

## 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.

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

**Helpline:** 0345 1202918

*Open 8am to 11pm, 365 days a year*

**Website 2:** <https://www.laleche.org.uk/supportgroup/la-leche-league-tyne-wear/>

**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:**

La Leche League  
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W Bridgford  
Nottingham  
NG2 7NP

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