



Your journey. Our support.



# Camden Baby Feeding Team

## Best Start for Baby and You



## Best Start for Baby and You

### Help with baby feeding

We offer information and support to mums, dads and carers while you are pregnant and after baby is born. We can help you over the phone, online, meet you at a children's centre or visit you at home. You can join one of our baby feeding drop-ins. The team can help you with breastfeeding, bottle feeding, mixed feeding and expressing. This is a free service.

### Meet other mums, dads and carers at our friendly baby feeding drop-ins

Come along to your local children's centre. Join a baby feeding drop-in, ask questions about feeding and hear about other services. All our services are father and carer friendly.



## Come along to one of our baby feeding drop-ins

**Monday**, 10am to 12pm  
Harmood Children's Centre  
1 Forge Place,  
off Ferdinand Street,  
NW1 8DQ

\*Partners are welcome to attend the drop-in session at Harmood.

**Tuesday**, 10am to 12pm  
Kilburn Grange Children's  
1 Palmerston Road NW6 2JL

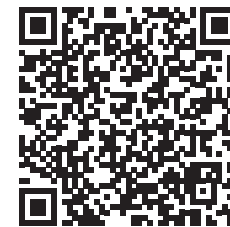
**Thursday**, 1pm to 3pm  
Regents Park Children's Centre,  
Augustus St, London NW1 3TJ

**Friday**, 10am to 12pm  
Agar Children's Centre  
Wrotham Road, NW1 9SU  
\*Partners are welcome to attend the drop-in session at Agar.

**Monday online group**,  
10.30am-11.30am  
Scan the QR code and visit the CNWL web page to register for the online group.

Scan the QR code on the cover, or visit CNWL webpage to register for the online group.

We are available all year round, Monday to Friday except bank holidays. View the latest baby drop-in times here with the QR code.



# Support services

National Breastfeeding Helpline  
**0300 100 0212**

**[unicef.org.uk](https://www.unicef.org.uk)**

Support is also available in Welsh and Polish. National helplines are open seven days a week 9.30am to 9.30pm.  
**[breastfeedingnetwork.org.uk](https://www.breastfeedingnetwork.org.uk)**


**[nhs.uk/start4life](https://www.nhs.uk/start4life)**


**[globalhealthmedia.org](https://www.globalhealthmedia.org)**


**[firststepsnutrition.org](https://www.firststepsnutrition.org)**


Supporter line Bengali/Sylheti  
**0300 456 2421**

## Children's Centres:

 **1a Children's Centre**  
1a Rosebery Avenue  
EC1R 4SR  
020 7974 7024

 **Kilburn Grange Children's Centre**  
1 Palmerston Road NW6 2JL  
020 7974 5080


 **Regent's Park Children's Centre**  
Augustus Street NW1 3TJ  
020 7974 8934

 **Hampden Children's Centre**  
80 Polygon Road  
London  
NW1 1HQ  
020 7974 2841

 **Harmood Children's Centre**  
1 Forge Place NW1 8DQ  
020 7974 8961

 **Rhyl Community School Children's Centre**  
196 Grafton Road  
London NW5 4AX  
020 7485 1947

 **Agar Children's Centre**  
Lulworth, Wrotham Road  
NW1 9SU  
020 7974 4789

 **Konstam Children's Centre**  
75 Chester Rd,  
London N19 5DH  
020 7272 3594

## Contact us

**07808 891 260**  
**[camden.babyfeedingteam@nhs.net](mailto:camden.babyfeedingteam@nhs.net)**

Find out more  
[camden.gov.uk/camdensurestart](https://camden.gov.uk/camdensurestart)

  
Central and North  
West London  
NHS Foundation Trust

 Camden