**Plymouth Online Breastfeeding Support**

Below is a schedule of free online breastfeeding support being held throughout the week

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| There is daily breastfeeding support available for you and your babies.  If you or your baby are unwell please contact maternity triage on 01752 430200  You can also contact a Health Visitor on  01752 434008 | \\cifs01\home$\scottg\Pictures\PLO_logo_purpleband.jpg  Breastfeeding Peer Support  Facebook – log in or sign up  Follow and PM  Message the Facebook page Monday and Wednesday for the zoom link for that day. Message anytime for support | | https://feedsleepbond.com/wp-content/uploads/2016/11/feed-logo-Square.jpg  Feed Sleep Bond  IBCLC (Lactation Consultant)  Facebook – log in or sign up  Follow and PM  Email:  [lyndsey@feedsleepbond.com](mailto:lyndsey@feedsleepbond.com) Call: 07764514899 | | https://www.laleche.org.uk/wp/wp-content/themes/LLL/images/logo.png  Email [lllgb.plymouth@gmail.com](mailto:lllgb.plymouth@gmail.com)  to register and receive an invite to meetings  Email [llsaltash@yahoo.co.uk](mailto:llsaltash@yahoo.co.uk) for 1:1 help with urgent breastfeeding concerns from an internationally accredited LLL breastfeeding counsellor at any time. | | \\cifs01\home$\scottg\Pictures\58682378_2400253523595235_8897638208137854976_n.png  Breastfeeding Peer Support  Facebook – log in or sign up  Follow and PM |
| Group | 1:1 | Group | 1:1 | Group | 1:1 | 1:1 |
| Mondays | 12 - 1pm  zoom | On request | Live video & Q&A on fb 2pm | On request |  | On request | On request |
| Tuesdays |  | On request |  | On request |  | On request | On request |
| Wednesdays | 1pm – 2pm  Zoom | On request | Live video on fb 2pm | On request |  | On request | On request |
| Thursdays |  | On request |  | On request |  | On request | On request |
| Fridays |  | On request | Live video on fb 2pm | On request | 11am - 12:30pm  Zoom | On request | On request |
| Saturdays |  | On request |  | On request |  | On request | On request |
| Sundays |  | On request |  | On request |  | On request | On request |