

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

Free equipment to support your breastfeeding journey is available, 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

Anya (24/7 specialist support)

Breastfeeding animation, video consultations and AI assistant

<https://anya.health/download/>



Children & Family Hubs Partnerships



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.

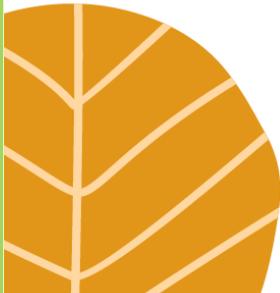


Need support following discharge?

The Homerton Healthcare Enhanced Health Visiting Infant Feeding Team has specialist training in family and public health and provide tailored support and reassurance.



Need in person support? Join one of our infant feeding drop-in sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>NCT Infant Feeding Peer Support</p> <p>Friendly and informal spaces where you can meet volunteers and other parents on their infant feeding journeys.</p>	<p>Shoreditch Maternity Centre 11am– 12.30pm</p> <p>Lubavitch Children's centre: for Charedi mums 1.45pm– 3.15pm</p>	<p>Ann Tayler Children & Family Hub 1pm–2.30pm</p>	<p>Lubavitch Children's centre: for Charedi mums 9.30am–11am</p> <p>Daubeney Children & Family Hub 1pm– 2.30pm</p>	<p>Woodberry Down Children & Family Hub 10am–11.30am</p>	<p>Linden Children & Family Hub 1pm–2.30pm</p>
<p>Enhanced Health Visiting Infant Feeding</p> <p>(for infants 10+ days)</p> <p>Clinical sessions where you can get tailored support from Infant Feeding Specialists.</p>	<p>Comet @ Thomas Fairchild Children's centre 10am–11.30am</p> 	<p>Clissold one o'clock club 10.45am–12pm</p> <p>Sebright Children's centre 10am–1pm Call to book: 020 7749 1210</p>	<p>Gainsborough Children's centre 10am–11.30am</p> <p>Barbican Children's Library 11am–1pm Third Wednesday of every month only</p> <p>First Wednesday of every month only: Artizan Street Library 10am–12pm City Child & Family Centre @ The Aldgate School 11am–1pm</p> 	<p>Hillside Children's centre 12.30pm–2pm</p> <p>Call to book: 020 8800 7352</p>	<p>Morningside Children's centre 10am–1pm</p> <p>Call to book: 020 8525 2400</p> 
<p>Enhanced Health Visiting Infant Feeding Support</p> <p>For our diverse communities to meet and get tailored support from Infant Feeding Specialists.</p>	<p>Ihsan Children's centre: for Muslim mums 1.15pm–3pm</p> <p>Comet @ Thomas Fairchild: for Turkish mums 12pm–2pm</p>		<p>Gainsborough Children's centre: for Black and Black Mixed Heritage mums 12.30pm–2pm</p>	<p>Hillside Children's centre: for Charedi mums 10am–11.30am</p> <p>Call to book: 020 8800 7352</p>	<p>Please note: the session times on this table exclude bank holidays</p>