



RESOURCES

Local groups where you can get breastfeeding support

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| Monday's (term time) 1:00 – 3:00pm | Bumps & Babies, St Peter's Church Wickham Rd, Brockley |
| Tuesday's (term time) 10:00 – noon | Deptford Breastfeeding Group Shaftesbury Centre, Deptford |
| Wednesday's 1:00 – 3:00pm | The Village, 103 Torrison Rd, London SE6 1RQ |
| Thursday's (term time) 10:00 – noon | My Jamii Café – Honor Oak Please book: https://www.eventbrite.co.uk/e/copy-of-copy-of-feed-on-tickets-265149297687 |
| Friday's Noon – 2pm | Quaggy Breastfeeding group Please book: https://quaggydevelopmenttrust.org/health-information/breastfeeding |

Helplines

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| Association of breastfeeding mothers | 0300 330 5453 |
| National Breastfeeding Helpline | 0300 100 0212 |
| NCT | 0300 330 0700 |
| La Leche league | 0345 120 2918 |

CRANIAL OSTEOPATHS

Local practitioners

The Rise Osteopaths: <https://riseosteopathy.co.uk/> (Forest Hill)

The Sunflower Centre: <https://www.thesunflowercentre.co.uk/aidan-spencer>

Nunhead Osteopaths: <https://nunheadosteopaths.co.uk/> (Nunhead)

Teaching clinics

University of Osteopathy - Borough

<https://www.clinic.uco.ac.uk/clinic/babies-and-children>

Osteopathic Centre for Children - Shoreditch

<https://www.occ.uk.com/>

MISCELLANEOUS

Slings – Sarah runs the South East Sling library <https://southlondonslings.co.uk/about/>

Mindful Mums – available to mums in Lewisham, Bromley and Greenwich. 5 week courses supporting new mums with wellbeing and mental health. <https://blgmind.org.uk/mindful-mums/>

Tongue Tie – I can refer into Kings or Evelina tongue tie clinics. A list of accredited private tongue tie practitioners is available on the Association of Tongue Tie Practitioners website. If you are engaging with a tongue tie practitioner to improve breastfeeding outcomes, recommend sourcing someone who understands breastfeeding – in addition to being qualified to perform the surgery (usually a Midwife or a Lactation Consultant)

Carmelle Gentle (Midwife, Lactation Consultant and Tongue Tie practitioners) offers 1-1 home visits but also has a clinic in Balham at the weekend. Mornings are allocated for clients who can pay the full fee, afternoons are donation based to ensure the service is accessible to all.

<https://gentlebirthsandbeyond.co.uk/>

Charlotte Mills is a tongue tie practitioner who runs the breastfeeding group at the Jamii on Thursdays - you need to book (see baby groups for link) and get an expert opinion on tongue tie.