



Westmorland
& Furness
Council



south cumbria
Breastfeeding
support



Infant Feeding Support in Westmorland & Furness

Support for New Parents and Families

Maternity Infant Feeding Drop-in Support - For babies up to 4 weeks of age

Furness (Morecambe Bay):

South Lakes Birth Centre
Monday, 9:00am - 12:00pm

Eden (North Cumbria Integrated Care):

Penrith Hospital Maternity Unit Friday,
2:00pm - 4:00pm

Infant Feeding Drop-In Groups

Open to families with babies and children of all ages

Furness:

Greengate Best Start
Family Hub, Barrow
Thursday, 9:30am -
11:00am

South Lakes:

Kendal West Best Start Family Hub, Kendal
supported by Morecambe Bay Maternity
Monday, 1:30pm - 4:30pm

SCBS Emmanuel Centre, Ulverston
Monday, 9:30am - 11:30am

SCBS Ghyllside Neighbourhood Centre, Kendal
Thursday, 9:30am - 11:30am

SCBS The Phoenix Centre, Windermere
Friday, 9:30am-11:30am

Eden:

Eden Best Start
Family Hub, Penrith
(CA11 8ET)
Tuesday, 1:00pm -
2:30pm

Need Additional Support?

Babies Under 4 Weeks Old

Contact your Maternity Services Team

Furness Community Midwives 01229 403609 /
403802 / 403803

South Lakes Community Midwives 01539 795375

Eden Community Midwives 01768 245558

Babies Over 4 Weeks Old

Contact Health Visiting Services

HDFT Single Point of Contact (SPOC)
03003 049039 or

Email: hdft.spoc0-19waf@nhs.net

Need More Support?

Scan the QR codes below to access trusted information, advice and support for pregnancy, infant feeding, parenting and family wellbeing. Available support includes:



Growing Healthy 0-19
Children's Health
Service



Westmorland &
Furness Family
Hubs



Anya Digital Pregnancy,
Parenting & Infant
Feeding Support



South Cumbria
Breastfeeding
Support (SCBS)



National
Breastfeeding
Helpline

Here you can find:

- Infant feeding support
- Pregnancy and parenting advice
- Family Hub services and activities
- Local and digital support resources
- Child health information

