

Support for breastfeeding in Lambeth and Southwark



Breastfeeding support cafés and milk spots provide a safe and comfortable environment to support pregnant and breastfeeding women to start and continue breastfeeding. Come and discuss your breastfeeding needs with mother-to-mother breastfeeding peer counsellors, midwives and health visitors.

In support of the idea that a mother's milk is best, we have set up milk spots in Lambeth and breastfeeding cafés in Southwark to provide a comfortable environment for women to breastfeed. They offer a place where mothers can go with their babies to receive advice and support from health visitors, midwives and mothers who have undergone training session to enable them to support breastfeeding mothers. By breastfeeding, mothers are protecting their own health as well as the health of their baby, by lowering the possibility of breast cancer, ovarian cancer and osteoporosis later in life, as well as invaluablely bonding with their child.

Visit a Lambeth milk spot or Southwark breastfeeding café today.

Please contact milk spots/breastfeeding café before attending to make sure they are open. 'Lambethmilkspots' Facebook page has the most up to date information, including holiday closures of children's centres.

Monday (except public holidays)

Lambeth milk spots:

Clapham Manor Children's Centre, Belmont Row, SW4 6AT. **2pm to 4pm.**

Contact: Beverly/Chloe (see end of this leaflet for contact details).

Jessop's Children's Centre, Lowden Road, Herne Hill, London SE24 0BJ. **10am to 12 noon.**

Contact: Anna/Linda (see end of this leaflet for contact details). Attended by a BfN supporter.

Pilgrims Way Children's Centre, Tustin Estate, Manor Grove SE15 1EF. **2pm to 3pm.**

Contact: Anna Walther (midwife) on 07939 564 296.

Stockwell Children's Centre, Burgoyne Rd, off Combermere Rd, SW9 9TS (behind Stockwell Primary School), **1pm to 4pm.** One hour, one-to-one sessions – please book via the community office on 020 7188 6863.

Southwark breastfeeding cafés:

Dulwich Breastfeeding Café, Albrighton Community Centre, Albrighton Road, East Dulwich Estate, SE22 8AH. **10am to 11.30am.** Contact: 0203 049 7470/8838.

Other groups:

Balham Breastfeeding Café, Harrison's Restaurant, 15-18 Bedford Hill, Balham, SW12 9RG.

10am to 12 noon. Contact: balhambreastfeedingcafe@gmail.com (National Childbirth Trust (NCT) breastfeeding counsellor and La Leche League leader).

Tuesday

Lambeth milk spots:

Ethelred Children's Centre, 10 Lollard St, SE11 6UP. **1.30pm to 3pm.**

Contact: Beverly/Chloe.

St Stephen's Children's Centre, Dorset Rd, Stockwell, SW8 1 EJ. **10am to 12noon.**
Contact: Beverly/Chloe.

Cherry Tree Children's Centre, 8 Barston Rd, Norwood, SE27 9HE. **1pm to 3pm.**
Contact: Anna/Linda.

Southwark breastfeeding cafés:

Grove Children and Family Centre, Tower Mill Road, SE15 6BP. **1pm to 3pm.**
Contact: 07875 809 220 or 020 7277 3210.

Other groups:

Deptford Breastfeeding Group (term time only), Shaftsbury Christian Centre, Frankham Street, Deptford London SE8 4RN. **10am to 12 noon.** Contact: 020 3602 7710 (BfN supporter and NCT breastfeeding counsellor).

La Leche League meetings in SW17, SW16, SW12 and SW4, two every month.
See www.illclapham.blogspot.com for details.

Wednesday

Lambeth milk spots:

Coin Street Neighbourhood Centre, Stamford Street, SE1 9NH. **10am to 12 noon.**
Contact: Beverly/Chloe.

Woodmansterne Children's Centre, Stockport Rd, SW16 5XE. **2pm to 4pm.**
Contact: Beverly/Chloe.

Rosendale Children's Centre, Rosendale School, Rosendale Road, SE21 9LR.
10am to 12 noon. Contact: Anna/Linda.

Tree House Children's Centre, Holmewood Nursery, Upper Tulse Hill, SW2 2RW.
1pm to 3pm. Contact: Anna/Linda.

Stockwell Children's Centre, Burgoyne Rd, off Combermere Rd, SW9 9TS (behind Stockwell Primary School), **1pm to 4pm.** One hour, one-to-one sessions – please book via the community office on 020 7188 6863.

