

# Tower Hamlets Baby Feeding and Wellbeing Service

We are here to support you and your baby on your feeding journey.



How babies and children are fed affects their lifelong health and wellbeing.

The Tower Hamlets Baby Feeding and Wellbeing Service offers free support for parents in Tower Hamlets to help you give your baby the best start in life.

## HOW CAN WE HELP YOU?

We offer support before and after baby is born.

We speak several languages including English, Bengali/ Sylheti and Somali.

## BEFORE BABY IS BORN

- We run 'Getting ready to Breastfeed' workshops
- We run sessions on how to express your first milk (colostrum) before your baby is born.
- Book your slot ahead of time using the Eventbrite link. We suggest you attend from around 32 weeks pregnant.

## EVENTBRITE:



[www.eventbrite.co.uk/o/nhs-tower-hamlets-baby-feeding-service-15753819163](http://www.eventbrite.co.uk/o/nhs-tower-hamlets-baby-feeding-service-15753819163)

## WHEN BABY IS HERE

- We offer support on the ward at Royal London Hospital
- We contact you when you go home to see if you need any help
- We offer personal 1-to-1 contacts at local Children and Family Centres
- We offer home visits and video calls as needed
- We run drop-in groups at local Children and Family Centres

বাংলা এবং সিলেটা ভাষী প্রেগন্যান্ট মাদের জন্য শিশু কে বুকের দুধ খাওয়াতে সকল জরুরি তথ্য দেয়ার জন্য ক্লাস চালানো হয়। আপনি ৩২ সপ্তাহ প্রেগন্যান্ট হয়ে গেলে এই ক্লাস এ যোগদান করার জন্য অনুগ্রহ করে উপরের এভেনব্রাইট লিঙ্ক এ মাধ্যমে আপনার জায়গা বুক করুন। এই ক্লাসে যোগ দেয়া আপনার জন্য খুবই জরুরি।

# HOW TO CONTACT US

SERVICE	DETAILS
Tower Hamlets Baby Feeding and Wellbeing Service	Monday to Friday, 9am – 5pm ☎ <b>07961 609626</b> – call or text (Leave a message with your name, postcode, phone number and baby's date of birth) ✉ <a href="mailto:babyfeeding@towerhamlets.gov.uk">babyfeeding@towerhamlets.gov.uk</a> For useful and reliable information and links: <a href="http://www.bartshealth.nhs.uk/afterbirth-rlh">www.bartshealth.nhs.uk/afterbirth-rlh</a> <a href="https://thfamilyhubs.co.uk/babyfeeding">https://thfamilyhubs.co.uk/babyfeeding</a>
Out of hours baby feeding support	National Breastfeeding Helpline: <b>0300 100 0212</b> Bengali/Sylheti Helpline: <b>0300 456 2421</b>
Information about breastfeeding and medication	<a href="http://www.breastfeedingnetwork.org.uk/drugs-factsheets">www.breastfeedingnetwork.org.uk/drugs-factsheets</a> ✉ <a href="mailto:druginformation@breastfeedingnetwork.org.uk">druginformation@breastfeedingnetwork.org.uk</a>

## PARTNERSHIPS

We work closely with colleagues from Tower Hamlets GP Care Group and Barts Health NHS trust, both services are accredited as UNICEF Baby Friendly. We also work with peer support volunteers from the Breastfeeding Network (BfN).



# DROP-IN GROUPS

Come along to your local Children and Family Centre; join a baby feeding drop-in group for information and support in a caring environment.

## MONDAYS

### Meath Gardens Children and Family Centre

12.30 - 2pm

1 Smart Street, E2 0SN

☎ 020 7364 0349

## TUESDAYS

### Chrisp Street Children and Family Centre

10 - 11.30am

45 Kerbey Street, E14 6AW

☎ 020 7364 2856

## WEDNESDAYS

### Collingwood Children and Family Centre

12.30 - 2pm

Bengali speaking support available

St. Bartholomew Gardens,  
Buckhurst Street, E1 5QT

☎ 020 7364 0539

## THURSDAYS

### Ocean Children and Family Centre (Shadwell)

10 - 11.30am

418-422 Cable Street, E1 0AF

☎ 020 7364 0544

## FRIDAYS

### Overland Children and Family Centre

12.30 - 2pm

60 Parnell Road, Bow, E3 2RU

☎ 020 7364 1925