

Community Breastfeeding Support in Your Area



St. George's Infant Feeding Team
infant.feeding@stgeorges.nhs.uk
07766800365

Wandsworth, Merton, Mitcham and Wimbledon

In light of the current circumstances surrounding covid-19 breastfeeding support groups are subject to cancellation. Please call the phone numbers by the venues before you attend groups to check if they are running.

The Infant feeding Team (IFT) at St Georges are running a reduced service by appointment only at Tooting Health centre and at Stormont Health centre. Details below.

Alternatively if you would like to talk to a member of the IFT or if you would like a telephone or virtual consultation please call the number above or email:

infant.feeding@stgeorges.nhs.uk

Day	Venue	Time
Monday	<u>Tooting Health Centre</u> 63 Bevill Allen Close, Tooting, SW17 8PX	12:30-5:00pm Appointment only
Tuesday	<u>Acacia Childrens Centre</u> run by IBCLC 230 Grove Road, Mitcham, CR4 1SD 03300539264	9:00 -17:00 Appointment only
	www.breastfeeding.london see website for details of virtual support	9am-12pm
Wednesday	www.breastfeeding.london see website for details of virtual support	9am-12pm
	<u>Church Road Children's Centre</u> 243 Church Road, CR4 3LS 020 8274 5300 run by Health Visitors	1-2.30pm
Thursday	<u>Stormont Health centre</u> Stormont Road SW11 5EG 02088125700 Infant Feeding team 07766800365 Specialist breastfeeding support	9:30-17:00 Appointment only

Lambeth and Southwark

Venue	Time
lamccg.lambethinfantfeedingservice@nhs.net	breastfeeding drop-ins via Zoom every weekday from 11-11:40 am
Please call 07394724599, the line will be open from 09.30-14.00. You can leave a message or email on lamccg.lambethinfantfeedingservice@nhs.net Lambeth Breastfeeding Network Facebook page will post daily information about virtual feeding drop ins (via Zoom) Or email breastfeedingservice@gstt.nhs.uk and we will get back to you within 24 hours, Mon-Sat 10-5pm.	
https://www.facebook.com/lambethmilkspots/	
https://abm.me.uk/	

Voluntary Sector Support in Wandsworth (run by trained breastfeeding supporters)

Venue	
https://www.nct.org.uk/local-activities-meet-ups/list/	Run by NCT
Balham Breastfeeding Café: https://chat.whatsapp.com/GNU4CQ6k18JgmYaLqJ5WO	Run by NCT and breastfeeding specialists
Virtual Breastfeeding Group https://www.nct.org.uk/local-activities-meet-ups/	NCT Balham breastfeeding Cafe
https://www.laleche.org.uk/find-ill-support-group/	Le Leche League zoom groups

Helplines and Online Breastfeeding Support

- St. George's Hospital online info: www.stgeorges.nhs.uk/maternity/postnatal
- www.kellymom.com – IBCLC breastfeeding advice
- www.globalhealthmedia.com – breastfeeding videos
- Le Leche League | www.leleche.org.uk / 0845 129 2918
- Start4Life (NHS Breastfeeding info) | <https://www.nhs.uk/start4life/baby/breastfeeding>
- First Steps Nutrition (Independent Public Health Nutrition Charity) | www.firststepsnutrition
- National Breastfeeding helpline | 0300 100 0212, open 09:30 -21:30
- Association of Breastfeeding Mothers | www.abm.me.uk / 0844 412 2949
- Breastfeeding Network | www.breastfeedingnetwork.org.uk / 0300 100 0210, open 09:30 – 21:30
- Breastfeeding Network Bengali Line | 07944 879759, open 09:30 – 21:30
- Breastfeeding Network Drug line | 0844 412 4665, answerphone
- 'From Bump to Breastfeeding' film | www.bestbeginnings.org.uk