







Local breastfeeding & infant feeding support in Hounslow & Twickenham

Some sessions may need an appointment, please see details below before attending.

<p>Monday 10:00 – 12:00 South Isleworth Children's Centre, Worple Road, Isleworth TW7 7AP <i>Parking available at centre</i> Tel: 020 8583 5885 Get support with feeding at any stage of your feeding journey. No topic is off the table. Support is provided by the Infant Feeding Team of West Middlesex Hospital and we will support you by making evidence based care plans together, making relevant referrals to other health care professionals if needed. This group is social as well as problem solving!</p>	<p>10:00 – 11:30  Alf King Children's Centre, 7 Hanworth Road, Feltham TW13 5AF <i>Pay and display parking/4 mins from Feltham station</i> Tel: 020 8583 3922 No appointment required but please drop-in early in the session. Baby Cafés are run by an NCT Breastfeeding Counsellor - whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding, join us for support, encouragement and evidence based information. Come and meet other parents in a relaxed, friendly environment.</p>
<p>Tuesday 13:00 – 15:00   Twickenham United Reformed Church, First Cross Road, Twickenham TW2 5QA. https://www.nct.org.uk/local-activities-meet-ups/twickenham-hounslow-and-district No appointment required but please drop in early in the session. Light refreshments offered. Baby Cafés are run by an NCT Breastfeeding Counsellor - whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding, join us for support, encouragement and evidence based information. Come and meet other parents in a relaxed, friendly environment.</p>	
<p>Wednesday 10:00 – 12:00  Lampton Children's Centre, Neville Close, Off Lampton Road, Hounslow TW3 4JG Tel: 020 8583 5720 No appointment required but please drop-in early in the session. Baby Cafés are run by an NCT Breastfeeding Counsellor - whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding, join us for support, encouragement and evidence based information. Come and meet other parents in a relaxed, friendly environment.</p>	<p>10:15 – 11:45  Chiswick Children's Centre, 9 Devonshire Street, W4 2JR Tel: 020 8583 5603 No appointment required but please drop-in early in the session. Baby Cafés are run by an NCT Breastfeeding Counsellor - whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding, join us for support, encouragement and evidence based information. Come and meet other parents in a relaxed, friendly environment.</p>
<p>Thursday 10:00 – 11:30  South Isleworth Children's Centre, Worple Road, Isleworth TW7 7AP Tel: 020 8583 5885 <i>Parking available at centre</i> No appointment required but please drop-in early in the session. Baby Cafés are run by an NCT Breastfeeding Counsellor - whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding, join us for support, encouragement and evidence based information. Come and meet other parents in a relaxed, friendly environment.</p>	
<p>Friday 12.30 – 14.30 Brentford Children Centre, North Road, Brentford, TW8 0BJ <i>Parking restrictions in place- look for local car parks/use public transport where possible.</i> Get support with feeding at any stage of your feeding journey. No topic is off the table. Support is provided by the Infant Feeding Team of West Middlesex Hospital and we will support you by making evidence based care plans together, making relevant referrals to other health care professionals if needed. This group is social as well as problem solving!</p>	
<p>Saturday 10:00 – 12:00 Day Assessment Unit, Queen Mary Maternity Unit, West Middlesex University Hospital Twickenham Rd, Isleworth, TW7 6AF <i>Parking is available in the hospital car parks</i> Get support with feeding at any stage of your feeding journey. No topic is off the table. Support is provided by the Infant Feeding Team of West Middlesex Hospital and we will support you by making evidence based care plans together, making relevant referrals to other health care professionals if needed.</p>	

Where to find alternative help

NCT	Infant Feeding Line: 0300 330 0700 (option 1) 8am-midnight every day www.nct.org.uk
La Leche League	Helpline: 0345 120 2918 8am-11pm every day www.laleche.org.uk
Breastfeeding Network	Helpline: 0300 100 0212 24 hours, every day. Support also available in Welsh and Polish Helpline (Bengali/Sylheti): 0300 456 2421 www.breastfeedingnetwork.org.uk

