

Breastfeeding?

.....a little friendly, professional help could make all the difference.....

Breastfeeding information, support and understanding from trained staff is available on:

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|-----------------|---|--|-------------------|---|--|--|
| Mondays | 9.30 am -11.00 am (not Bank Holidays) Babies aged 10 days and over | Riverview Sure Start Children's Centre (drop in as part of baby group) Riverview Road, West Ewell, KT19 OJP Tel: 0208 337 7310 | Wednesdays | 10.00 am -12.00 noon Babies aged 10 days and over | Thames Ditton Children's Centre Breastfeeding Clinic (drop-in) Mercer Close, Thames Ditton, Surrey, KT7 0BS Tel: 0208 979 6464 | |
| | 10.00 am -12.00 pm (not Bank Holidays) From Birth | Bourne Hall Breastfeeding Clinic (drop-in) Bourne Hall Health Centre (1 st floor) Ewell Village, Ewell, KT17 1TG Tel: 0208 394 1301 | | 11.00 am -12.00 noon Babies aged 10 days and over | YMCA, Surestart Children's Centre (drop in) The Horseshoe, Bolters Lane, Banstead, SM7 2BQ Tel: 01737 362 058 | |
| | 11.00 am - 12.30 pm (not Bank Holidays) Babies aged 10 days and over | Ashtead Little Treasure's Baby Group (drop in for pregnant & new mothers) St George's Christian Centre, Barnett Wood Lane, Ashtead, KT21 2DA Tel: 01372 812 754 | | Thursdays | 10am – 12 pm From Birth | Tweedale Children's Centre Breastfeeding Clinic (drop in) Tweedale Road, Carshalton, Surrey, SM5 1SW Tel: 0208 404 1640 Note: Free parking in Sutton Arena – opposite centre |
| | 1.00 pm - 3.00 pm (not Bank Holidays) Babies aged 10 days and over | Epsom Sure Start Children's Centre (drop-in) Pound Lane, Epsom, KT19 8SD Tel: 01372 749 834 | | | 10.30 am - 11.30 am Babies aged 10 days and over | Bookham Little Treasure's Baby Group (drop in for pregnant & new mothers) Bookham Baptist Church, Lower Road, Bookham, KT23 4DH Tel: 01372 812 754 |
| Tuesdays | 11.00 am –12.00 pm Babies aged 10 days and over | Breastfeeding Support Group (drop-in) The Children's Centre, Epsom Downs Primary School, St Leonard's Road, Epsom Downs, KT18 5RJ Tel: 01737 851 079 | | 1.00 pm - 2.30 pm Babies aged 10 days and over | Dorking Children's Centre (drop in) Goodwyns Road, Dorking, RH4 2LR Tel: 01306 743 341/882 397 | |
| | 10.00 am -11.30 am Babies aged 10 days and over | Rockers & Rollers Baby group (0-6 months only) Breastfeeding and Infant feeding advice, St Martin's Children's Centre, Worples Road, Epsom KT18 7AA Tel: 01372 730 435 N.B. Numbers are restricted due to small venue | Fridays | 9.30 am -11.30 am Babies aged 10 days and over | Meadow Sure Start Children's Centre (drop in) Sparrow Farm Road (entrance via Waverley Road), Stoneleigh, KT17 2LW Tel: 0208 393 9320 | |
| | 10.30 am -11.30 am Babies aged 10 days and over | Leatherhead Little Treasures Baby Group (drop-in for pregnant & new mothers) Leatherhead Trinity Children's Centre, Aperdele Road, Leatherhead KT22 7QT Tel: 01372 812 754 | | You may wish to ring to check times before visiting any of the above as clinics sometimes change | | |

National Breastfeeding Helpline: 0300 100 0212
NCT Breastfeeding Line: 0300 330 0771
La Leche League: 0845 120 2918

Local Breastfeeding Counsellors / Peer Supporters

If you are finding breastfeeding problematic, either physically or emotionally, you may find talking to a breastfeeding counsellor helpful (in addition to talking to your health visitor or midwife).

Breastfeeding counsellors are all mothers who are experienced in breastfeeding and have had training to enable them to support and help mothers to breastfeed. Answer phone arrangements are in place.

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| Kingston Sutton | Linda Chidgey Janet Rimmer (NCT Breastfeeding Counsellor) | Tel: 01737 353 612 Tel: 01737 817 832 |
| Fetcham | Meg Frost + Debbie Stone + | Tel: 01372 374 481 Tel: 01372 458 154 |
| +also a breast pump agent | | |
| La Leche League Counsellors | Deborah Peacock Ginny Eaton Jane Jenkins Katrina Voysey Jodie Le Cheminant | Tel: 01372 209 674 Tel: 01737 843 915 Tel: 01372 377 394 Tel: 01737 669 312 Tel: 01372 274 199 |

*Also holds group meetings in Epsom and Ashted

Breast Pump and Bra Agents

To hire a Medela or Ameda breast pump via a local NCT (National Childbirth Trust) volunteer agent, just call NCT enquiries on 0300 330 0770 or one of the named agents for your local area (see below). **Remember! Always check prices and other details before you make your decision.**

| Area | Name | Telephone |
|--|---------------------------|--------------------------------|
| Fetcham / Leatherhead | Meg Frost Debbie Stone | 01372 374 481 07841 160 258 |
| Reigate area | Melissa Clarke | 01737 271 691 (hires/sells) |
| Epsom / Sutton / Ewell | Caroline Russell | 020 8393 2954 |
| NCT bra agents / volunteers (or call NCT Helpline: 0870 444 9707 for information) | | |
| Dorking | Julie Close | 01306 898 597 |

If any of the information on this document is inaccurate, please email CSH.LhdClinicAdmin@nhs.net or ring 01372 384331

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