

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 clinic or group style in-person breastfeeding support options, we might also be able to visit you at home.

Our free service is open to all Islington families.



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


- Thursdays: 9.30am-11am Moreland Children's Centre, Gard St, EC1V 8BB
- Thursdays: 1.30pm- 3pm Hungerford Children's Centre, 10 Goodinge Rd, N7 9LH
- Fridays: 1pm- 2.30pm Ambler Children's Centre, Blackstock Rd, N4 2DR

(Please note: space is limited, so you may need to wait to be seen)

Antenatal Support

- Antenatal online Q&A session
Please contact us for details and to book

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

 @breastfeedingislington  @bfnislington

Contact us on **020 3316 8439**

Leave us a message and we will call back

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

(includes webchat support)

globalhealthmedia.org/breastfeeding

unicef.org.uk/babyfriendly/support-for-parents

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, see our Facebook page or contact us.



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