

# Local Breastfeeding Support

During pregnancy, early days, weeks or with an older child—join us for guidance, help or to meet other parents.

## **FOR SOUTHWARK RESIDENTS**

### **Drop in Groups**

**Mondays | 12pm-2pm\***

First Place Children and Parents' Centre, SE5 0RN

**Tuesdays | 10am-12pm\***

Crawford Children and Parents' Centre, SE5 9NF

**Thursdays | 10am-12pm\***

Southwark Park Playroom, SE16 2PF

**Fridays | 12pm-2pm\***

Rye Oak Children and Family Centre, SE15 3PD

*\*Please aim to arrive at least 30 minutes before the end of the session if you require breastfeeding support.*

### **Specialist Support**

By referral from your HV, midwife or peer supporter.

### **Contact Your Southwark HV Team**

(Mon—Fri, 9am-5pm)

Tel: 020 3049 8166

## **FOR LAMBETH RESIDENTS**

### **Drop in Groups**

**Mondays | 10am-12pm\***

Gracefield Gardens Health Centre, SW16 2ST

**Tuesdays | 10am-12pm\***

St Stephen's Children's Centre, SW8 1XZ

**Thursdays | 10am-12pm\***

Benton's Lane Children's Centre, SE27 9UD

**Fridays | 10am-12pm\***

Jubilee Children's Centre, Tulse Hill, SW2 2JE

*\*Please aim to arrive at least 30 minutes before the end of the session if you require breastfeeding support.*

### **Specialist Support**

By referral from your HV, Midwife or peer supporter.

### **Contact Your Lambeth HV Team**

(Mon—Fri, 9am-5pm)

Tel: 020 3049 5300



**Please note:** Groups may be subject to venue changes particularly in the school holidays and bank holidays. For the latest information, please check our **Padlet** or **Facebook page**.

**Information padlet:** Scan QR code or visit: [padlet.com/janelove/breastfeeding-support-m24n66cjm1m4pqsn](https://padlet.com/janelove/breastfeeding-support-m24n66cjm1m4pqsn)

**Facebook page:** [facebook.com/LambethandSouthwarkBFGroups](https://facebook.com/LambethandSouthwarkBFGroups)

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