

# Help with breastfeeding

A little professional help with breastfeeding can sometimes make a big difference. We run two clinics where we offer breastfeeding support to mothers:

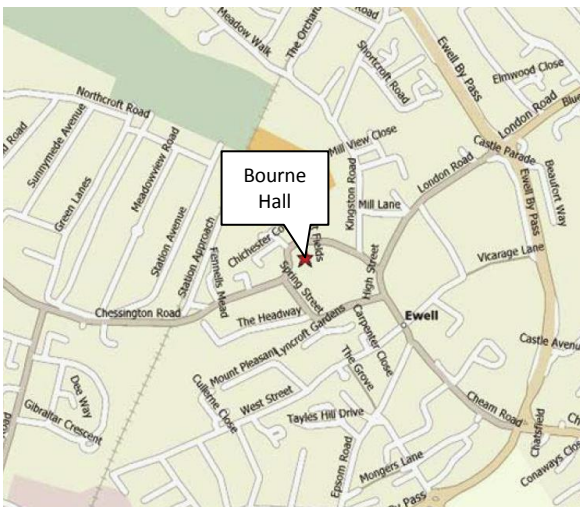
Every Monday at:  
**Bourne Hall**  
Ewell  
KT17 1TG

Every Thursday at:  
**Tweeddale Children’s Centre**  
Carshalton  
SM5 1SW

Postnatal drop-in clinic: 10am to 12noon  
Antenatal mothers: 12.45pm to 1.45pm – appointment needed  
Colostrum harvesting: 1.50pm to 2.15pm – appointment needed

**You may wish to ring to check times before visiting the support clinics. Antenatal mothers can also book an appointment onto our responsive parenting and Colostrum Harvesting sessions by ringing the hospital antenatal clinic reception desk.**

## How to find us



**Breastfeeding information, support and understanding from trained staff is available at these breastfeeding groups:  
You may wish to ring to check times before visiting any of the below as clinics sometimes change.**

<b>Mondays Excluding bank holidays</b>	10am – 12noon 020 8394 1301 <b>From Birth</b>	<b>Bourne Hall Health Centre (1<sup>st</sup> floor)</b> Drop-in session. Ewell Village, Chessington Road, Ewell KT17 1TG
	1pm – 3pm 01372 749834	<b>Epsom Sure Start Children’s Centre (drop in)</b> Drop-in session as part of Bumps and Babies baby group. Possibility to hire breast pump. Breast feeding support all week via an appointment .Pound Lane, Epsom, KT19 8SD
	09.30am – 11.30am 0208 7705875	<b>Thomas Wall Children’s Centre (drop-in)</b> 69 Western Road, Sutton, SM1 2TF
<b>Tuesdays</b>	10am – 11.30am 01372 730435 <b>Babies aged 10 days and over</b>	<b>Rockers and Rollers Baby Group (0-9 months only ) Breastfeeding and Infant feeding advice</b> ,St Martin’s Children Centre Worple Road, Epsom, KT18 7AA
	10am – 12noon 07523 684686 Twice a month	<b>Cafe La Leche Merton (drop-in), please call for dates</b> Venue: Hillside Church 37 Worple Road SW19 4JZ
	10.30-12.30noon 01737843915 1 <sup>st</sup> Tuesday of the Month	<b>La Leche League</b> Mother to Mother support The Hub, Merstham, RH1 3HY
	1pm – 4pm 0208 661 3904	<b>Green Oak Breastfeeding Service (Please book a place by calling the health visiting Team)</b> 671 London Rd, Worcester Park, Sutton, SM3 9DL
<b>Wednesday</b>	10.00am – 11.30am 020 8337 7310 <b>Babies aged 10 days and over</b>	<b>Riverview Sure Start Children’s Centre</b> Drop-in session as part of Little Buttons baby group. Riverview Road, West Ewell, KT19 0JP
	10 am -12noon <b>Babies aged 10 days and over</b>	<b>Thames Ditton Children’s Centre Breastfeeding Clinic (drop-in)</b> Mercer Close, Thames Ditton, Surrey, KT7 0BS Tel: 0208 979 6464
<b>Thursdays</b>	10am – 12noon 020 87705801 From Birth	<b>Tweeddale Children’s Centre Breastfeeding Clinic (drop-in)</b> Tweeddale Road, Carshalton, Surrey SM5 1SW. Parking in David Weir leisure centre just opposite the children’s centre
	10am – 11.00am 01372 812754 <b>Babies aged 10 days and over</b>	<b>Bookham Little Treasure’s Baby Group (drop-in for pregnant and new mothers )</b> Leatherhead Trinity Children’s Centre , Bookham Baptist Church, Lower Road, Bookham, KT23 4DH
	1pm– 2.45pm 01306740095 <b>Babies aged 10 days and over</b>	<b>Dorking Children’s Centre (drop-in) ‘Kickers and crawlers’</b> Goodwyns Road, Dorking, Surrey, RH4 2LR
<b>Fridays</b>	10am – 12noon 020 8401 3000 Bleep 576	<b>Croydon University Hospital Breastfeeding Clinic</b> Drop-in session. Parent Education Room, Antenatal Clinic, London Road, Croydon, CR7 7YE

