

Contact us

Waltham Forest Infant Feeding Team support line: 020 8496 5222 Monday – Friday, 9am – 5pm Excluding Bank Holidays

Other local and national support:

Local Volunteer Support, 8am - 10pm, we answer calls when we can

Kate (NCT) 020 8520 4753

Elizabeth (LLL) 020 8527 6625

Andrea (NCT) 07812 988 926 (please text to arrange support)

National Infant Feeding helplines:

will put you through to a UK Breastfeeding Counsellor

National Childbirth Trust: 0300 330 0700 Option 1
(every day 8am – 10pm)

La Leche League: 0345 120 2918 (24 hours)

National Breastfeeding Helpline 0300 100 0212
(9:30am – 9:30pm) (English, Welsh and Polish)

TAMBA (for twins or more)

Email to ask for contact from a twins/multiples peer supporter
tambabreastfeeding@gmail.com

Other support for a great start in life

This Infant Feeding service is part of the wider HENRY Best Start service to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Healthy eating and lifestyle
- Dental health
- Speech and language development

Get in touch for an updated timetable or let us know what you think of our service:

HENRY office: 020 8496 5223 e-mail: wfsupport@henry.org.uk



@WFHENRYHealth

www.henry.org.uk/walthamforest



Healthy Start, Brighter Future

in partnership with



Infant Feeding

7th January – 5th April 2019

Whether you are breast, bottle or mixed feeding, we can support you to give your baby a great start in life. We offer practical and emotional support for all parents with feeding your baby at any stage. Come to our next drop-in session or breastfeeding cafe to meet one of our trained infant feeding practitioners. No need to make an appointment, just come along.



Or, call our infant feeding support line on **020 8496 5222**

Infant Feeding Support

7th January - 5th April 2019

HENRY Drop-in sessions:

One-to-one practical and emotional support for parents on breastfeeding, mixed-feeding, bottle-feeding and introducing solids.

Monday	1:30 - 3:30 pm	Chingford Health Centre, 109 York Road, Chingford, E4 8LF
Tuesday	4:30 - 6:00 pm	Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX
Thursday	9:30 - 11:30 am	Langthorne Health Centre, 13 Langthorne Road, Leytonstone, E11 4HX
	1:30 - 3:30 pm	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY
Friday	9:30 - 11:30 am	Seddon Centre, Clyde Place, Leyton, E10 5AS

HENRY Breastfeeding Cafés:

An opportunity to meet up with other breastfeeding mothers and get support on your breastfeeding journey from an infant feeding practitioner or peer supporter. Please note there is limited buggy space. These groups are held in local cafes but you don't need to buy anything if you don't want to. Tap water will be provided.

Monday (Term time only)	10:30am - 12pm	Le Petit Corner, 734 High Road, Leytonstone, London, E11 3AW
Wednesday (Term time only)	1 pm- 2:30 pm	Kukoolala café, Jubilee Park, The Cottage, 3 Marsh Lane, Leyton Jubilee Park, Leyton, E10 7BL
	2 pm- 4:00 pm	Froth and Rind café, 37 Orford Road, London, E17 9NL

Local La Leche League breastfeeding support

Wednesday	10 am - 12 pm	1st and 3rd Wed of each month La Leche League Breastfeeding Support Group, Lloyd Park Centre, Winns Avenue Entrance, Walthamstow, E17 5JW
	10 am - 12 pm	2nd Wednesday of each month La Leche League Beyond Babyhood Group - Breastfeeding after 6 months. Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX



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