

Breastfeeding Peer Support

Not all women find breastfeeding easy. Whilst professional advice and support is available, sometimes talking to someone with the same experiences is just as helpful. This is known as peer support.

Several new peer support groups have been set up across Ealing, with friendly, informal drop-in sessions. You can just chat to other breastfeeding mums or get advice and help with breastfeeding. For details on when your local peer support group meet ask your midwife, health visitor or contact us below.

Breastfeeding Peer Support Network
NHS Ealing & London Borough of Ealing

Contact Us: ☎ 020 3313 9193

For more details on peer support and your local session.

Skylight Café: A weekly drop-in session runs on Monday mornings from 10.30 -12.00 at the Skylight Café, 147 Northfields Avenue, W13 3QT. A National Child Birth Trust (NCT) qualified breastfeeding counsellor is available to provide breastfeeding support and encouragement. Open for mothers who are new to breastfeeding or mothers who have breastfed before, but want some extra help.

Training: Breastfeeding Peer Support Network also offers training to mums who have breastfed and want to help other mums to breastfeed. If you would like to make a difference to other women's experience and find out more about the training offered, contact us on the number above.

BREASTFEEDING INFORMATION

**How we can help and support you
to breastfeed your baby**



Why breastfeed?

For your baby

Breast milk is the best way of feeding your baby and breastfeeding for the first six months of life is recommended. Breastfeeding can reduce the possibility of your baby getting stomach and chest infections.

Babies who are not breastfed are five times more likely to be admitted to hospital with infections in their first year of life. As adults they can have high blood pressure and cholesterol and may be at greater risk of developing type-2 diabetes.

For you

Breastfeeding helps mothers to recover from childbirth and reduces the risk of breast cancer. It can speed up weight loss and help you return to the weight you were before having your baby.

If you have problems with breastfeeding you can discuss these with your Health Visitor or GP practice.

Or you can call the Department of Health **Breastfeeding helpline:**
☎ 0300 3300771 8am – 10pm, 7 days a week. (Staffed by qualified counsellors giving you help and advice.)

Useful websites

www.nhs.uk – NHS Choices gives you information on how to breastfeed, including tips to make it easier.

www.nct.org.uk – National Child Birth Trust gives breastfeeding information and how to get in touch with other mums in your area.

www.healthystart.nhs.uk – gives information about essential vitamins for you and your baby.

Where can I go for breastfeeding advice and support?

Ealing Hospital

Drop in sessions held at Ealing Hospital with a Breastfeeding counsellor. Call first on **☎ 020 8967 5592** to see when a counsellor is available.

Health Visitors based at Health Centres across Ealing provide support and advice to help you breastfeed your baby.

Acton Health Centre Church Road, W3 8QE

Drop in sessions every Monday from 9.30 – 11.30 am. Midwife led
Poppy Clinics every Wednesday from 1-3 pm. **☎ 020 8383 8700**

South Acton Children's Centre Castle Close, W3 8RX

A breastfeeding support group meets on Wednesday from 2-4pm. You can drop in for advice and help. **☎ 020 8992 0724**

Hanwell Health Centre 20 Church Road, W7 1DR

Drop in sessions every Tuesday from 2-3pm. **☎ 020 8383 5400**

Greenford Green Health Centre Wadham Gardens, UB6 0BP

Clinics every Friday from 9.30 – 11am **☎ 020 8383 8844**

Featherstone Road Health Centre Southall, UB2 5BG

Clinics every Friday from 1-3 pm **☎ 020 8383 5454**

South Park Children's Centre, Green Drive, Southall, UB1 3BT

Drop in every Tuesday 9.30 – 11.30 **☎ 020 8813 8275**

Jubilee Gardens Health Centre, Southall

Drop in sessions being arranged.
Call for further details **☎ 020 8967 5569**