

BISC

Breastfeeding Information and Support Cornwall

A network of trained peer support volunteers who run group sessions across Cornwall

We provide friendly, non-judgemental support for parents in breastfeeding, giving human milk to their children and related matters. The support provided by BISC volunteers is confidential and all peer supporters receive safeguarding training.



Online Drop-In Peer Support Sessions:

Online sessions are just like a normal peer support groups, but online.

We currently have 3 weekly sessions:

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

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

[Falmouth Bump to Breast](#): Friday 10am – 11am (Click [here](#) to join)

To join, please select the above links.

Parents from any part of Cornwall can join any of the sessions, or they may want to drop-in to catch up with familiar faces from their usual group.

There is no need to create an account or to log in, but on a mobile it may be necessary to download the app.

For further details on how to join the meeting, please see the attached document “How to join Microsoft Teams”.

To invite a parent to join the drop-in session you can send them the above links directly, or email PeerSupport.BISC@cornwall.gov.uk and we can support them to in joining.

One-to-one Peer Support

Anybody who would like more specific, in-depth or ongoing support with breastfeeding, or to talk to peer supporter more privately, can request an appointment by emailing PeerSupport.BISC@cornwall.gov.uk.

This email can be used by health care providers, colleagues or parents to request appointments. If you are requesting support for somebody else, it's useful if you can include their contact details.

Alternatively, appointments can be requested through the Central Health Visitor's phonenumber: 01872 322779



Facebook

BISC has a Facebook page in each area of Cornwall where we share information about breastfeeding, our groups and what's on. Parents can also chat to a peer supporter live by clicking the message button.

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

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

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

BISC Facebook groups are for information resources, or to chat to peer supporters and other parents:

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

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

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

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](#)