

**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 speak to your midwife or health visitor.

## 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](https://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](https://bit.ly/HomertonEnhancedHealthVisiting)

### NCT Infant Feeding

0300 330 0700

Available every day from 8am to midnight  
[hackneyinfantfeeding.nct.org.uk](https://hackneyinfantfeeding.nct.org.uk)

### 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)

### Anya (24/7 specialist support)

Breastfeeding animations and video consultations  
<https://anya.health/download/>



## Children & Family Hubs Partnerships



## Infant Feeding Support

Term time only

### Pregnancy

#### Homerton Antenatal Infant Feeding Online Workshop

Usually the last Monday of every month. 6pm–8pm  
Book here: [bit.ly/antenatalhackney](https://bit.ly/antenatalhackney)

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

Free access code: **HERITAGE**  
[inourplace.co.uk](https://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.

**NCT Infant Feeding Peer Supporters** are trained volunteers who have breastfeeding experience. They have drop-in groups 5 days a week and 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
<b>NCT Infant Feeding Peer Support</b> Friendly and informal spaces where you can meet volunteers and other parents on their infant feeding journeys.	<b>Shoreditch Maternity Centre</b> 11am– 12.30pm  <b>Lubavitch Children's centre: for Charedi mums</b> 1.45pm– 3.15pm	<b>Ann Tayler Children &amp; Family Hub</b> 1pm–2.30pm	<b>Daubeney Children &amp; Family Hub</b> 1pm– 2.30pm  <b>Oldhill Children's centre: for Charedi mums</b> 12pm–2pm	<b>Woodberry Down Children &amp; Family Hub</b> 10am–11.30am	<b>Linden Children &amp; Family Hub</b> 1pm–2.30pm
<b>Enhanced Health Visiting Infant Feeding</b> (for infants 10+ days) Clinical sessions where you can get tailored support from Infant Feeding Specialists.	<b>Comet @ Thomas Fairchild Children's centre</b> 10am–11.30am  	<b>Clissold one o'clock club</b> 10.45am–12pm  <b>Sebright Children's centre</b> 10am–1pm Call to book: 020 7749 1210	<b>Gainsborough Children's centre</b> 10am–11.30am  <b>City Child &amp; Family Centre @ The Aldgate School</b> 11am–1pm First Wednesday of every month only  <b>Barbican Children's Library</b> 11am–1pm Third Wednesday of every month only	<b>Hillside Children's centre</b> 12.30pm–2pm Call to book: 020 8800 7352  	<b>Morningside Children's centre</b> 10am–1pm Call to book: 020 8525 2400  
<b>Enhanced Health Visiting Infant Feeding Support</b> For our diverse communities to meet and get tailored support from Infant Feeding Specialists.	<b>Ihsan Children's centre: for Muslim mums</b> 10am–11.30am  <b>Comet @ Thomas Fairchild: for Turkish mums</b> 12pm–2pm		<b>Gainsborough Children's centre: for Black and Black Mixed Heritage mums</b> 12.30pm–2pm	<b>Hillside Children's centre: for Charedi mums</b> 10am–11.30am Call to book: 020 8800 7352	<b>Please note:</b> the session times on this table are term time only.