## Local breastfeeding counsellors and peer supporters

If you are finding breastfeeding challenging, either physically or emotionally, as well as talking to your health visitor or midwife, a breastfeeding counsellor may be able to help you. Breastfeeding counsellors are all mothers who are experienced in breastfeeding and have had training to enable them to support and help mothers to breastfeed.

### NCT breastfeeding counsellors

<b>Sutton</b>	Janet Rimmer <b>01737 817832</b>	<b>Coulsdon</b>	Patricia Wise <b>01737 552295</b>
	Linda Chidgey <b>01737 353612</b>		
<b>Ewell</b>	Caroline Russell <b>07852 727966</b>	<b>Fetcham</b>	Meg Frost <sup>+</sup> <b>01372 374481</b> Debbie Stone <sup>+</sup> <b>01372 458154</b>
<b>Warlingham</b>	Kate Manvatcar <sup>+</sup> <b>01883370860</b>		

<sup>+</sup> also a breast pump agent. Local website: [www.nct.org.uk/branches/sutton-epsom](http://www.nct.org.uk/branches/sutton-epsom)

### La Leche League breastfeeding counsellors

<b>Leatherhead and Dorking</b>	Ginny Eaton <b>01737 843915</b> Jane Jenkins <b>01372 377394</b> 1111d@outlook.com	<b>Reigate/Banstead</b>	Katrina Voysey <b>01737 669312</b>
		<b>Epsom/Ewell</b>	Catherine Harding <b>020 8393 1479</b>
		<b>Wimbledon</b>	Indira Lopez-Bassols- <b>07414 490 090.</b>

Local website: [LLLLEATHERHEAD.ORG.UK](http://LLLLEATHERHEAD.ORG.UK)

LLL Wimbledon.weekly.com

LLL Kingston.weekly.com

## Breast pumps for buying/Hiring

**Epsom and SThelier are selling Ardo electric breast pumps(Single/double),which comply with the World health organisation (WHO) Tel no:-07975232374 to discuss with a member of the Infant feeding Team**

To hire breast pumps via a local NCT (National Childcare Trust) volunteer agent, just call NCT enquiries on 0300 330 0770 between 9am and 5pm or one of the named agents for your local area.

Always remember to check prices and other details before you make your decision.

### Breast Pump Agents

<b>Leatherhead/ Fetcham</b>	Meg Frost	<b>01372 374481</b>
<b>Epsom/Sutton/Ewell</b>	Debbie Stone	<b>07841 160258</b>
<b>Dorking</b>	Caroline Russell	<b>020 8393 2954</b>

You may also contact the companies direct on the following numbers. Companies do charge more than local agents, but this includes delivery to your home and collection which **may** be useful for longer term hire, ie more than four weeks.

- **Spectra Drew Electric Breast pump** Tel. 0800 111 4800 or 020 8339 9730, [customerservices@anawiz.com](mailto:customerservices@anawiz.com)  
Mon-Fri 9am – 5pm, free standard delivery, next day or call and collect from Surbiton, Surrey.
- [www.ardobreastpumps.co.uk](http://www.ardobreastpumps.co.uk) Free next working day delivery for **UK** mainland on all orders £40 and over received by 2pm, Monday to Friday.
- **Medela Breast Pumps** Tel. 0870 9505994 (press 1) To order please go on line [www.medelarental.co.uk](http://www.medelarental.co.uk)
- **Ameda Egnell Breast Pumps** Tel. 01823 336362, Mon-Fri 9am – 5pm(Except BH)

**National helplines and useful websites/apps for information and support**

When you can't make it to a clinic or group, or see someone face-to-face, support is just a phone call or email away.

