

We're here to support you with free help and advice for every stage of your infant feeding journey.

Free equipment to support your breastfeeding journey is available, including double electric breast pumps. For more information please email [hackneysupport@nct.org.uk](mailto:hackneysupport@nct.org.uk)

## Want to get in touch?

### Homerton Maternity Helpline

020 8510 5955

Available every day from 10am–6pm

[huh-tr.homertoninfantfeeding@nhs.net](mailto:huh-tr.homertoninfantfeeding@nhs.net)

[homerton.nhs.uk/infant-feeding](http://homerton.nhs.uk/infant-feeding)

### Homerton Enhanced Health Visiting Service Infant Feeding Team

020 7683 4151

Available Monday to Friday from 9am–5pm

[huh-tr.hvrapidresponse@nhs.net](mailto:huh-tr.hvrapidresponse@nhs.net)

[bit.ly/HomertonEnhancedHealthVisiting](http://bit.ly/HomertonEnhancedHealthVisiting)

### NCT Infant Feeding

0300 330 0700

Available every day from 8am to midnight

[bit.ly/NCTdropins](http://bit.ly/NCTdropins)

### National Breastfeeding Helpline

0300 100 0212

Available 24 hours a day, every day of the year

### Support for Dads

Dads Who whatsapp group: 07984 601 104

[info@healthwatchhackney.co.uk](mailto:info@healthwatchhackney.co.uk)



## Children & Family Hubs Partnerships



## Infant Feeding Support

August to December 2024

### Pregnancy

#### Homerton Antenatal Infant Feeding Online Workshop

Last Monday of every month. 6pm–7pm

Book here: [bit.ly/antenatalhackney](http://bit.ly/antenatalhackney)

#### The Solihull Approach Antenatal and Postnatal Online Courses

Free access code: HERITAGE

[inourplace.co.uk](http://inourplace.co.uk)



### Labour and birth

Homerton Maternity Services are BFI accredited and trained to give you clinical support. If needed, they can refer you to specialists for complex feeding issues and tongue tie assessments.

The National Childbirth Trust (NCT) Infant Feeding Peer Supporters are trained volunteers who have breastfeeding experience. They regularly visit the ward to provide hands-off support.







### Need support following discharge?

The Homerton Healthcare Enhanced Health Visiting Infant Feeding Team has specialist training in family and public health and provide tailored support and reassurance.



# Need in person support? Join one of our infant feeding drop-in sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NCT Infant Feeding Peer Support</b></p> <p>Friendly and informal spaces where you can meet volunteers and other parents on their infant feeding journeys.</p>	<p>Shoreditch Maternity Centre Contact NCT for details</p> <p>Lubavitch Children's centre: for Charedi mums 1.45pm– 3.15pm</p>	<p>Ann Tayler Children &amp; Family Hub 1pm–2.30pm</p>	<p>*Daubney Children &amp; Family Hub 1pm– 2.30pm</p> <p>Oldhill Children's centre: for Charedi mums 12pm–2pm</p>	<p>Woodberry Down Children &amp; Family Hub 10am–11.30am</p>	<p>Linden Children &amp; Family Hub 1pm–2.30pm</p>
<p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>(for infants 10+ days)</p> <p>Clinical sessions where you can get tailored support from Infant Feeding Specialists.</p>	<p>Comet @ Thomas Fairchild Children's centre 10am–11.30am</p> 	<p>Clissold one o'clock club 10.45am–12pm</p> <p>Sebright Children's centre 10am–1pm</p> <p>Call to book: 020 7749 1210</p>	<p>Gainsborough Children's centre 10am–11.30am</p> <p>City Child &amp; Family Centre @ The Aldgate School 11am–1pm First Wednesday of every month only</p> <p>Barbican Children's Library 11am–1pm Third Wednesday of every month only</p>	<p>Hillside Children's centre 12.30pm–2pm</p> 	<p>Morningside Children's centre 10am–1pm</p> <p>Call to book: 020 8525 2400</p> 
<p><b>Enhanced Health Visiting Infant Feeding: Peer to peer support</b></p> <p>For our diverse communities to meet and get tailored support from Infant Feeding Specialists.</p>	<p>Ihsan Children's centre: for Muslim mums 10am–11.30am</p> <p>Comet @ Thomas Fairchild: for Turkish mums 12pm–2pm</p>		<p>Gainsborough Children's centre: for Black and Black Mixed Heritage mums 12.30pm–2pm</p>	<p>Hillside Children's centre: for Charedi mums 10am–11.30am</p> <p>Call to book: 020 8800 7325</p>	<p>*Please note that Daubney Children &amp; Family Hub drop ins have relocated to Clapton Park Children's Centre until the 30 August</p>