Infant Feeding Support in Newham

Here to help you before and after baby's birth, offering skilled, compassionate support in Newham Hospital, at Family Hubs and online. For your baby's best start in life.



- Infant Feeding Teams in hospital and community
- Antenatal 'Getting Ready to Feed your Baby' workshops
- Breast pump hire
- Starting Solids workshops
- NCT Infant Feeding Peer Supporters

Baby Feeding Cafes

Mondays 10am - 11.30am: Rebecca Cheetham Children's Centre, E15 3JT

Tuesdays 1.30pm - 3pm: Online

Wednesdays 1pm - 2.30pm: East Ham Library, E6 2RT

Thursdays 12.00pm - 1.30pm: Manor Park Community Children's Centre, E12 5PB.

Fridays 10am - 11.30am: Shipman Youth Zone, E16 3JH.

Newham Baby Feeding Helpline 7 days 07534 249611

Visit newham.gov.uk/babyfeeding or scan the QR code:

Accredited as Baby Friendly by unicef UNITED KINGDOM

newham.gov.uk/babyfeeding

WE ARE NEWHAM.