

# Infant Feeding Support in Ealing

## Useful Information

Scan QR code to visit our website for lots more useful and reliable information



## Contact Us



0208 102 5888



[clcht.ealinginfantfeedingsupport@nhs.net](mailto:clcht.ealinginfantfeedingsupport@nhs.net)



# Infant Feeding Support in Ealing



**Free information, advice, and support with feeding your baby from the Ealing Health Visiting and Infant Feeding Team**

**We offer support to parents who are breastfeeding, formula feeding or mixed feeding their babies. Support is available in groups, via telephone, video call, home visits and 1:1 in clinic.**

**For more information or to get help feeding your baby please call 0208 102 5888 or email [clcht.ealinginfantfeedingsupport@nhs.net](mailto:clcht.ealinginfantfeedingsupport@nhs.net)**

## Infant Feeding Support

### One to One Support:

For baby feeding concerns and complex feeding issues 1:1 support is available from your health visitor and infant feeding team. Telephone, video call or home visits are available by arrangement and Specialist Feeding Clinics (at Children Centres) by appointment only. Please **call 0208 102 5888** or email [Clcht.ealinginfantfeedingsupport@nhs.net](mailto:Clcht.ealinginfantfeedingsupport@nhs.net)

### Group Support (Drop In):

Warm and welcoming weekly sessions with other local parents. Come along with your little one, chat to other parents about how feeding is going, share stories and get advice and support from our infant feeding team.

**Mon: 9:45 – 11:30am Havelock Children’s Centre,  
Trubshaw Rd, Southall, UB2 4XW**

**Mon: 1:00 – 2:15pm John Perryn Children’s Centre,  
Long Drive, Acton, W3 7PD**

**Tue: 1:30 – 3:00pm Islip Manor Children’s Centre,  
Eastcote Lane, Northolt, UB5 5RQ (\*this drop in runs alongside  
the New Birth Group)**

**Wed: 1:30 – 3:00pm Grange Children’s Centre Church  
Place, Ealing, W5 4HN**

### Online Support:

Our infant feeding team run an online support group on the last Friday of every month 10:00 – 11:30am. Email [Clcht.ealinginfantfeedingsupport@nhs.net](mailto:Clcht.ealinginfantfeedingsupport@nhs.net) to request link to join

### Out of Hours Support:

The National Breastfeeding Helpline is open 9:30am-9:30pm 365 days, available in all different languages, and for those who have hearing or speech impairments **Call 0300 100 0212** or visit [www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

### Introducing Solids Support:

Face to Face and virtual workshops for parents with babies 16 – 24 weeks on when, what, and how to introduce solids. Please **call 0208 102 5888** or Email [Clcht.ealinginfantfeedingsupport@nhs.net](mailto:Clcht.ealinginfantfeedingsupport@nhs.net)

### More Support with feeding your baby: Start For Life

[www.nhs.uk/start-for-life/](http://www.nhs.uk/start-for-life/)

### UNICEF

<https://www.unicef.org.uk/babyfriendly/support-for-parents/>

### First Steps Nutrition

[www.firststepsnutrition.org/](http://www.firststepsnutrition.org/)