

Redbridge Baby Feeding Cafés



All mothers and babies are welcome to join us for a drink and a chat. We will be able to answer any questions you have about feeding your baby.

MONDAY	10:30am - 12:00pm	Orchard Children's Centre Liston Way, Broadmead Road, Woodford Green, IG8 7BL
	11:30am - 12:30pm	Newbury Hall Children's Centre Perryman's Farm Road, Newbury Park, IG2 7LD
	1:30pm - 3:00pm (with Self-Weigh)	Cranbrook Children's Centre Cranbrook Primary School, The Drive, Ilford, IG1 3PS
TUESDAY	11:00am - 12:00pm	Aldersbrook Children's Centre Ingatestone Road, Wanstead, E12 5HL
	12:00pm - 1:00pm	Loxford Children's Centre 136-138 Ilford Lane, Ilford, IG1 2LG
	2:00pm - 3:00pm (during New Beginnings)	Christchurch Children's Centre Teacher's Centre, Melbourne Road, Ilford, IG1 4HT
WEDNESDAY	12:00pm - 1:30pm	Wanstead Children's Centre 33 Wanstead Place, Wanstead, E11 2SW
THURSDAY	10:00am - 12:00pm	South Woodford Health Centre 114 High Road, South Woodford, E18 2QS
	1:30pm - 3:00pm	Hainault Health Centre Manford Way, Hainault, IG7 4DF
	1:45pm - 3:00pm	Thackeray Drive Children's Centre Thackeray Drive, Goodmayes, RM6 4RE
FRIDAY	11:00am - 12:30pm	Peabody Children's Centre 22 Jaffe Road, Ilford, IG1 4BB

Please note: Groups do not run on bank / public holidays (e.g. New Years Day) and may be subject to change. Timetable updated 2nd June 2015.

Redbridge Infant Feeding Team	1st Floor, Bernard House, 52-54 Peregrine Road, Hainault, Essex, IG6 3SZ	
	020 8822 4157 (standard rate) (9.00am to 5.00pm)	email: nem-tr.infantfeedingteam@nhs.net
	07702 919 345 (standard rate) Text only service (SMS / MMS)	
National Childbirth Trust Breastfeeding Line	0300 330 0771 (standard rate) (8:00am to 10:00pm)	web: nct.org.uk
Bengali/Sylheti Breastfeeding Helpline	0300 456 2421 (standard rate) (9:30am to 9:30pm)	
National Breastfeeding Helpline	0300 100 0212 (standard rate) (9:30am to 9:30pm)	web: nationalbreastfeedinghelpline.org.uk
La Leche League International	0845 120 2918 (premium rate) (24 hours)	web: llii.org
Redbridge Healthy Weight Team	020 8822 4142 (standard rate) (9:00am to 5:00pm)	email: nem-tr.eatwell@nhs.net
Families Information Direct (FIND) & Children's Centres in Redbridge	0800 587 7500 (freephone) (9.00am to 5.00pm)	web: http://find.redbridge.gov.uk



**Redbridge
Infant feeding Team**



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