

List of local resources for postnatal help/support - Lancaster & South Lakes

Breastfeeding support

<http://www.cumbriabreastfeeding.org.uk/>

<https://babymaze.co.uk/breastfeeding-support/>

<https://babymaze.co.uk/breastfeeding-friendly-venues/>

Exercise

<https://babymaze.co.uk/category/clinics-drop-ins-and-health/exercising-pre-and-post-natal/>

Mental health

<http://www.pandasfoundation.org.uk/>

<https://www.dadsmatteruk.org/>

Baby loss/stillbirth support

<https://www.sands.org.uk/>

Using the NHS

<https://www.nhs.uk/common-health-questions/nhs-services-and-treatments/what-is-pals-patient-advice-and-liaison-service/>

Physiotherapy/C-Section scar treatment

<https://www.leahthephysio.co.uk>

Sling libraries

<http://www.morecambebayslings.co.uk/>

<https://koalaslings.co.uk/pages/sling-library>