

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.

St George's Infant Feeding Team

The Infant Feeding Team runs 1:1 specialist support for babies up to 28 days old.

Day & Time	Venue	Details
Monday 13:00-17:00	Tooting Health Centre <i>63 Bevill Allen Close, Tooting SW17 8PX</i>	Appointment only Call 07766800365 to book
Tuesday 09:30-16:00	Tooting Health Centre <i>63 Bevill Allen Close, Tooting SW17 8PX</i>	Appointment only Call 07766800365 to book
Thursday 09:30-16:00	Stormont Health Centre <i>Antrim House, Stormont Road SW11 5EG</i>	Appointment only Call 07766800365 to book

NHS Support in Wandsworth

Visit [Infant Feeding in Wandsworth](#) or call Wandsworth Health Visiting Team on 03300581679 to inquire about having a 1:1 appointment and to confirm clinic times as they are subject to change.

Day & Time	Venue	Details
Monday 13:30-15:00	York Garden's Children's Centre <i>Lavender Road, Clapham Junction SW11 2UG</i>	Drop-in group sessions – no need to book in advance. Arrive early to ensure they have time to see you.
Tuesday 09:30-11:30	Roehampton Family Hub <i>166 Roehampton Lane SW15 4HR</i>	
Friday 13:00-14:30	Smallwood Children's Centre <i>Smallwood Rd SW17 0TN</i>	

NHS Support in Merton

Visit [Infant Feeding in Merton](#) or call Merton Health Visiting Team on 03300539264 to confirm clinic times as they are subject to change.

Day & Time	Venue	Details
Monday 10:30-12:00	Acacia Children's Centre <i>230 Grove Road, Mitcham CR4 1SD</i>	Drop-in group session – no need to book in advance
Wednesday 13:00-16:00	Church Road Children's Centre <i>243 Church Road CR4 3LS</i>	Appointment only Call 03300539264 to book
Thursday 12:30-14:00	Lower Morden Children's Centre <i>Aragon Primary School, Aragon Rd SM4 4QU</i>	Drop-in group session – no need to book in advance

NHS Support in Southwark and Lambeth

- [Infant Feeding in Southwark](#)
- [Infant Feeding in Lambeth](#)
 - A breastfeeding peer-support service phone line for any questions you have about breastfeeding and the support available in Lambeth. Call 07394724599 between 09:00-14:00 or email lamccg.lambethinfantfeedingservice@nhs.net
 - Lambeth Breastfeeding Network Facebook page will post daily information about feeding drop ins
- [Infant Feeding in Lambeth and Southwark \(Evelina\)](#)

Voluntary Sector Support

Organisation	Details
Association of Breastfeeding Mothers	Find an ABM breastfeeding group National Breastfeeding Helpline 0300 100 0212 (24hrs)
La Leche League	Find an LLL support group
National Childbirth Trust	Balham Breastfeeding Café Thursday 10:30-12:30 <i>Balham Baptist Church, 21 Ramsden Rd, SW12 8QX</i> Balham Breastfeeding Drop-in
The Breastfeeding Network	Find a BfN support group

Helplines, online support, private support and apps

Online Resources

- [St George's Hospital](#) infant feeding resources
- NHS breastfeeding resource [Start for Life](#)
- Breastfeeding videos at [Global Health Media Project](#)
- Breastfeeding charity [La Leche League](#) (LLL)
- Breastfeeding charity [The Breastfeeding Network](#) (BfN)
- Breastfeeding charity [Association of Breastfeeding Mothers](#)
- Parenting charity [National Childbirth Trust](#) (NCT)
- Public health nutrition charity [First Steps Nutrition Trust](#)
- Breastfeeding information from IBCLC [Kelly Bonyata](#)

Helplines/ Email Support

- National Breastfeeding Helpline | 0300 100 0212 | Open 24 hours a day
- LLL National Helpline Callback Service | 0345 120 2918 | Respond within 48 hours
- NCT Infant Feeding Line | 0300 330 0700 | 08:00-00:00
- BfN Bengali Helpline | 03004562421 | Open 09:30-21:30
- BfN Drugs in Breastmilk Information
druginformation@breastfeedingnetwork.org.uk

Apps

- Baby Buddy app
- Birth and Beyond (linked with Global Health Media Project)

Private

- Database of accredited [Lactation Consultants](#)

Contact us

- St. George's Infant Feeding Team | 07766800365 |
infant.feeding@stgeorges.nhs.uk
- Maternity Helpline | 020 8725 2777

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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

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

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 of our services by searching 'St George's Hospital' on the AccessAble website (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.

