

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](https://bit.ly/antenatalhackney)

#### Togetherness Antenatal and Postnatal Online Courses

Free access code: HERITAGE  
[togetherness.co.uk/mul/hackney](https://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.




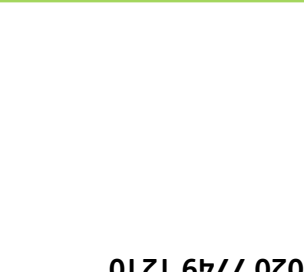

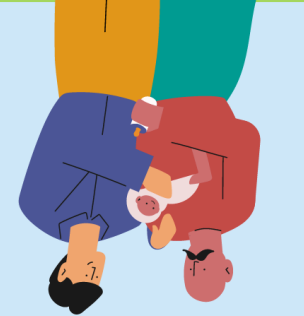



### Need support following discharge?

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 one of our infant feeding drop-in sessions

Friday	Thursday	Wednesday	Tuesday	Monday	
<p><b>NCT Infant Feeding Peer Support</b></p> <p>Friendly and informal spaces where you can meet volunteers and other parents on their infant feeding journeys.</p> <p><b>'Chill &amp; Chat'</b> Dabdney Children &amp; Family Hub 10am – 11.30am</p> <p>Lubavitch Children's centre: for Charedi mums 1.45pm – 3.15pm</p>	<p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>(for infants 10+ days)</p> <p>Clinical sessions where you can get tailored support from Infant Feeding Specialists.</p> <p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>Thomas Fairchild Children's centre 10am – 11.30am</p> <p>Clissold one o'clock club 10am – 11.30am</p> <p><b>Sebright Children's centre</b> 10am – 1pm Call to book: 020 7749 1210</p>	<p><b>Peer Support</b></p> <p>Online Peer Support 10:45am – 11.45am Email hackneysupport@nct.org.uk</p> <p>Linden Children &amp; Family Hub 1pm – 2.30pm</p>	<p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>Barban Children's Library 10am – 12pm Third Wednesday of every month only</p> <p><b>Artizan Street Library</b> 10am – 11.30am First Wednesday of every month only</p> <p><b>Gainsborough Children's centre</b> 10am – 11.30am</p>	<p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>Hillside Children's centre 12.30pm – 2pm Call to book: 020 8800 7352</p> <p>Morningside Children's centre 10am – 1pm Call to book: 020 8525 2400</p>	<p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>For our diverse communities to meet and get tailored support from Infant Feeding Specialists.</p> <p><b>Enhanced Health Visiting Infant Feeding</b></p> <p>Ihsan Children's centre: for Muslim mums 1.15pm – 2.30pm</p> <p>Comet @ Thomas Fairchild: for Turkish mums 12.30pm – 2pm</p>
					
 <p>Please note: the session times on this table exclude bank holidays</p>	<p>Hillside Children's centre: for Charedi mums 10am – 11.30am Call to book: 020 8800 7325</p>	<p>Gainsborough Children's centre: for Black and Black Mixed Heritage mums 12.30pm – 2pm</p>			