

Community Specialist-Led Breastfeeding Services in West Kent

Sevenoaks, Edenbridge, Tonbridge & Tunbridge Wells		Maidstone	Other Areas of Kent
Breastfeeding Group with Breastfeeding Counsellor MONDAY 9:30am-11:30am Little Foxes Children's Centre Waveney Road Tonbridge, TN10 3JU Location phone: 03000 418008	Breastfeeding Group with Lactation Consultant THURSDAY 1:30pm-3pm Cranbrook Children's Centre Carriers Road Cranbrook, TN17 3JZ Location phone: 03000 411035	Breastfeeding Group with Lactation Consultant WEDNESDAY 1:00pm-2:30pm Salvation Army 74 Union Street, Maidstone ME14 1ED Location phone: 01622 681808	Breastfeeding Clinic (Appointment Only) MONDAY. Call Sarah at 07923 939768 William Harvey Hospital Kennington Road Willesborough Ashford TN24 0LZ
Breastfeeding Group with Lactation Consultant TUESDAY 9:30am-11:30am Little Forest Children's Centre Friars Way, Tunbridge Wells TN2 3UA Location phone: 03000 420892	Breastfeeding Group with Breastfeeding Counsellor FRIDAY 9:30am-11:30am Edenbridge Children's Centre High Street, Edenbridge TN8 5AB Location Phone: 03000 420995	Breastfeeding Group with Breastfeeding Counsellor MONDAY 12:30pm-2pm Meadow Children's Centre Furfield Close, Maidstone ME15 9JR Location Phone: 03000 412700	Breastfeeding Group with Breastfeeding Counsellor THURSDAY 1:00pm-3:00pm Swanley Children's Centre Northview Swanley, BR8 7BT Location phone: 03000 413333
Breastfeeding Group with Lactation Consultant WEDNESDAY 9:30am-11:00am Spring House Children's Centre Hospital Road, Sevenoaks TN13 3PT Location phone: 03000 421137	NCT Baby Café (Term Time) FRIDAY 10:00am-12:00pm Manna Cafe High Street Tunbridge Wells, TN1 1UT Phone: 01892 522323 www.babycafe.org		Bookable Breastfeeding Group with Breastfeeding Specialist THURSDAY 1pm-5pm The Willow Children's Centre Brookfield Road, Ashford, TN23 4EY Location phone: 03000 412956
Peer Support Leads Bridget - bridgetkenney@btinternet.com Harriet - harriet@psbcic.org Lactation Consultant 0300 302 0223 Leave a message and a Lactation Consultant will return your call.	La Leche League Meetings in Kent Check website for location http://www.lllkent.org.uk/ Helpline - 0345 120 2918	Kent Breastfeeding Helpline 0300 302 0223 Please check website for any changes & for other groups in Kent www.kentbabymatters.org	Pumps are available from many Children's Centres with a referral from a healthcare professional for a medical reason (cost involved). OR NCT Pump Agents (cost involved) Sevenoaks — 07718 630456 Tunbridge Wells - 01892 513840

Community Peer Support-Led Breastfeeding Services in West Kent

Sevenoaks, Edenbridge, Tonbridge & Tunbridge Wells	Maidstone & Malling
<p>Breastfeeding Group with Peer Support MONDAY 9:30am-11am Paddock Wood Children's Centre Wesley Centre Commercial Road Paddock Wood TN12 6DS Location phone: 03000 411035</p>	<p>Breastfeeding Group with Peer Support MONDAY 10:00am-11:30am Woodlands Children's Centre Chapman Way East Malling ME19 6SD Location phone: 03000 418008</p>
<p>South Tonbridge Children's Centre 2nd Wednesday 11am-12:30pm</p> <p>Edenbridge Children's Centre 2nd Friday 9:30am-11:30am</p> <p>Woodlands Children's Centre 4th Monday 10am-11:30am</p> <p>Spring House Children's Centre 4th Wednesday 9:30am-11:30am</p> <p>Find out more about using slings safely and have the opportunity to try some out. Slings can be borrowed for a small fee and a refundable deposit (cash, cheque or Paypal)</p>	<p>Breastfeeding Group with Peer Support FRIDAY 1:00pm-2:30pm Greenway, Queen's Road Maidstone ME16 8TL Location Phone: 03000 421540</p>



Breastfeeding Groups

A place where you can come to meet others who are breastfeeding. A place to ask questions and know that others are going through the same things you are. You don't need to be having a problem to come, and you can come as many times as you want. Volunteer breastfeeding peer supporters are women who have breastfed and decided to train and volunteer their time to support others on their breastfeeding journey. They are there to answer any questions you may have.

National Breastfeeding Helplines



0300 100 0212
 9:30am-9:30pm every day of the year
 Bengali/Sylheti - 0300 456 2421
 Drugs in Breastmilk - 0844 412 4665



0300 100 0212
 9:30am-9:30pm every day of the year
 press 1 for Welsh and 2 for Polish



0300 330 0700
 8:00am-10:00pm every day of the year

Funded by



clinical & educational
breastfeeding programmes

**Sure Start
Children's Centres**

