

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 priority only due to COVID19, we are still very actively supporting families across Lancashire.

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 and postnatal private support group**
<https://www.facebook.com/groups/FABLancsBFSupport/> and public page
<https://www.facebook.com/FABLANCASHIRE/>
- **Video groups sessions on Zoom – see next page**
- **Quarterly 2 part antenatal workshop on Zoom – see next page**

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 Group Support Timetable

	Zoom Group – Chat, ask questions & meet other mums
Monday	<p>11am-12 with Amanda</p> <p>https://zoom.us/j/6038215728?pwd=MkFUc1pISi9JYnlSRUtLY0w4VON3dz09</p> <p>Meeting ID: 603 821 5728 Passcode: ZN9FQ7</p>
Wednesday	<p>11am-12 with Becca and Loreto</p> <p>https://zoom.us/j/6038215728?pwd=MkFUc1pISi9JYnlSRUtLY0w4VON3dz09</p> <p>Meeting ID: 603 821 5728 Passcode: ZN9FQ7</p>
Friday	<p>11am-12 with Toni</p> <p>https://zoom.us/j/6038215728?pwd=MkFUc1pISi9JYnlSRUtLY0w4VON3dz09</p> <p>Meeting ID: 603 821 5728 Passcode: ZN9FQ7</p>

Antenatal Digital Support

	Zoom Group
Monday	<p>1pm – 2pm Antenatal Workshop</p> <p>This is a two part workshop that occurs every quarter on consecutive Mondays. Remaining workshops for 2021 are as follows:</p> <p>12th & 19th April, July and November dates TBC</p> <p>Please see our Facebook Events page or email our admin team for further details;</p> <p>https://www.facebook.com/FABLANCASHIRE/events/</p> <p>admin@familiesandbabies.org.uk</p>



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