

Our infant feeding helpline remains the primary contact point for all communications and is available <u>daily 9.30am-2.30pm</u> <u>01254 772929</u> (voicemail available outside of these hours, picked up the next working day).

You can also email us on <u>admin@familiesandbabies.org.uk</u> for general enquiries or <u>Katie.mcwalters@nhs.net</u> for NHS referrals into peer support.

Whilst face to face support is still suspended due to COVID19 we are still very actively supporting families across Lancashire and South Cumbria (temporarily including areas that would normally fall outside the FAB Lancs and Lancashire County Council footprint). We have implemented a varied digital offer that includes the following options for infant feeding peer support;

- One to one video support with a range of platforms to suit the family, including;
 Zoom, WhatsApp, Facebook Messenger and Microsoft Teams/Skype) we
 recommend this option for specific questions or concerns
- One to one telephone, text or email support
- Online antenatal https://www.facebook.com/groups/FABLancsBFSupport/ support groups on Facebook
- Video groups sessions on Zoom and Facebook Rooms
- Monthly 2 part antenatal workshop on Zoom

We have put together a timetable of the current digital group support options and we hope that we have made these accessible to all.

You can find us on our social media platforms here;



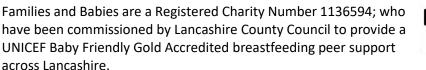














Digital Support Timetable

	Zoom Group	Facebook Room
Monday	10am with Moyna and Hannah https://us04web.zoom.us/j/477	2pm Chill and Chat Room on https://www.facebook.com/groups/FABLan
	<u>564825</u>	csBFSupport/
Tuesday	10am with Kate and Gillian https://us04web.zoom.us/j/707	
	<u>031004</u>	
	2pm Brew and Natter with	
	Georgina and Rachel https://zoom.us/s/92584213564	
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Wednesday	10am with Helen and Loreto	2pm Chill and Chat Room on https://www.facebook.com/groups/FABLan
	<u>https://us04web.zoom.us/j/</u> <u>808345677</u>	<u>csBFSupport/</u>
Thursday	10am with Linda and Moyna	10am Chill and Chat Room on
	https://us04web.zoom.u	https://www.facebook.com/groups/FABLan csBFSupport/
	<u>s/j/841260511</u>	-
		2pm Chill and Chat Room on https://www.facebook.com/groups/FABLan
	40 116 1 16 11	csBFSupport/
Friday	10am with Sarah and Sophie - https://us04web.zoom.us/j/232	
	<u>649390</u>	
	2pm Brew and Natter with Toni and Claire	
	and Claire https://zoom.us/s/92584213564	
Saturday	2pm Brew and Natter with	
	Hannah	
	https://zoom.us/j/99937630140	



Families and Babies are a Registered Charity Number 1136594; who have been commissioned by Lancashire County Council to provide a UNICEF Baby Friendly Gold Accredited breastfeeding peer support across Lancashire.



Antenatal Digital Support

	Zoom Group	Facebook Room
Monday	1pm – 2pm Antenatal Workshop	2pm Bump Babble Room on
	This is a two part workshop as	https://www.facebook.com/groups/FABLanc
	follows;	<u>santenatal</u>
	May - 18th May & 25th May	
	June - 22nd June & 29th June	
	July - 13th July & 20th July	
	August - 10th August & 17th	
	August	
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	https://zoom.us/j/199688451	



