

## **FREE BREASTFEEDING SERVICES AND DROP INS – SUMMER 2018**

Baby Cafes are run by a lactation consultant and/or health professional with support from peer supporters and, at some groups, from NCT breastfeeding counsellors.

All breastfeeding support groups are free, provided by the NHS.

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

Please see our Facebook page 'Croydon Breastfeeding Support' for service updates/closures



### **Monday**

**There is no Baby Café on Mondays from 2<sup>nd</sup> July to 3<sup>rd</sup> September.**

### **Tuesday**

**Sanderstead Baby Café 12.30pm - 2.30pm – OPEN throughout the summer**

Sanderstead Clinic  
40 Rectory Park, South Croydon CR2 9JN  
020 8714 2560

### **Wednesday**

**Woodlands Baby Café 1.00pm - 3.00pm – OPEN throughout the summer**

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

### **Thursday**

**Woodside Baby Café 10.00am – 12.00pm – CLOSED on 12<sup>th</sup>, 26<sup>th</sup> July & 16<sup>th</sup> August**

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

### **Friday**

**Croydon University Hospital (CUH) Breastfeeding Clinic 10.00am – 12.00pm**

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

**Byron Baby Café 12.30pm - 2.30pm – CLOSED on 31<sup>st</sup> August**

Byron Children's Centre, St David's, Coulsdon, CR5 2XE  
020 8763 6285

**Tongue-tie assessments can be carried out at any Baby Café or at the CUH Breastfeeding Clinic.**

**To contact the Breastfeeding Team call 020 8714 2985 (Parkway Health Centre)**



## Other Croydon Organisations

### National Childbirth Trust (NCT)

<b>Coulsdon</b>	Patricia Wise	01737 552 295
<b>Selsdon</b>	Karen Fox (evenings only)	020 8657 0384
<b>North Croydon</b>	Jo Wittams (evenings only)	020 8665 1150
<b>Warlingham</b>	Kate Manvatkar	01883 370860

### La Leche League

<b>South Croydon</b>	Ivanka Lennon	020 8657 9209
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## Helplines and Websites

### **National Breastfeeding Helpline**

9.30am - 9.30pm

0300 100 0212

[www.nationalbreastfeedinghelpline.org.uk](http://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](mailto: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