

# Bexley 0 to 19

## Breastfeeding Drop-in Groups

These friendly groups, where you can relax and meet other mothers, are run by NHS staff and breastfeeding specialists who know a lot about infant feeding and can help you:

- Get started with breastfeeding
- If you have questions or problems with breastfeeding
- When you are ready to stop breastfeeding
- When returning to work
- When introducing solids

The groups are not just for problems; you can relax and meet other local mothers to find out about family activities and support available at the Children's Centres. For more information online please visit: [bexley0to19.co.uk](http://bexley0to19.co.uk)



# Breastfeeding Drop-in Groups in Bexley

Monday		
<b>Danson Children's Centre</b> Brampton Rd, Bexleyheath, DA7 4EZ	12:00-14:00	0208 303 6052
Wednesday		
<b>Sidcup Baby Cafe</b> <b>North Cray Neighbourhood Centre</b> 1 Davis Way, Sidcup, DA14 5JR	13:30-15:15	0208 308 3881 07738 117009
Thursday		
<b>Erith Baby Group</b> <b>West Street Children's centre</b> 174 Chandlers Drive, Erith, DA8 1LW	10:00-11:30	0203 045 5480
Local Volunteers		
<b>Helene Hamilton</b>		0208 850 6864
<b>Aishah Safdar</b>		07854 120443
<b>Judianne Sherrel</b>		01322 224072
Free telephone and online baby feeding support and information		
Voluntary Organisations		
<b>National Childbirth Trust (NCT)</b>	08:00-24:00	0300 330 0700
<b>La Leche League (LLL)</b>	24 hours	0345 120 2918
<b>Breastfeeding Network (BfN)</b>	09:30-21:30	0300 100 0210
<b>Association of Breastfeeding Mothers (ABM)</b>	09:30-21:30	0300 330 5453
<b>National Breastfeeding Helpline</b>	09:30-21:30	0300 100 0212
Breast Pump Agents		
<b>Alison Davis</b>		0208 300 4970
<b>Trish Molinari</b>		0208 300 2606