

### Thursdays:

9.30-11.30 LANGTHORNE HEALTH CENTRE CLINIC Breastfeeding Counsellor Marjorie  
Ring first as Langthorne Road **E11 4HX**  
Marjorie is not 020 8430 7510  
always available *Marjorie may be able to visit mothers who live in the Leytonstone Children's Centre area.*  
on Thurs. *For more information about visits call 020 8496 2960*

12.30-2.30 BREASTFEEDING SUPPORT Breastfeeding Counsellor Petra  
Term time Low Hall Children's Centre  
only 215 Queen's Road (next to Leisure Centre) **E17 8BE**  
020 8496 2442

1.30 – 3.30 SILVERTHORN MEDICAL CENTRE CLINIC Breastfeeding Counsellor Kate  
2 Friars Close **E4 6UN**  
020 8430 7210

### Fridays:

10am-11.45 BREASTFEEDING CAFÉ Breastfeeding Counsellor Petra  
Walthamstow East Children's Centre  
Church Hill Nursery School Site,  
Woodbury Road **E17 9SB** 020 8520 4919  
*Parking permits available to buy from Reception*

## HELPFUL WEBSITES

Breastfeeding information and more: [NCT website](#) or [breastfeeding answers from la leche league](#)

Mastitis; Thrush; Safety of Medicines & Alcohol; Storing Expressed Milk: [Breastfeeding Network](#)

Tongue Tie: search for [cw genna quick help](#)

Comfortable positions for breastfeeding: search for [Biological Nurturing](#) website or on You Tube.

Updated MAY 2015



# BREASTFEEDING?



## It's ok to ask for help.

For more information about the Breastfeeding Project Group contact  
Kate Malik: [kate.malik1@virginmedia.com](mailto:kate.malik1@virginmedia.com)

## Telephone support: available every day of the year.

### Local Breastfeeding Counsellors

You can give us a ring any day of the year, 8am-10pm.  
We work as volunteers so if we are not available you can speak to a Breastfeeding Counsellor by calling one of the National Helplines listed below.

**Elizabeth:** 020 8527 6625      **Kate:** 020 8520 4753

**Andrea:** 07812 988 926 (usually available 1-3pm weekdays)

### National Helplines

NCT: 8am - midnight, 0300 330 0700, option 1

La Leche League: 24 hours, 0845 120 2918

National Breastfeeding Helpline: 9.30am-9.30pm, 0300 100 0212

Bengali/Sylheti Support: 9.30am-9.30pm, 0300 456 2421

- *Breastfeeding Counsellors are volunteers who have completed a rigorous 2 – 3 year training with a national charity such as NCT, La Leche League or The Breastfeeding Network.*
- *Breastfeeding Counsellors will listen to you, share up to date information, and support you as you decide what's right for you and your baby.*
- *You can call a Breastfeeding Counsellor to talk about any questions you have about breastfeeding, mixed feeding, starting solids, returning to work, stopping breastfeeding, etc.*

## Breast pump hire

*Breast pumps may be a useful alternative to hand expressing if there's any reason why your baby cannot breastfeed from you directly.*

- You can call a breastfeeding counsellor to discuss your needs
- You can hire pumps from:  
**Ardo:** [ardobreastpumps.co.uk](http://ardobreastpumps.co.uk) 01823 336 362  
**Medela:** [medelarental.co.uk](http://medelarental.co.uk)

## Face-to-face support

- ***Breastfeeding Groups** are friendly welcoming places for mothers and pregnant women.*
- *Many mothers come because they are facing challenges with breastfeeding, others come to get information, to feed their baby in a welcoming place, or to meet other mothers.*
- *There is usually a Breastfeeding Counsellor for specialist help.*
- ***Drop-in**, all welcome, whether currently breast or bottle-feeding.*
- *Parents can go to **Child Health Clinics** if they wish to have their baby weighed or to see their health visitor. At the clinics below you can also **drop in** and talk **one-to-one** with a breastfeeding counsellor.*

*Services may change, please phone the venue to check before your visit*

---

### **Mondays:** (except bank holidays)

9 -11am MISSION GROVE CHILDREN'S CENTRE CLINIC Breastfeeding Counsellor Petra  
Buxton Road **E17 7EJ**  
020 8520 3487

1.30-2.45 ALLUM MEDICAL CENTRE CLINIC Breastfeeding Counsellor Marjorie  
**Term time only** Fairlop Road **E11 1BN**  
020 8539 2513, option 3

---

### **Tuesdays**

11.30-1pm BREASTFEEDING SUPPORT GROUP Health Visitor and  
Barclay Children's Centre, Community Nursery Nurse  
Canterbury Road **E10 6EJ**  
020 8518 7015

---

### **Wednesdays**

10am-12 LA LECHE LEAGUE GROUP Breastfeeding Counsellor  
**1<sup>st</sup> & 3<sup>rd</sup> Wed of the month.** The Lloyd Park Centre Elizabeth  
Winns Avenue entrance **E17 5JW**  
020 8531 9522  
*For details of other regular meetings see facebook page LaLecheLeagueWalthamForest*

10.30 -11.30 BREASTFEEDING SUPPORT GROUP Breastfeeding Counsellor Marjorie  
Leytonstone Children's Centre  
(Harrow Green Library)  
8 Cathall Road **E11 4LF** 020 8496 2960

1.30-3.30 LANGTHORNE HEALTH CENTRE CLINIC Breastfeeding Counsellor Marjorie  
Langthorne Road **E11 4HX**  
020 8430 7510  
*Marjorie may be able to visit mothers who live in the Leytonstone Children's Centre area.  
For more information about visits call 020 8496 2960*