

Breastfeeding?

.....a little friendly, professional help could make all the difference.....

Breastfeeding information, support and understanding from trained staff is available on:

Mondays	9.30 am -11.00 am (not Bank Holidays)	Riverview Sure Start Children's Centre (drop in as part of baby group) Riverview Road, West Ewell, KT19 OJP Tel: 020 8337 7310
	10.00 am -12.00 pm (not Bank Holidays)	Bourne Hall Breastfeeding Clinic (drop-in) Bourne Hall Health Centre (1 st floor) Ewell Village, Ewell, KT17 1TG Tel: 0208 394 1301
	11.00 am -12.30 pm (not Bank Holidays)	Ashtead Little Treasure's Baby Group (drop in for pregnant & new mothers) St George's Christian Centre, Barnett Wood Lane, Ashtead, KT21 2DA Tel: 01372 812 754
	1.00 pm - 3.00 pm (not Bank Holidays)	Epsom Sure Start Children's Centre (drop-in) Pound Lane, Epsom, KT19 8SD Tel: 01372 749 834
	1.00 pm - 3.00 pm (not Bank Holidays)	Naturally Yours Breastfeeding Cafe (drop in) Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2SX Tel: 0208 722 0280
Tuesdays	10.00 am –12.00 pm	Breastfeeding Support Group (drop-in) The Children's Centre, Epsom Downs Primary School, St Leonard's Road, Epsom Downs, KT18 5RJ Tel: 01737 851 079
	10.00 am -11.30 am	Rockers & Rollers Baby group (0-6 months only) Breastfeeding and Infant feeding advice , St Martin's Children's Centre, Worples Road, Epsom KT18 7AA Tel: 01372 730 435 N.B. Numbers are restricted due to small venue
Tuesdays	10.00 am -11.30 am (on second Tuesday of every month)	Leatherhead Little Treasures Baby Group (drop-in for pregnant & new mothers) Leatherhead Trinity Children's Centre, Aperdele Road, Leatherhead KT22 7QT Tel: 01372 812 754
Wednesdays	10.00 am -12.00 noon	Thames Ditton Children's Centre Breastfeeding Clinic (drop-in) Mercer Close, Thames Ditton, Surrey, KT7 0BS Tel: 0208 979 6464
	11.00 am -12.00 noon	YMCA, Surestart Children's Centre (drop in) The Horseshoe, Bolters Lane, Banstead, SM7 2BQ Tel: 01737 362 058
Thursdays	10am – 12 pm	Tweeddale Children's Centre Breastfeeding Clinic (drop in) Tweeddale Road, Carshalton, Surrey, SM5 1SW Tel: 0208 404 1640 Note: Free parking in Sutton Arena – opposite the centre
	10.00 am - 11.30 am Term time only	Bookham Little Treasure's Baby Group (drop in for pregnant & new mothers) Leatherhead Trinity Children's Centre, Bookham Baptist Church, Lower Road, Bookham, KT23 4DH Tel: 01372 812 754
	1.30 pm - 3.30 pm	Dorking Children's Centre (drop in) Goodwyns Road, Dorking, RH4 2LR Tel: 01306 743 341/882 397
Fridays	9.30 am -11.30 am	Meadow Sure Start Children's Centre (drop in) Sparrow Farm Road (entrance via Waverley Road) Stoneleigh, KT17 2LW Tel: 020 8393 9320
You may wish to ring to check times before visiting any of the above as clinics sometimes change		

National Breastfeeding Helpline: 0300 100 0212

NCT Breastfeeding Line: 0300 330 0771

La Leche League: 0845 120 2918

Local Breastfeeding Counsellors / Peer Supporters

If you are finding breastfeeding problematic, either physically or emotionally, you may find talking to a breastfeeding counsellor helpful (in addition to talking to your health visitor or midwife).

Breastfeeding counsellors are all mothers who are experienced in breastfeeding and have had training to enable them to support and help mothers to breastfeed. Answer phone arrangements are in place.

Kingston Sutton Epsom	Linda Chidgey Janet Rimmer (NCT Breastfeeding Counsellor) Patricia Wise	Tel: 01737 353 612 Tel: 01737 817 832 Tel: 01737 552 295
Fetcham	Meg Frost + Debbie Stone +	Tel: 01372 374 481 Tel: 01372 458 154
+also a breast pump agent		
La Leche League Counsellors	Sally Gayton* Deborah Peacock Ginny Eaton Jane Jenkins Katrina Voysey Catherine Harding	Tel: 01372 459 568 Tel: 01372 209 674 Tel: 01737 843 915 Tel: 01372 377 394 Tel: 01737 669 312 Tel: 0208 393 1479

*Also holds group meetings in Epsom and Ashted

Breast Pump and Bra Agents

To hire a Medela or Ameda breast pump via a local NCT (National Childbirth Trust) volunteer agent, just call NCT enquiries on 0300 330 0770 or one of the named agents for your local area (see below).

Remember! Always check prices and other details before you make your decision.

Area	Name	Telephone
Fetcham	Meg Frost Debbie Stone	01372 374 481 01372 458154
Reigate area	Melissa Clarke	01737 271 691 (hires/sells)
Sutton area	Rebecca Sebaduka	0208 715 2947
Wimbledon area	Fran Stewart	0208 788 2800 (after 19.00)
NCT bra agents / volunteers (or call NCT Helpline: 0870 444 9707 for information)		
Claygate	Annie Benning	01372 466 354

If any of the information on this document is inaccurate, please contact CSH Surrey's Communications Team so they can update it for others. Email CSH.Feedback@nhs.net or call Graham Tibble on 020 8394 3843.