

Tongue Tie

Please speak to your midwife or health visitor.

Further information available at:
www.tongue-tie.org.uk



Feeding your baby getting help in Bedford



Coproduced with:



We are here for you

Bedford Hospital Maternity Unit

0-4

Delivery Suite	01234 795805	24hrs 7days
Orchard Ward	01234 792070	24hrs 7days
Community midwives office	01234 795747	08.00-16.00 Mon-Fri

Bedfordshire Community Health Services

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Health Visitor	0300 555 0606	09.00-17.00 Mon-Fri
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Bedford Borough Children's Centres

0300 323 0245	08.30-16.30 Mon-Fri
details at: facebook.com/bedfordcc	11.00-12.00 Mon-Fri

Central Bedfordshire Children's Centres

Breastfeeding support is available from your local children's centre. Details available at:

www.centralbedfordshire.gov.uk/info/12/childcare/113/childrens_centres

Biggleswade & Sandy centre:	0300 300 8114	13.00-14.00 Tue
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NCT

0300 330 0700	08.00-00.00 7 days
details at: facebook.com/nct.midbeds	Mon 13.30-14.30 Fri 11.00-12.00
nctSarahbanks@gmail.com	Wed 13.30-15.30

National Breastfeeding Helpline

Support in English, Welsh & Polish

0300 100 0212	09.30-21.30 7 days
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La Leche League

0345 120 2918	08.00-23.00 7 days
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Milk Mentors

details at: facebook.com/milkmentors	Tue 15.00-16.00 20.00-21.00
	Thur 13.00-14.00 15.00-16.00
	Sat 11.00-12.00

Key:

- 0 Weeks old (baby) (tygodnie życia (dziecka)) (vârsta în săptămâni (copil)) (كچھ ہفتوں کا بچہ) (সপ্তাহবয়সী)
- Telephone (telefon) (ٹیلیفون) (টেলিফোন)
- Video call (wideo rozmowa) (apel video) (ویڈیو کال) (ভিডিওকল)
- ∞ Ongoing (bieżące) (În orice moment)(مسلسل جاری) (চলমানভিত্তিতে)