<b>Epsom and St Helier hospitals website</b>	<a href="http://www.epsom-sthelier.nhs.uk/infant-feeding">www.epsom-sthelier.nhs.uk/infant-feeding</a> go to the infant feeding section under services for more information and video support.
<b>NCT</b> (National Childbirth Trust) 0300 330 0700/1 and <a href="http://www.nct.org.uk">www.nct.org.uk</a> <i>8am – 12 midnight, seven days a week</i>	<b>National Breastfeeding Helpline</b> (9.30am to 9.30pm) 0300 100 0212 <a href="http://www.nationalbreastfeedinghelpline.org.uk">www.nationalbreastfeedinghelpline.org.uk</a> <a href="http://www.bestbeginnings.info">www.bestbeginnings.info</a> plus your personal DVD ' <b>Bump to Breastfeeding</b> '
<b>BFN</b> (Breastfeeding Network) 0300 1000 210-Supporter line <a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a> <i>Seven days a week, 9.30am - 9.30pm</i>	<b>La Leche League</b> 0345 120 2918 and <a href="http://www.laleche.org.uk">www.laleche.org.uk</a> Mother-to-Mother support.

**Further information is also available from these organisations  
... and it's not just for mothers!**

<b>Fatherhood Institute</b> <a href="http://www.fatherhoodinstitute.org">www.fatherhoodinstitute.org</a>  A website by fathers, for fathers.	<b>UNICEF UK Baby Friendly Initiative</b> <a href="http://www.babyfriendly.org.uk">www.babyfriendly.org.uk</a> for a wealth of information <a href="http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/">www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/</a> To view videos on positioning, attachment and hand expressing as well as many other useful videos.
<b>Association of Breastfeeding Mothers</b> 08444 122 949 /0300 330 5453 and <a href="http://www.abm.me.uk">www.abm.me.uk</a> <i>9.30am-10.30pm , seven days a week</i>	<b>Breastfeeding Network drugs in breastmilk information</b> <a href="mailto:druginformation@breastfeedingnetwork.org.uk">druginformation@breastfeedingnetwork.org.uk</a> or Facebook Page The breastfeedingNetwork Drugs in Breastmilk information service Information regarding compatibility of breastfeeding and medication.
<b>Safer Baby sleep:</b> Research evidence about biologically normal sleep for human babies. App available	<b>First Steps Nutrition Trust:</b> Independent public health nutrition charity .Evidence based resources include information on artificial Infant milks, commercial baby foods and healthy eating.

**Apps**



Download Breast Start - breastfeeding app from the Google App store for local services for Sutton parents and parent-to-be.

**Baby Buddy is the FREE mobile phone app for parents and parents-to-be** with personalised content approved by doctors and midwives that spans from pregnancy right through to the first six months after birth.  
For information please click on the link [www.bestbeginnings.org.uk/babybuddy](http://www.bestbeginnings.org.uk/babybuddy)

At Epsom and St Helier University Hospitals NHS Trust we support the right of all parents to make informed choices about infant feeding and all trust staff will fully support you in your decision. We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby.

We hope you have found the information contained with this leaflet useful, but please do not hesitate to ask if you need further support. As well as the numbers listed, we have a dedicated Infant Feeding Lead and she or one of her team will be happy to speak with you on any aspects of feeding or caring for your baby.

If you wish to speak Sue, Sam, Jane or Natalia in our Infant Feeding Team, please call 07975 232374, or Email: [infantfeedingteam2@nhs.net](mailto:infantfeedingteam2@nhs.net)

PALS: Tel. 020 8296 2508 or email [pals@nhs.net](mailto:pals@nhs.net)

NHS Direct: Tel. 111 / [www.nhs.uk](http://www.nhs.uk)

**Use this section to note any questions you would like to ask, and take it along with you when you see the Infant Feeding Advisors. She will write the advice she offers you in your Red Book.**

.....

.....

.....

.....

.....

.....

Revised: February 2019

Review date: September 2019

© Epsom and St Helier University Hospitals NHS Trust