

Contact us

Waltham Forest Infant Feeding Team support line: 020 8496 5222
Monday – Friday, 9am – 5pm

Other local and national support:

Local Volunteer Support, 8am – 10pm, we answer calls when we can

Kate (NCT) 020 8520 4753

Elaine (NCT) 07908 962 272 (please text to arrange support)

Elizabeth (LLL) 020 8527 6625

Andrea (NCT) 07812 988 926 (usually available 1–3pm weekdays)

National Infant Feeding helplines:

will put you through to a UK Breastfeeding Counsellor

National Childbirth Trust: 0300 330 0700 Option 1
(every day 8am – 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)

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 wfsupport@henry.org.uk



@WFHENRYHealth

www.henry.org.uk/walthamforest



Healthy Start, Brighter Future

in partnership with



Infant Feeding

Whether you are breast, bottle or mixed feeding, we can support you to give your baby a great start in life. We offer practical and emotional support for all parents with feeding your baby at any stage. Come to our next drop-in session or breastfeeding cafe to meet one of our trained infant feeding practitioners. No need to make an appointment, just come along.



See inside for our timetable.

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

Infant Feeding Support

8th January - March 29th 2018

HENRY Drop-in sessions:

One-to-one practical and emotional support for parents on breastfeeding, mixed-feeding, bottle-feeding and introducing solids.

Monday	1.30 - 3.30pm	Chingford Health Centre, 109 York Road, Chingford, E4 8LF
Tuesday	4.30-6.30pm	Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX
Wednesday	1.30 - 3.30pm	Comely Bank Clinic, 46 Ravenswood Road, Walthamstow, E17 9LY
Thursday	9.30-11.30am	Langthorne Health Centre, 13 Langthorne Road, Leytonstone, E11 4HX
Friday	9.30 - 11.30am	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 or peer supporter. Please note there is limited buggy space.

Monday	10:30am - 12pm	Le Petit Corner, 734 High Road, Leytonstone, London, E11 3AW
Tuesday	2 - 4pm	Homemade Community Cafe, Higham Hill Park, Hitcham Close E17 5QD
Wednesday	1 - 2.30pm	Kukoolala Cafe, Jubilee Park, The Cottage, 3 Marsh Lane, Leyton Jubilee Park, Leyton, E10 7BL
Thursday	1.30 - 3.30pm	Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY

Local La Leche League breastfeeding support

Wednesday	10am - 12pm	1st and 3rd Wed of each month La Leche league Breastfeeding Support Group, Lloyd Park Centre, Winns Avenue Entrance, Walthamstow, E17 5JW
	10am - 12pm	2nd Wednesday of each month La Leche League Beyond Babyhood Group - Breastfeeding after 6 months. Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX



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