

BISC



Breastfeeding Information and Support Cornwall

Friendly non-judgemental peer-to-peer support

Community Based Drop-in Groups



Welcoming, inclusive groups throughout Cornwall, run by trained volunteers, supported by the local health visiting teams.

Anybody who is giving breastmilk to their child, or planning to do so in future is welcome.

Many of our groups run in line with baby drop-in clinics or weighing facilities.

For more information on specific groups please go to the [Family Information Service](#) website.

During Covid-19 lock-down our groups are closed, but we are providing drop-in sessions and 1-to-1 support online. For more information please email PeerSupport.BISC@cornwall.gov.uk, speak to your health visitor or midwife, or visit our [Facebook](#) pages.

Online Drop-In Peer Support Sessions

Just like a normal peer support group, but online.

[Helston Breast Intentions](#): Monday 10.30am – 12pm (Click [here](#) to join)

[Falmouth Bump to Breast](#): Monday 11.30am-12.30pm (Click [here](#) to join)

[Hayle Breastfriends](#): Thursday 1pm-2pm (Click [here](#) to join)

You can join any group from any part of Cornwall, or drop-in to catch up with familiar faces at your local one.

No need to create an account or to log in.

Email PeerSupport.BISC@cornwall.gov.uk for more information.

One-to-one Peer Support

Confidential, friendly and non-judgemental breastfeeding peer support video call

For appointments contact BISC by email PeerSupport.BISC@cornwall.gov.uk

Or phone the Central Health Visiting line: 01872 322779



Facebook

To find useful links, what's on in your area, and information from peer supporters, visit BISC Facebook groups. To chat to a peer supporter just click the message button.



East: <https://www.facebook.com/BISCEastCornwall/>

Mid: <https://www.facebook.com/BISCMidCornwall/>

West: <https://www.facebook.com/BISCVestCornwall/>

Or join BISC Facebook groups to connect with other parents and peer supporters:



East: <https://www.facebook.com/groups/255716678783437/>

Mid: <https://www.facebook.com/groups/752621368602392/>

West: <https://www.facebook.com/groups/596681847726164/>

The support provided by BISC volunteers is confidential and all peer supporters receive safeguarding training.

For more information on Breastfeeding Information and Support Cornwall, BISC

Contact Anna Stepp-Rumble, Peer Support Coordinator:

Phone 07599500669

Email PeerSupport.BISC@cornwall.gov.uk

Visit [Together for Families website](#)

