

We're here to support you with free help and advice for every stage of your infant feeding journey.

You can get free equipment to support your breastfeeding journey, including double electric breast pumps. For more information please speak to your midwife or health visitor.

Want to get in touch?

Homerton Maternity helpline

020 8510 5955

Available every day from 10am–6pm

huh-tr.homertoninfantfeeding@nhs.net

homerton.nhs.uk/infant-feeding

Homerton Enhanced Health Visiting Service Infant Feeding Team

020 7683 4151

Available Monday to Friday from 9am–5pm

huh-tr.hvrapidresponse@nhs.net

bit.ly/HomertonEnhancedHealthVisiting

NCT Infant Feeding

0300 330 0700

Available every day from 8am to midnight

hackneyinfantfeeding.nct.org.uk

National Breastfeeding helpline

0300 100 0212

Available 24 hours a day, every day of the year

Support for dads

Whatsapp group: 07984 601 104



**Children & Family Hubs
Partnerships**

Hackney

Infant Feeding Support

Pregnancy

Homerton Antenatal Infant Feeding online workshop

Usually the last Monday of every month. 6pm–8pm

Book here: bit.ly/antenatalhackney

Togetherness Antenatal and Postnatal online courses

Free access code: HERITAGE

togetherness.co.uk/mul/hackney



Labour and birth

Homerton Maternity Services are BFI accredited and trained to give you clinical support. If needed, they can refer you to specialists for complex feeding issues and tongue tie assessments.

NCT Infant Feeding Peer Supporters are trained volunteers who have breastfeeding experience. They have drop-in groups 5 days a week and regularly visit the ward to provide hands-off support.



Need support following discharge?

The **Homerton Enhanced Health Visiting Service** is BFI accredited, with all staff trained to support infant feeding. Families in City & Hackney can get tailored support from day 10 onwards, including specialist advice, reassurance, questions, or answers to more complex feeding needs.



Need in person support? Join us at one of our infant feeding sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
NCT Infant Feeding Peer Support Friendly and informal spaces where you can meet volunteers and other parents on their infant feeding journeys.	'Chill & Chat' Daubeney Children & Family Hub 10am– 11.30am Lubavitch Children's centre: for Charedi mums 1.45pm– 3.15pm	Ann Tayler Children & Family Hub 1pm–2.30pm	Lubavitch Children's centre: for Charedi mums 9.30am–11am	'Chill & Chat' Woodberry Down Children & Family Hub 10am–11.30am	Online Peer Support 10:45am–11.45am Email hackneysupport@nct.org.uk Linden Children & Family Hub 1pm–2.30pm
Enhanced Health Visiting Infant Feeding (for infants 10+ days) Clinical sessions where you can get tailored support from Infant Feeding Specialists.	Comet @ Thomas Fairchild Children's centre 10am–11.30am 	Clissold one o'clock club 10am–11.30am Sebright Children's centre 10am–1pm Call to book: 0208 106 5613	Gainsborough Children's centre 10am–11.30am Artizan Street Library 10am–11.30am First Wednesday of every month only Barbican Children's Library 10am–12pm Third Wednesday of every month only	Hillside Children's centre 12.30pm–2pm Call to book: 020 8800 7352 	Morningside Children's centre 10am–1pm Call to book: 020 8525 2400 
Enhanced Health Visiting Infant Feeding Support For our diverse communities to meet and get tailored support from Infant Feeding Specialists.	Ihsan Children's centre: for Muslim mums 1.15pm–2.30pm Comet @ Thomas Fairchild: for Turkish mums 12.30pm–2pm		Gainsborough Children's centre: for Black and Black Mixed Heritage mums 12.30pm–2pm	Hillside Children's centre: for Charedi mums 10am–11.30am Call to book: 020 8800 7325	Please note: the session times on this table exclude bank holidays 