Contact us

Waltham Forest Infant Feeding Team

Support line: 020 8496 5222
Monday – Friday, 9am – 5pm Excluding Bank Holidays

Other local and national support:

Local Volunteer Support, 8:00am - 10:00pm, we answer calls when we can
Kate (NCT) 020 8520 4753
Elizabeth (LLL) 020 8527 6625

National Infant Feeding helplines:
will put you through to a UK Breastfeeding Counsellor

National Childbirth Trust: 0300 330 0700 Option 1
(every day 8:00am – midnight)
La Leche League: 0345 120 2918 (24 hours)

National Breastfeeding Helpline 0300 100 0212
(9:30am – 9:30pm) (English, Welsh and Polish)

TAMBA (for twins or more) Tamba.org.uk
Email to ask for contact from a twins/multiples peer supporter
tambabreastfeeding@gmail.com

Other support for a great start in life

This Infant Feeding service is part of the wider HENRY Best Start service to support parents of babies and children aged 5 and under.

The Best Start service also provides support for:

- Healthy eating and lifestyle
- Dental health
- Speech and language development

Get in touch for an updated timetable or let us know what you think of our service:
HENRY office: 020 8496 5223 e-mail: wfsupport@henry.org.uk

@WFHENRYHealth www.henry.org.uk/walthamforest

henry
Healthy Start, Brighter Future

in partnership with

Waltham Forest

Infant Feeding

9th September - 20th December 2019

However you are feeding your baby, we can offer practical and emotional support at any stage.

Come to any of our drop-in sessions for 1-to-1 support from an infant feeding practitioner and to meet other local mothers. No need to make an appointment, just come along.

Or, call our infant feeding support line on **020 8496 5222**

Infant Feeding Support

9th September - 20th December

HENRY Drop-in sessions along side Child Health Clinics:
One-to-one practical and emotional support for parents with breastfeeding, mixed-feeding, bottle-feeding and introducing solids.

Monday	**1:30 – 3:30 pm**	Chingford Health Centre, 109 York Road, Chingford, E4 8LF
Tuesday	**4:30 - 6:00 pm**	Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX
Thursday	**9:30 - 11:30 am** **1:30 - 3:30 pm**	Langthorne Health Centre, 13 Langthorne Road, Leytonstone, E11 4HX Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY
Friday	**9:30 - 11:00 am**	Seddon Centre, Clyde Place, Leyton, E10 5AS

HENRY Breastfeeding Cafés:
An opportunity to meet up with other breastfeeding mothers and get support on your breastfeeding journey from an infant feeding practitioner and peer supporters. Please note there is limited buggy space.

Monday (Term time only)	**10:30– 12:00 pm**	Le Petit Corner, 734 High Road, Leytonstone, London, E11 3AW Although held in a local Café you do not need to buy anything. Water is provided.
Wednesday (Term time only)	**1:30– 3:30 pm** **1:30– 3:00 pm**	Leyton Children and Family Centre, 215 Queens Road, Walthamstow, E17 8PJ Church Hill Nursey 47 Woodbury Road London, E17 9SB

Local La Leche League breastfeeding support

Wednesday	10:00 - 12:00 pm 1st Wednesday of each month	Coffee Morning, Waltham Forest Resource Hub, 1 Russell Road, E10 7ES
	10:00 - 12:00 pm 2nd Wednesday of each month	La Leche League Beyond Babyhood Group, Breastfeeding after 6 months. Waltham Forest Resource Hub, 1 Russell Road, E10 7ES
	10:00 - 12:00 pm 3rd Wednesday of each month	Discussion-based meeting, Waltham Forest Resource Hub, 1 Russell Road, E10 7ES

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