

Help with breastfeeding for Merton mothers

You are not alone. There is support and help available to all mothers who breastfeed ranging from professional advice, peer-support, helplines, websites and apps. This leaflet provides information about the services available in Merton.

Group and one-to-one support

Professional advice and support from breastfeeding councillors is available to help you with breastfeeding.

Name and venue	Day and time	Booking information
Breastfeeding drop-in (run by Merton Health Visiting) Church Road Children's Centre, 243 Church Rd, CR4 3LS	Wednesdays 13:00 – 14:30	Drop-in First come first serve Free service
Tweeddale Children's Centre Breastfeeding Clinic (run by St Helier Midwifery Service) Tweeddale Children's Centre, Tweeddale Road, Carshalton, Surrey, SM5 1SW	Thursdays 10:00 – 12:00	Drop-in First come first serve Free service To check times call: 07975 232 374
Café La Leche Merton in Wimbledon Hill side Church, 37 Worple Road, SW19 4JZ	Tuesdays 10:00 – 12:00 (two session per month)	Drop-in First come first serve Free service Please check website for updates
NCT Wimbledon Breastfeeding Drop In Gooseberry Bush Café, 115 Kingston Road, SW19 1LT	Thursdays 10:00 – 12:00 (last entrance 11:30)	Drop-in First come first serve Free service

Group and one-to-one support

Professional advice and support from breastfeeding councillors is available to help you with breastfeeding.

Name and venue	Day and time	Booking information
St George's Hospital Midwifery Breastfeeding Clinic Lavender Steers Mead Children's Centre, Lavender Ave, CR4 3HL	Thursdays 10:00 – 14:00	By appointment; call 0208 725 4714 to book Free service Mothers seen up to 28 days after birth
Kingston Hospital Infant Feeding Team Galsworthy Road, Kingston upon Thames, Surrey, KT2 7QB	-	By appointment at; call 07595 091 974 for a telephone consultation Free service For babies born at Kingston Hospital; seen up to 28 days after birth
Breastfeeding London Café SW19 3DS	Tuesdays 9:00 – 12:00	By appointment only; call 07414 490 090 to book Free service

Helplines

When you can't see someone face-to-face, support is just a phone call away.

Merton Health Visiting Service

HELPLINE: 03300 539 264

3:00 pm – 5:00 pm Mon – Fri



National Breastfeeding Helpline

HELPLINE: 0300 100 0212

9:30am to 9:30 pm Mon – Sun

<http://www.nationalbreastfeedinghelpline.org.uk>



Breastfeeding Network (BFN)

HELPLINE: 0300 1000 210

9:30am to 9:30 pm Mon – Sun

<http://www.breastfeedingnetwork.org.uk>



La Leche League

HELPLINES: 0345 120 2918 / 0845 120 2918

<http://www.laleche.org.uk>

Mother-to-mother support



Association of Breastfeeding Mothers (ABM)

HELPLINES: 08444 122 949 /0300 330 5453

9.30am - 10.30pm Mon – Sun

<http://www.abm.me.uk>



National Childbirth Trust (NCT)

HELPLINE: 0300 330 0771

8am – midnight Mon – Sun

www.nct.org.uk



Useful websites

First Steps Nutrition Trust:

Independent public health nutrition charity. Evidence based resources include information on infant milks, commercial baby foods and healthy eating.



UNICEF Baby Friendly Initiative:

Excellent breastfeeding videos, information and resources for parents.

<https://www.unicef.org.uk/babyfriendly>



Global Health Media:

Videos to help with positioning, attachment and other common breastfeeding queries.

<https://globalhealthmedia.org/videos/>



Baby Sleep:

Research evidence about biologically normal sleep for human babies. App available.

<https://sites.durham.ac.uk/basis>



Breastfeeding Network drugs in breastmilk information:

druginformation@breastfeedingnetwork.org.uk or

Facebook Page The breastfeeding Network Drugs in Breastmilk information service

Apps

Baby Buddy app:

www.bestbeginnings.org.uk/babybuddy



NHS Breast Start app:



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