

# Community Breastfeeding Support in your Area

This leaflet gives information about breastfeeding support for you. If you have any further questions, please speak to St. George's Infant Feeding Team on the contact details given below.

## Wandsworth Merton, Mitcham and Wimbledon

The Infant Feeding Team runs 1:1 specialist support for babies up to around the age of 28 days at Tooting Health Centre and Stormont Health Centre. For up to date information regarding other support please telephone the contacts below before attending as currently they are subject to change. Alternatively, please call or email if you would prefer a telephone or virtual consultation.

Day	Venue	Time
Monday	Tooting Health Centre 63 Bevill Allen Close Tooting SW17 8PX	12.30 to 5pm. <b>Appointment only</b>
	Acacia Children's Centre 230 Grove Road Mitcham CR4 1SD Tel. 0330 053 9264 (IBCLC run)	9am to 5pm. <b>Appointment only</b>
Tuesday	Tooting Health Centre 63 Bevill Allen Close Tooting SW17 8PX	9.30am to 5pm. <b>Appointment only</b>
	<a href="#">Services - Breastfeeding London</a>	9am to 12 noon.

Wednesday	<a href="#">Services - Breastfeeding London</a> see website for further details	9am to 12 noon.
	Church Road Children's Centre 243 Church Road Mitcham CR4 3LS Tel. 020 8274 5300 (run by Health Visitors)	1pm to 2.30pm
Thursday	Stormont Health Centre Stormont Road SW11 5EG Tel. 020 8812 5700	9.30am to 4pm. <b>Appointment only</b>

## Lambeth and Southwark

Venue	Time
<a href="mailto:Lamccg.lambethinfantfeedingservice@nhs.net">Lamccg.lambethinfantfeedingservice@nhs.net</a>	Breastfeeding drop-ins via Zoom every weekday from 11am to 11.40am.
<p>Please call 07394 724 599, the line will be open from 9.30am to 2pm. You can leave a message or email: <a href="mailto:Lamcg.lambethinfantfeedingservice@nhs.net">Lamcg.lambethinfantfeedingservice@nhs.net</a></p> <p>Lambeth Breastfeeding Network Facebook page will post daily information about feeding drop-ins (via Zoom).</p>	

Alternatively email: <a href="mailto:breastfeedingservice@gstt.nhs.uk">breastfeedingservice@gstt.nhs.uk</a> and we will get back to you within 24 hours Monday to Saturday 10am to 5pm.	
<a href="https://www.facebook.com/lambethmilkspots">https://www.facebook.com/lambethmilkspots</a> Association of Breastfeeding Mothers. <a href="https://abm.me.uk/">https://abm.me.uk/</a>	

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

<b>Venue</b>	<b>Time</b>
NCT Wimbledon & Wandsworth breastfeeding café (currently on Zoom): Thursday mornings 10am to 12noon. Please email <a href="mailto:nctbfdropin@gmail.com">nctbfdropin@gmail.com</a> for an appointment.	Thursday mornings 10am to 12noon.
NCT Balham breastfeeding café (currently on Zoom): <a href="#">Balham Breastfeeding Drop-in   Clapham and District   NCT</a>	Monday mornings and Friday mornings 10am to 12noon.
<a href="#">Find an LLLGB support group - La Leche League GB</a>	La Leche League Zoom groups

### **Helplines, online support and apps**

- St. George's Hospital online information: [Feeding Your Baby - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](#)

- [KellyMom.com Breastfeeding and Parenting](#) – IBCLC breastfeeding advice
- Global Health Media [Attaching Your Baby at the Breast - Video - Global Health Media Project](#)
- Le Leche League [La Leche League GB - Friendly breastfeeding support from pregnancy onwards](#) Tel. 0845 129 2918
- Start4Life (NHS Breastfeeding information) [Breastfeeding | Feeding Your Baby | Start for Life \(www.nhs.uk\)](#)
- First Steps Nutrition (Independent Public Health Nutrition Charity) [First Steps Nutrition Trust](#)
- National Breastfeeding helpline Tel. 0300 100 0212, open 9.30am to 9.30pm.
- Association of Breastfeeding Mothers [Home - ABM](#) Tel. 0844 412 2949
- Breastfeeding Network [Home - The Breastfeeding Network](#) Tel. 0300 100 0210, open 9.30am to 9.30pm.
- Breastfeeding Network Bengali Line Tel. 07944 879 759, open 9.30am to 9.30pm.
- Breastfeeding Network Drug Line Tel. 0844 412 4665, answering machine.
- Baby Buddy app
- Birth and beyond app

## Contact us

St. George's Infant Feeding Team [infant.feeding@stgeorges.nhs.uk](mailto:infant.feeding@stgeorges.nhs.uk)

Tel. 07766 800 365

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

