

FREE BREASTFEEDING SERVICES – From July 2019



You can expect breastfeeding support from any of your maternity or health visiting teams across Croydon. We all trained to support you. You may be guided to attend our Baby Cafe if you require more specialist help.

Our Baby Cafes are run by Lactation Consultants with help from Baby Friendly trained staff and volunteer breastfeeding peer supporters.

Please ensure you arrive at least 30 minutes before the end of the session

Wednesday **babycafé**

Woodlands Baby Café; 13.00 – 15.00

Woodlands Children's Centre, Gilbert Scott School, Farnborough Avenue, Monks Hill, **CR2 8HD**
020 8916 0543

Thursday **babycafé**

Woodside Baby Café: Morland Ave; 12.00am – 14.00pm

Woodside Children's Centre, Morland Road, Croydon, **CR0 6NF**
020 8655 5655

Friday **Breastfeeding Clinic**

Croydon University Hospital, 10.00am – 12.00pm

Parent Education Room, Antenatal Clinic, Croydon University Hospital, London Road, Croydon, CR7 7YE
020 8401 3000 Bleep 576

Tongue-Tie Assessment: Your **1st** Tongue-Tie assessment can be carried out by your midwife or Health Visitor with an **additional written feeding plan**. The **2ND** assessment (at least 3 days apart), **required for a referral**, will be completed by the Baby Café staff. Please note, from referral to appointment can take 10-14 working days.

To contact the Community Infant feeding Team call 020 8714 2985 (Parkway Health Centre)

Other Croydon Organisations

National Childbirth Trust (NCT)

Coulston	Patricia Wise	01737 552 295
North Croydon	Jo Wittams (evenings only)	020 8665 1150
Warringham	Kate Manvatkar	01883 370860

La Leche League

South Croydon	Ivanka Lennon	020 8657 9209
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Helplines and Websites

National Breastfeeding Helpline

9.30am - 9.30pm	0300 100 0212
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www.nationalbreastfeedinghelpline.org.uk

Start4Life Interactive Chatbot 'Breastfeeding Friend' <https://www.nhs.uk/start4life/breastfeeding>

Breastfeeding Helpline for Bengali/Sylheti speakers	0300 456 2421
Breastfeeding Helpline for Tamil/Telugu/Hindi speakers	0300 330 5469

BfN: Drugs in Breastmilk Information (see also BfN Drugs in Breastmilk Factsheets on website)

E-mail: drug-information@breastfeedingnetwork.org.uk

Equipment

Breast pumps

Breast pumps are available to use on a short term basis, free of charge, for babies in Special Care Baby Unit (SCBU), after discussion with a member of the Croydon Breastfeeding Support Team at Parkway Health Centre:
020 8714 2985

Hire of hospital grade breast pumps

Kate Manvatkar	01883 370860
Medela Lactina or Symphony Pump Hire	0870 950 5994
Ardo Elite Pump Hire	01823 336 362