



## Hillingdon Infant Feeding Support



### Zoom Breastfeeding Group Support (Hosted by Hillingdon Peer Supporters)

To join either group call: 01895 891302 (Mon-Fri 9am 5pm)



**Tuesday 12pm-1.30pm**  
(all mums & babies welcome)

**Thursday 12pm-1.30pm**  
(mums & babies of twins/triplets)

Face to Face Support by Appointment only (01895 891302 or speak to your Health Visitor):

Monday	Tuesday	Wednesday	Thursday
12pm-3:30pm	9:00am-11:30am	9:30am-12:30pm	1pm-3pm
Westmead Clinic	Harefield Children's Centre	Oak Farm Children's Centre	Pinkwell Children's Centre

- See our Facebook page 'Hillingdon Breastfeeding' for up to date information on infant feeding help & support
- For specialist referrals for more complex feeding issues contact the Infant Feeding Team: Health Visiting [cnwl.hillingdonbreastfeedingsupport@nhs.net](mailto:cnwl.hillingdonbreastfeedingsupport@nhs.net)
- Hillingdon Hospital [thh.infantfeeding@nhs.net](mailto:thh.infantfeeding@nhs.net)

For local telephone or face to face feeding support: Hillingdon Children's Centres (Mon-Fri 9am-4pm)

Barra Hall Children's Centre (Hayes) 01895 277877	Charville Children's Centre (Hayes) 01895 250104	Cherry Lane Children's Centre (Hayes) 01895 250393	Pinkwell Children's Centre (Hayes) 01895 250533
Colham Manor Children's Centre 01895 250211	Harefield Children's Centre 01895 277108	Oak Farm Children's Centre 01895 250865	South Ruislip Children's Centre 01895 556806
Yeading Children's Centre 01895 250360	Yiewsley Children's Centre 01895 558194	Uxbridge Children's Centre 01895 558190	

Voluntary organisations providing breastfeeding support:

National Breastfeeding Helpline 0300 100 0212 (9.30am-9.30pm) & webchat available / NCT Helpline 0300 330 0700 (8am-midnight) / La Leche League GB Helpline 0345 120 2918 (8am-11pm) / Breastfeeding Network 0300 100 0210 / Association of Breastfeeding Mothers 0300 330 4543 / Supporter line Bengali & Sylheti 0300 456 2421