

Pathway for Infant Feeding support in Westmorland and Furness

Maternity infant feeding drop-in support for babies up to 4 weeks of age

Furness (Morecambe Bay):
South Lakes Birth Centre
Monday 09:30 – 12:00

Eden (North Cumbria Integrated Care):
Penrith Hospital Maternity Unit
Friday 14:00 – 16:00

Infant feeding peer support groups for all ages

Furness:	South Lakes:	Eden:
Barrow - Greengate Best Start Family Hub, LA14 1BG Thursday 09:30 – 11:00	Kendal - Kendal West Best Start Family Hub, LA9 5PP Monday 13:30 – 16:00	Penrith: Eden Best Start Family Hub, CA11 8ET Tuesday 13:00 – 14:30

For babies and children requiring further support contact:

Babies under 4 weeks of age still under midwifery, contact maternity services

For all other babies contact Health Visiting services

Maternity Services

Furness community midwives:
01229 403609/403802/403803
South Lakes community midwives: 01539 795375
Eden community midwives: 01768 245558.

Health Visiting Services

HDFT SPOC telephone:
03003 049039
Email: hdft.spsc0-19waf@nhs.net

Digital Support: National Breastfeeding

HDFT Children's Health Service App: <https://hdftchildrenshealthservice.co.uk/download-our-app/>

Anya App: <https://anya.health/>

Westmorland & Furness Best Start Family Hubs: <https://www.westmorlandandfurness.gov.uk/family-help/family-hubs>

NCIC Maternity/Infant Feeding Website: [Infant feeding and relationship building :: North Cumbria Integrated Care](#)

South Cumbria Breastfeeding Support: in-person and online Lactation Consultant and mum-to-mum support. <https://cumbriabreastfeeding.org.uk/>

