Breastfeeding Support in Hillingdon

Information for patients

This leaflet provides information to breastfeeding mothers on the support that is available in Hillingdon. The team in Hillingdon want you to feel supported as you learn to breastfeed your baby and we realise that questions or problems can arise at any stage.

You should already have the contact details for your Midwife, Health Visitor and Children’s Centre, but in addition, the following information should enable you to find the help you need as quickly as possible.

Local Support

Drop-in groups – run by Hillingdon Peer Supporters

- Mondays 1pm – 2:30pm Charville Children’s Centre, UB4 8LF
- Tuesdays 1pm – 2.30 pm Harefield Children’s Centre, UB9 6BT
- Wednesdays 11.30am – 1pm South Ruislip Childrens Centre, HA4 0LR
- Thursdays 1pm - 2.30pm Colham Manor Childrens Centre, UB8 3PT
- Fridays 9.30am – 11.30am (term time only) Coteford Childrens Centre HA5 2HX
- Fridays 11.00 am - 12.30pm Barra Hall Children’s Centre, UB3 2SA

Please check our Facebook page ‘Hillingdon Breastfeeding’ for any changes

Other -

- Hillingdon Peer Supporters – Facebook page – ‘Hillingdon Breastfeeding’
- Twins Clubs - www.harrowtwinsclub.co.uk
- La Leche League – West London - www.lllwestlondon.weebly.com or Facebook page ‘LLL West London’

Helplines

NB: for some national helplines, you are connected to a local supporter by automatic area code recognition. If you use a mobile or withhold your number, the person you speak to may not be local.

- National Breastfeeding Helpline – call: 0300 100 0212 (9:30am – 9:30pm) or visit: www.nhs.uk/Conditions/pregnancy-and-baby/Pages/breastfeeding-help-support.aspx
- Breastfeeding Network – call: 0300 100 0210
- Association of Breastfeeding Mothers – call: 0300 330 5453 (9:30am – 10:30pm)
- La Leche League – call: 0845 120 2918 or visit: www.laleche.org.uk
- National Childbirth Trust – call: 0300 330 0700 (8am to midnight) or visit: www.nct.org.uk

Who should I contact if I have a problem or question?

Julia Masdin, Infant Feeding Co-ordinator on 01895 279 723
What should I do in case of an emergency?

Please contact your Midwife or Health Visitor.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل صوتي، يرجى الاتصال بالرقم التالي 01895279973.

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