

Breastfeeding Support

Our Midwifery and Health Visiting teams are trained to support you and your baby to get breastfeeding off to a good start and continue breastfeeding for as long as you want.

Maternity services are able to provide support up to 28 days. Please contact your community midwifery team for support.

Tirion Birth Centre is also available 24/7 to provide advice and face to face support on
01443 443524

After midwifery discharge, please contact your Health Visitor for support on weekdays 9am-5pm

If you need additional help you can be referred to the Infant Feeding coordinators:

Maternity:

Rosy Phillips - 07890958275

Claire Westcott - 07977381789

Health Visiting:

Fay Fear - 07771941542

Lynne Powell- 07890418835

(Infant Feeding Early Years adviser)



Group by Cwm Taf Breastfeeding

Cwm Taf Breastfeeding Network



There is also The National Breastfeeding Helpline which is available 365 days a year 9.30am to 9.30pm. You can contact them on -

03001000212



Maternity Services
Bridgend, Tirion Birth
Centre & Merthyr



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board