



Infant Feeding Support 2021/2022

Drop-in groups are hosted by Hillingdon Peer Supporters. Help and support to feed your baby and an opportunity to meet other mums.

Tuesday

10-11.30am

Packet Boat
Marina, Packet
Boat Lane
UB82JJ

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 (for babies over 10 days 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 and Hillingdon Hospital 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

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