

F.A.B

Families and Babies

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

You can also email us on admin@familiesandbabies.org.uk for general enquiries or Katie.mcwalters@nhs.net 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/FABLancsANTENATAL> and postnatal <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;



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.



Digital Support Timetable

	Zoom Group	Facebook Room
Monday	10am with Moyna and Hannah https://us04web.zoom.us/j/477564825	2pm Chill and Chat Room on https://www.facebook.com/groups/FABLancsBFSupport/
Tuesday	10am with Kate and Gillian https://us04web.zoom.us/j/707031004 ----- -- 2pm Brew and Natter with Georgina and Rachel https://zoom.us/s/92584213564	
Wednesday	10am with Helen and Loreto https://us04web.zoom.us/j/808345677	2pm Chill and Chat Room on https://www.facebook.com/groups/FABLancsBFSupport/
Thursday	10am with Linda and Moyna https://us04web.zoom.us/j/841260511	10am Chill and Chat Room on https://www.facebook.com/groups/FABLancsBFSupport/ 2pm Chill and Chat Room on https://www.facebook.com/groups/FABLancsBFSupport/
Friday	10am with Sarah and Sophie - https://us04web.zoom.us/j/232649390 ----- -- 2pm Brew and Natter with Toni and Claire https://zoom.us/s/92584213564	
Saturday	2pm Brew and Natter with Hannah https://zoom.us/j/99937630140	



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Antenatal Digital Support

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



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