

Contact us

Waltham Forest Infant Feeding Team 020 8496 5222
Monday – Friday, 9am – 5pm

Other local and national support:

Local Volunteer Support, 8am - 10pm, we answer calls when we can

- Elizabeth 020 8527 6625
- Eva 07751693712 (please text to arrange a call)

National Infant Feeding helplines:

will put you through to a UK Breastfeeding Counsellor

National Childbirth Trust: 0300 330 0700 Option 1
(every day 8am – midnight)

La Leche League: 0345 120 2918 (8am-11pm)

National Breastfeeding Helpline 0300 100 0212
(9:30am-9.30pm) (English, Welsh and Polish)

Breastfeeding Helpline in Bengali/Sylheti 0300 456 2421

TAMBA (for twins or more)

Email to ask for contact from a twins/multiples peer supporter
tambabreastfeeding@gmail.com

Other support for a great start in life

This Infant Feeding service is part of the wider HENRY Best Start service to support parents of babies and children aged 0-5.

The Best Start service also provides support for:

- Healthy eating and lifestyle
- Dental health
- Speech and language development



SCAN ME

Scan the above to go to our events page

Get in touch with the HENRY team to let us know what you think of our service:

wfsupport@henry.org.uk

Facebook; @WFHENRYHealth

@henryinwalthamforest

www.henry.org.uk/walthamforest



in partnership with



Infant Feeding

Practical and emotional support at any stage, however you are feeding your baby.

Book onto our sessions to get support from our trained Infant Feeding Practitioners and to meet other local mothers.



To talk to us or book a session please call our support line on 020 8496 5222

Infant Feeding Support

HENRY sessions alongside Child Health Clinics:

An opportunity to receive one-to-one infant feeding support (breastfeeding, mixed-feeding, bottle-feeding and starting solids) while weighing your child with the Health Visiting team. To book a weight clinic appointment call the HV team 0300 300 1970

Monday	9.30-11.30am	Leyton Children & Family Centre 215 Queens Road, E17 8PJ
Thursday	1.30-3.30pm	Langthorne Health Centre, 13 Langthorne Road, Leytonstone, E11 4HX

HENRY Infant Feeding cafés

An opportunity to meet up with other mothers in a small group setting and get support on your feeding journey from an Infant Feeding Practitioner or peer supporter.

To book please call the Infant Feeding helpline: 0208 496 5222 / wfsupport@henry.org.uk

Wednesday	9.30-11.30	Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX
	9.30-11.30	Chingford Children & Family Centre 5 Oaks grove, Chingford, E4 6EY
Friday	1-3pm	Leytonstone Children & Family Centre 2-8 Cathall Road, Leytonstone, E11 4LF

Autumn 2021

Local La Leche League breastfeeding support

La Leche league Waltham Forest offers mother-to-mother support from pregnancy through to starting solids. For more details including how to book: <https://lllwf.weebly.com/meetings.html>



To keep everyone safe, the booking requirements and sessions may change. Check for updates on our website events page or call our helpline 0208 496 5222



SCAN ME

Scan the above to go to the HENRY website