Southwark breastfeeding cafés:

Southwark Park Play Room, Southwark Park, SE16. **10am to 11.30am.**
Contact: 020 3049 7103.

Thursday

Lambeth milk spots:

Crown Lane Children's Centre, Crown Lane School, Streatham, SW16 3HX.
10am to 12 noon. Contact: Anna/Linda.

Southwark breastfeeding cafés:

Peckham & Camberwell Breastfeeding Café, Peckham Library (5th floor), 122 Peckham Hill Street, SE15 5JR, **10am to 11.30am.** Contact: 020 3049 8315.

Other groups:

Early weeks postnatal group, Vauxhall Children's Centre, Wickham Street. SE11 5LG.
2pm to 4pm. Contact: 020 7820 9512.

Breastfeeding Café, Waldron Health Centre, Stanley St, Deptford, SE8 4BG.
10am to 12 noon. Contact: the Health Visiting team on 020 3049 3475.

Friday

Lambeth milk spots:

Hitherfield Children's Centre, Hitherfield Rd, SW16 2JQ. **12 noon to 2pm.**

Contact: Beverly/Chloe.

Stockwell Children's Centre, Burgoyne Rd, off Combermere Rd, SW9 9TS (behind Stockwell Primary School). **1pm to 4pm.** One hour, one-to-one sessions. Please book via the community office on 020 7188 6863.

Southwark breastfeeding cafés:

Ellen Brown Children's Centre, 145 Grange Rd, SE1 3EU. **10am to 11.30am.**

Contact: 07766 307521

Breast Pump Hire

Amber Medical Ltd. Contact 01823 336 362, £55 for first 30 days, £35 per 30 days thereafter.

National Childbirth Trust (NCT). Contact 0300 330 0770 (central number), or try your local branch magazine/website.

Ana Wiz. Contact: 020 8339 9730 to buy Spectra Dew pumps, £49.95, quote code gstaw12.

Express Yourself Mums www.expressyourselfmums.co.uk.

St Thomas' Hospital Human Milk Bank – donors urgently required

Email malgorzata.radomska@gstt.nhs.uk or contact the neonatal unit on 020 7188 8846.

Further support and information

National Breastfeeding Helpline

t: 0300 100 0212 (9.30am to 9.30pm)

Association of Breastfeeding Mothers

0844 412 2949

w: www.abm.me.uk

Breastfeeding Network

t: 0300 100 0210 (9.30am to 9.30pm)

w: www.breastfeedingnetwork.org.uk

Breastfeeding Network Bengali Line

t: 07944 879 759 (9.30am – 9.30pm)

Breastfeeding Network Drug Line

t: 0844 412 4665 (answerphone)

La Leche League

t: 0845 120 2918

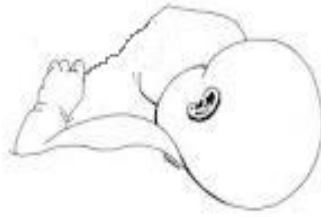
w: www.laleche.org.uk

National Childbirth Trust (NCT)

t: 0300 330 0700 (8.00am – 10.00pm) w: www.nct.org.uk

From Bump to Breastfeeding film

w: www.bestbeginnings.org.uk



How do I know my baby is feeding well?

There are **three reliable ways** for you and your midwives/health visitors to know if your baby is getting enough breast milk:

Suckling effectively at the breast: Starting feeds with rapid sucks and slowing into rhythmic suckling with pauses is a good indication that your baby is feeding well. You may even hear swallowing. Your nipples should not be sore.

Urine and stool output (after your milk 'comes in' around day three): If your baby is feeding well, he/she should have around six wet nappies and two poos (yellow/orange in colour and about the size of £2 coin) every 24 hours by day six. At around six weeks of age, pooing may become less frequent.

Weight gain: A reliable sign that your baby is getting enough breast milk is if he/she is gaining weight. It is normal for babies to lose some weight in the first days, but they should start to regain weight shortly afterwards.

Contact us

For more information about Lambeth milk spots, please contact:

- Beverly (midwife) on **07950 719 643**
- Chloe (midwife) on **07985 126 663**
- Anna on **07791 404 502**
- Linda on **07976 919 420**.

For information about Southwark breastfeeding support cafes, please call Clarissa Georgestone on **07766 307 521**.