding support from volunteers/chat with other mums –
Check social media for up-to-date info

Drop-in Infant feeding support (term time).
CARLISLE Newtown Family Hub. 19-23 Shadygrove Road, CA2 7LE
Tuesdays 10:00-11:30.

PENRITH Family Hub. Old London Road. CA11 8ET
Tuesdays 1:00-2:30. 01768 899 901

Drop in Baby Buddies/Feeding support (term time)
WIGTON Family Hub 10/12 Wampool Place, CA7 9SA. **13:30-14:30 Tues**

LONGTOWN Family Hub on the Border. Mary Street, CA6 5UG
Thursdays 13:30-14:30pm

Midwifery/Lactation Consultant Group
Penrith – Birth Centre, CA11 8HX
Fridays 2pm-4pm Drop in
Early Breastfeeding
Available up to **1 month** after birth.

Child health advice Skilled infant feeding Support

Midwife or Health Visitor

MIDWIVES

Penrith/Appleby/Keswick Community Midwives
01768 245 558
Carlisle Community Midwives
01228 814 872
Brampton Community Midwives
01228 936 162
Wigton Community Midwives
01697 366 609

NCIC Maternity website

HEALTH VISITORS
Eden Health Visitors
03003 049 039
Carlisle Health Visitors
03003 049 029

Children's Health Services 0 -19 | Growing Healthy | HDFT

Specialist infant feeding support

Infant Feeding Coordinator Lactation Consultant (IBCLC).
For specialist infant feeding support and more complex feeding problems

Maternity (Up to 1 month postnatal)

Infant Feeding Leads/Lactation Consultant (IBCLC)
Andrea Nicholson 07920 531 015
infantfeedingleadeast@ncic.nhs.uk

Maternity Infant Feeding Team
07484 558 493

Health Visiting Infant Feeding Coordinators/Lactation Consultant (IBCLC)

Cumberland council region
03003 049 029
hdft.spoc0-19cumberland@nhs.net

Westmorland council region
03003 049 039
hdft.spoc0-19waf@nhs.net

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