

Burwell Surgery Patient Participation Group (PPG)

Perinatal Infant Feeding Coaches

At the PPG's January meeting we had a great presentation from the Maxine Cooper and Gina Garrett, Perinatal Infant Feeding Coaches who support families across the Ely Primary Care Network, including those registered with Burwell Surgery. The PPG thought it would be helpful to ask the Maxine and Gina to tell us more about what they do and how families can access their service.

Why did you decide to set up this service?

Babies don't come with a manual! Feeding a baby can be overwhelming, especially in the early weeks. Many parents feel unsure that they're doing things right. Some might feel isolated or anxious. And many are reluctant to "bother" professionals, or might not know who to turn to for advice.

What services to you provide?

We are both trained Infant Feeding Coaches and NCT Counsellors. We listen to families' needs and give tailored, practical guidance. Our aim is to offer early help to prevent common feeding issues from escalating and we support families without judgement, respecting all feeding choices (breast, formula or combination). We provide emotional support, building confidence and reassurance and we also give access to practical tools and resources, including guidance on breast pumps as well as managing a free breast pump loan service.

What kind of things can you help with?

Families often come to us for feeding/parenting/relationship worries in the early weeks. Mum might have pain, latch or positioning concerns, and baby might have reflux, or be unsettled and crying. We often answer questions on milk supply, and on mixed feeding and transitions to solids. We also work alongside GPs, Health Visitors, Midwives and the community services on medical issues (e.g. Mastitis, blocked milk ducts) and with the Perinatal mental health service.

How can families access the service?

We provide face to face support at one of our three drop-ins:

- **SOHAM** Baby Drop In: every **Wednesday 10.00am to 11.30am** at Soham Child and Family Centre (CB7 5BH)
- **ELY** Baby Drop In: every **Monday, 1.30pm to 3pm** at Ely Child and Family Centre (CB7 4RB)
- **LITTLEPORT** Baby Drop In: every **Tuesday, 1.30pm to 3pm** at Littleport Child and Family Centre (CB6 1JT)

Your GP can refer you directly to our service through the Surgery system. Your Midwife, Health Visitor or local children's centre may refer you in to our service by email, and you can also self-refer by emailing us at cpicb.elypcn.perinatalhealthcoach@nhs.net.

Next PPG meeting – all welcome – why not join us online if you can't make it in person!

The next meeting of the PPG will be at 6.30pm on Tuesday 28th April at Burwell Day Centre – all welcome. If you would like to attend the PPG for the first time, or if you can't attend in person but can join via Microsoft Teams, then please contact cpicb.burwellsurgery.admin@nhs.net. And if you can't attend meetings, but want to stay informed, you can Like our new Facebook page (Burwell Surgery Patient Participation Group – PPG).