

### Thursdays:

9.30-11.30	LANGTHORNE Health Centre Clinic Langthorne Road <b>E11 4HX</b> 020 8430 7510 <i>Marjorie may be able to visit mothers who live in the Leytonstone Children's Centre area. For more information call 0202 8496 2960</i>	Breastfeeding Counsellor Marjorie
1.15-2.30 <i>Term time only</i>	UNDER 1's GROUP Low Hall Children's Centre 215 Queen's Road (next to Kelmscott Leisure Centre) <b>E17 8BE</b> 020 8496 2442	Breastfeeding Counsellor Petra
1.30 - 3pm	SILVERTHORN Medical Centre Clinic 2 Friars Close <b>E4 6UN</b> 020 8430 7210	Breastfeeding Counsellor Kate M.
2.30-3.30	After Leyton Child Health Clinic Leyton Cricket Ground <b>E10 6PY</b> <i>access from Leyton High Road</i>	Community Nursery Nurse

### Fridays:

9.30 - 11.30 <i>Term time only</i>	Davies Lane Children's Centre Davies Lane <b>E11 3DR</b>	Breastfeeding Counsellor Kate R.
1pm -3pm	UNDER 1's GROUP Mission Grove Children's Centre Buxton Road <b>E17 7EJ</b> 020 8520 3487	Breastfeeding Counsellor Petra
10am-11.45	BREASTFEEDING CAFÉ Walthamstow East Children's Centre Church Hill Nursery School Site, Woodbury Road <b>E17 9SB</b> <i>Parking permits available to buy from Reception</i>	Breastfeeding Counsellor Petra

## HELPFUL WEBSITES

Breastfeeding information and more:

<http://www.nct.org.uk/parenting/feeding> and <http://www.lli.org/nb.html>

Leaflets on Mastitis; Thrush; Safety of medicines & alcohol; Storing Expressed Milk:

<http://www.breastfeedingnetwork.org.uk>

Tongue Tie: <http://www.cwgenna.com/quickhelp.html>

Comfortable positions for breastfeeding: <http://www.biologicalnurturing.com/>

Updated MAY 2014



# BREASTFEEDING?



## It's ok to ask for help.

For more information about the Breastfeeding Project Group contact  
Kate Malik: [kate.malik1@virginmedia.com](mailto:kate.malik1@virginmedia.com)

## Telephone support: available every day of the year.

### Local Breastfeeding Counsellors

You can give us a ring any day of the year, 8am-10pm.

**Elizabeth:** 020 8527 6625      **Kate M:** 020 8520 4753

**Saradadevii:** 020 8529 0053      **Andrea:** 020 8926 0156

If we are not available you can speak to another Breastfeeding Counsellor by calling one of the National Helplines listed below.

### National Helplines

La Leche League: 24 hours, 0845 120 2918

NCT: 8am - midnight, 0300 330 0700, option 'feeding your baby'

Breastfeeding Network: 9.30am-9.30pm, 0300 100 0210

Tamil/Telugu/Hindi Support: 9.30am-9.30pm, 07501 466 817

Bengali/Sylheti Support: 9.30am-9.30pm, 0300 456 2421

- *Breastfeeding Counsellors are volunteers who have completed a rigorous 2 – 3 year training with a national charity such as NCT, La Leche League or The Breastfeeding Network.*
- *A Breastfeeding Counsellor will listen to you, share up to date information, and support you as you decide what's right for you and your baby.*
- *You can call a Breastfeeding Counsellor to talk about any questions you have about breastfeeding, mixed feeding, starting solids, returning to work, stopping breastfeeding, etc.*

### Breast pump hire

*Breast pumps may be a useful alternative to hand expressing if there's any reason why your baby cannot breastfeed from you directly.*

- Call a local Breastfeeding Counsellor to ask about your nearest hire agent.
- It costs from about 90p per day to hire an electric pump.

## Face-to-face support

- **Breastfeeding Groups** are friendly welcoming places for mothers and pregnant women.
- Many mothers come because they are facing challenges with breastfeeding, others come to get information, to feed their baby in a welcoming place, or to meet other mothers.
- There is usually a Breastfeeding Counsellor for specialist help.
- **Drop-in**, all welcome, whether currently breast or bottle-feeding.
- Parents can go to **Child Health Clinics** if they wish to have their baby weighed or to see their health visitor. At the clinics below you can also **drop in** and talk **one-to-one** with a breastfeeding counsellor.

*Services may change, you can phone the venue or check this website before your visit: [www.lovemums.org.uk](http://www.lovemums.org.uk)*

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#### **Mondays:** (except bank holidays)

9 -10.30 MISSION GROVE Children's Centre Clinic      Breastfeeding Counsellor Petra  
Buxton Road **E17 7EJ**  
020 8520 3487

1.30-2.45 ALLUM MEDICAL CENTRE Clinic      Breastfeeding Counsellor  
*Term time only* Fairlop Road **E11 1BN**      Kate R.

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#### **Tuesdays**

11.30-1pm BREASTFEEDING SUPPORT GROUP      Health Visitor/Nursery Nurse  
Barclay Children's Centre,  
Canterbury Road **E10 6EJ**  
020 8518 7015

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#### **Wednesdays**

10am-12 LA LECHE LEAGUE Group      Breastfeeding Counsellors  
*3<sup>rd</sup> Wed of the month.* The Lloyd Park Centre      Linda or Elizabeth  
Winns Avenue entrance **E17 5JW**  
020 8531 9522

For details of other regular meetings: <https://www.facebook.com/LaLecheLeagueWalthamForest>

1.30-3.30 LANGTHORNE Health Centre Clinic,      Breastfeeding Counsellor  
Langthorne Road **E11 4HX**      Marjorie  
020 8430 7510  
*Marjorie may be able to visit mothers who live in the Leytonstone Children's Centre area. For more information call 020 8496 2960*

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