

Infant Feeding and Parent Support Groups June 2014

Before you have the baby:

If you would like to attend any of the drop-ins or talk to anyone about breastfeeding before the baby arrives then please feel free to attend or contact any of the below numbers.

After you have the baby:

North East London NHS Foundation Trust aim to provide a high standard of care so you get the support you need to breastfeed successfully and the correct information for formula feeding.

Your local health centres have trained staff to support you with your chosen feeding method and below are contact details of places where you will be able to get extra support with infant feeding and parenting support.

Please feel free to contact any of the numbers below for telephone support even if it is out of your area

When	Where	Contact	Telephone
Daily 9am to 5pm	Community Mums & Dads 23-25 Calcutta Road, Tilbury. RM18 7QT	Please phone prior to visit	01375 858512
Daily 9am to 5pm	Community Mums & Dads South Ockendon Health Centre, Darenth Lane. RM15 5LP	Please phone prior to visit	01708 850210
Daily 9am to 11pm	FAB Little Angels	Helpline	01268 526099
Daily 8am to 10pm	National Childbirth Trust		03003 300771
Daily 9:30am to 9:30pm	National Breastfeeding Helpline		03001 000212
Monday 1.30pm to 3pm <i>Term time only</i>	Pramstop St. Mary Magdalen Church High Street Billericay. CM12 9BQ	Pauline	01277 654540
Tuesday 9.30am to 11.30am	Highcliffe Children's Centre Rettendon View Wickford. SS11 8JE	Children's Centre	01268 574486
Tuesday 10:30am to 12pm	Yummy Mummy Grays One Stop Shop 24-28 Orsett Road, Grays. RM17 5EB	Karen Cosans or Clare Pearn	01708 850210 07944 999136
Tuesday 12.30pm to 2pm	Yummy Mummy Ockendon Ockendon Children's Centre 2a Afton Drive. RM15 5PA	Di Marson	01708 850210
Wednesday 10am to 12pm	Bumps & Babies Group Noak Bridge Village Hall Coppice Lane. SS15 4JS	NCT open to everyone	08442 436040
Wednesday 11.30 to 1pm	Breast Friends Café Cherry Trees Children's Centre 32a Knights Way, Brentwood. CM13 2AZ	Larchwood Children's Centre	01277 374912
Thursday 12.30pm to 2pm	Breast Friends Café Sunnyside Children's Centre Rosebay Ave, Billericay CM12 0GH	Sunnyside CC	01277 659589
1st and 3rd Thursday of each month 1pm to 2.30pm	Bosom Buddies Wickford Health Centre 2 Market Road, Wickford. SS12 0AG	Health Visiting Team	01268 766222

Thursday 1pm to 3pm <i>Term time only</i>	Bumps & Babes Sawyers Church Sawyers Hall Lane Brentwood. CM15 9BN	Tracy Leak NCT Breastfeeding Counsellor and Birth Companion	01277 223335
Thursday 1pm to 2.30pm	Yummy Mummy Chafford The Beacon Children's Centre Chafford Hundred RM16 6RW	Anita Bareham	01708 850210
Friday 12.30pm to 2.30pm	Yummy Mummy Stanford Stanford Children's Centre Copland Road Stanford. SS17 0DF	Angie Holland or Mandie Groves	01375 858512 07534 227949
2nd Friday of each month 9.30am to 11.30am	Northlands Park Children's Centre Basildon. SS13 1QX	FAB Little Angels	01268 526099

Did you know it is against the law to stop a mother breastfeeding in public areas?

North East London Foundation Trust is working with local businesses to promote a welcoming atmosphere for breastfeeding mothers, so look out for our breastfeeding welcome poster

For more information about infant feeding, Healthy Start or breastfeeding in public then visit:



www.feedingtogether.com
www.nhs.uk/start4life
www.healthystart.nhs.uk
www.maternityaction.org.uk

Please contact Change4Life on 01375 898110 or Change4Life@nelft.nhs.uk if any amendments need to be made