

These friendly groups, where you can relax and meet other mothers, are run by NHS staff and breastfeeding specialists who know a lot about infant feeding and can help you:

* Get started with breastfeeding
* If you have questions or problems with breastfeeding
* When you are ready to stop breastfeeding
* When returning to work
* When introducing solids

The groups are not just for problems; you can relax and meet other local mothers to find out about family activities and support available at the Children’s Centres. For more information online please visit: **bexley0to19.co.uk**



**Join us on Facebook: Bexley 0 to 19 Follow us on Twitter: @bexley0to19**



|  |  |  |
| --- | --- | --- |
| **Monday** | | |
| **Danson Children’s Centre**  Brampton Rd, Bexleyheath, DA7 4EZ | **12:00-14:00** | **0208 303 6052** |
| **Wednesday** | | |
| **Sidcup Baby Cafe**  **North Cray Neighbourhood Centre**  1 Davis Way, Sidcup, DA14 5JR  **\*Term time only\***  *Please note during school holidays the group will be held at Danson Children’s Centre, Brampton Road, Bexleyheath, DA7 4EZ*. | **13:30-15:15** | **0208 308 3881**  **07738 117009** |
| **Thursday** | | |
| **Erith Baby Group**  **West Street Children’s centre**  174 Chandlers Drive, Erith, DA8 1LW | **10:00-11:30** | **0203 045 5480** |
| **Local Volunteers** | | |
| **Helene Hamiliton** | **0208 850 6864** | |
| **Aishah Safdar** | **07854 120443** | |
| **Judianne Sherrel** | **01322 224072** | |
| **Free telephone and online baby feeding support and information** | | |
| **Voluntary Organisations** | | |
| **National Childbirth Trust (NCT)** | **08:00-24:00** | **0300 330 0700** |
| **La Leche League (LLL)** | **24 hours** | **0345 120 2918** |
| **Breastfeeding Network (BfN)** | **09:30-21:30** | **0300 100 0210** |
| **Association of Breastfeeding Mothers (ABM)** | **09:30-21:30** | **0300 330 5453** |
| **National Breastfeeding Helpline** | **09:30-21:30** | **0300 100 0212** |
| **Breast Pump Agents** | | |
| **Alison Davis** | **0208 300 4970** | |
| **Trish Molinari** | **0208 300 2606** | |

