

La Leche League

La Leche League provide breastfeeding information and support at: face to face meet-ups, on their national Helpline, on their website, by email and social media support groups. Trained breastfeeding counsellors (known as LLL Leaders), who have all breastfed their own babies, work as volunteers to provide a network of support.

At their regular local meet ups you can talk to their trained volunteers to get information and support. You can also get encouragement from other breastfeeding mothers and parents.

Visit their website to find information, support, meet ups and training near you.

Last updated: October 27, 2025

Website: <https://laleche.org.uk/>

Helpline: 0345 1202918

Open 8am to 11pm, 365 days a year

Twitter: <https://twitter.com/lllgb>

Facebook: <https://www.facebook.com/breastfeedinglllgb/>

Opening Hours: Visit their website to find the times for local meet ups

Cost: Free

Address:

Charlotte House
Stanier Way
The Wyvern Business Park
Derby
DE21 6BF

Related Articles

[Baby, children and young people's health](#)