



## Infant Feeding Support 2021/2022

Groups are hosted by Hillingdon Peer Supporters. Help and support to feed your baby and an opportunity to meet other mums. To book a place email: [cnwl.hillingdonbreastfeedingsupport@nhs.net](mailto:cnwl.hillingdonbreastfeedingsupport@nhs.net)

### Tuesday

10-11.30am

Packet Boat  
Marina, Packet  
Boat Lane  
U82JJ

### Tuesday

1.30-2.30pm

Harefield  
Children's Centre  
UB96BT

### Wednesday

1-2.30pm

South Ruislip  
Children's Centre  
HA40LR

### Thursday

10.00-11.30am

Colham Manor  
Children's Centre  
UB83PT

Also available, one to one feeding support with the health visiting team. This is by appointment only and for babies over 10days old. To book call 01895 891302 or speak to your Health Visitor. Still under the care of the midwives, then please call Community Midwives 01895 279472 or THH Triage 01895 279054

- 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) and Hillingdon Hospital [thh.infantfeeding@nhs.net](mailto:thh.infantfeeding@nhs.net) or tel.01895 279723 (Mon-Fri)

For Feeding Support at Hillingdon Children's Centres please visit the website: [www.hillingdon.gov.uk/childrenscentres](http://www.hillingdon.gov.uk/childrenscentres)

### 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