

# Baby Feeding Support in Islington



Islington's breastfeeding peer supporters, in their distinctive purple shirts, are all mums who have breastfed their own babies before having training to help other mums.

You may meet our team on the postnatal ward and will usually receive a phone call from us soon after your baby is born. You can also call or message us for support at any stage. If you can't access our one-to-one or group breastfeeding support options in the community, we might also be able to visit you at home.

Our free service is open to all Islington families, however you are feeding your baby.



# Support with Feeding Your Baby in Islington

## One to One Support

- Telephone, email and messaging support
- Video calls by arrangement
- Clinic appointments (*please call us to book*)
- Home visits (*limited availability*)

## Group Support

- Mondays: 1.30-3pm Family Hub@New River Green Children's Centre, 23 Ramsey Walk, N1 2SX
- Tuesdays: 1.30-3pm Bemerton Children's Centre 1a Coatbridge House, Carnoustie Drive, N1 0DX
- Thursdays: 10.15 -11.45 Moreland Children's Centre Gard St, EC1V 8BB
- Fridays: 1-2.30pm Ambler Children's Centre Romilly Road, N4 2DR

## Online Support

- Wednesdays: 1.30-3pm Online Support Group
  - Antenatal online Q&A session (dates vary)
- Please contact us for details and to book*

For full details and useful information see [islington.gov.uk/breastfeeding](https://islington.gov.uk/breastfeeding) or follow us on

 @breastfeedingislington  @bfnislington



## Support lines

9.30am-9.30pm, 7 days a week  
National Breastfeeding Helpline  
**0300 100 0212** (press 2 for Polish)  
Breastfeeding Network Supporterline  
**0300 100 0210**  
Bengali/Sylheti Supporterline  
**0300 456 2421**

## Other information and support

[breastfeedingnetwork.org.uk](https://breastfeedingnetwork.org.uk)  
(includes webchat support)

[globalhealthmedia.org/breastfeeding](https://globalhealthmedia.org/breastfeeding)

[unicef.org.uk/babyfriendly/support-for-parents](https://unicef.org.uk/babyfriendly/support-for-parents)

[facebook.com/BfNDrugsinBreastmilkinformation](https://facebook.com/BfNDrugsinBreastmilkinformation)

We collect, receive and process your personal information as part of your perinatal care with Whittington Health NHS Trust and operate within Trust systems and policies. For more information on how we use your data, visit [www.whittington.nhs.uk](https://www.whittington.nhs.uk), see our Facebook page or contact us.

Contact us on **020 3316 8439**

Leave us a message and we will call back