



East Kent Infant Feeding information

Health Visiting Service drop in groups for peer support, information, support, and social groups
www.kentcht.nhs.uk/service/kent-baby/

Monday

- Ashford 9.30-11.30am Ray Allen Children's Centre, Stanhope Road, Ashford TN23 5RN
- New Romney 1-3pm New Romney Children's Centre, Craythorne Lane, New Romney, TN28 8BL

Tuesday

- Folkestone 1-3pm The Village Children's Centre, Denmark Street, Folkestone, CT19 6EQ
- Thanet 9.30-11.30am Priory Children's Centre, Cannon Road, Ramsgate, CT11 9SQ
- Tenterden 12-2pm Little Explorers Children's Centre, Recreation Ground Road, Tenterden TN30 6RA
- Canterbury and Coastal 1-3pm Poppy Children's Centre, Memorial Park, Kings Road, Herne Bay, CT6 5RG

Wednesday

- Ashford 1.30-3.30pm Willow Centre Children's Centre, Brookfield Road, Ashford, TN23 4EY
- Whitstable 1-3pm Joy Lane Children's Centre, Joy Lane Primary School, Joy Lane, CT5 4LT
- Folkestone 9.30-11.30am Caterpillars Children's Centre, Chart Road, Folkestone, CT19 4PN
- Deal 1-3pm Blossom Children's Centre, The Downs Primary School, Downs Road, Deal, CT14 7TL
- Thanet 10am-12pm Millmead Children's Centre, Dane Valley Road, Margate, CT9 3RU
- Hythe 12.30-2.30pm Hythe Youth Club, Cinque Ports Avenue, Hythe, CT21 6HS (term time only)
- Thanet 9.30-11.30am Newington Children's Centre, Princess Margaret Avenue, Ramsgate, CT12 6HX

Thursday

- Canterbury 1-3pm Riverside Children's Centre, Kingsmead Road, Canterbury, CT2 7PH
- Dover 10am-12pm Buckland Children's Centre, The Linces Children's Centre, St Nicholas Church, Dover, CT16 2BN
- Thanet 12.30-2.30pm Millmead Children's Centre, Dane Valley Road, Margate, CT9 3RU
- Thanet 10-11am Birchington Children's Centre, Park Lane, Birchington, CT7 0AS (first Thursday of the month; term time only)

Friday

- Thanet 9.30-11.30am Six Bells Children's Centre, 201 High Street, Margate, CT9 1WH

The health visitors also provide a specialist service; referral is via a health professional.

Association of Breastfeeding Mothers www.dealbreastfeedingsupportgroup.co.uk. Breastfeeding Group with ABM breastfeeding counsellor and trained volunteer peer supporters.

Monday

- Deal Breastfeeding Support Group, 1.30-3.30pm St Georges Church, St Georges Road, Deal CT14 6BA

Breastfeeding groups run by PSB CIC: help with breastfeeding from a lactation consultant, mum to mum support from peer supporters, refreshments and toys available. Information can be found at www.kentbabymatters.org/

Monday

- Dover 10am–12pm The Ark Noahs, Ark Road, Dover, CT17 0DD

Thursday

- Canterbury 11.30am–1pm Oasis Café, St Andrews United Reformed Church, Watling Street, Canterbury, Kent, CT1 2UA

La Leche League East Kent Breastfeeding Support Group meetings held at leaders' homes. Please visit the website for information www.laleche.org.uk/lll-kent-meetings/

Tuesday

- Faversham 10am–12pm (first and third Tuesday of the month)
- Canterbury 10am–12pm (second and fourth Tuesday of the month)

Wednesday

- Ashford 10.30am-12pm (first Wednesday of the month)
- Dover 10am-12pm (last Wednesday of the month)

Thursday

- Herne Bay 11am-12.30pm (first and third Thursday of the month)

Friday

- Folkestone 10.30am-12pm (first and third Friday of the month)

Useful websites

- National Breastfeeding Helpline 0300 100 0212 - www.nationalbreastfeedinghelpline.org.uk/
- NHS - www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-help-support/
- NHS Start4life - www.nhs.uk/start4life
- Association of Breastfeeding Mothers 0300 330 5453 (9.30am-10.30pm) - <https://abm.me.uk/>
- Best Beginnings - www.bestbeginnings.org.uk/
- UNICEF Baby Friendly Initiative - www.unicef.org.uk/babyfriendly/
- Breastfeeding Support - <https://breastfeeding.support/>
- The Breastfeeding Network - www.breastfeedingnetwork.org.uk/
- Association of Tongue-tie Practitioners - www.tongue-tie.org.uk/
- La Leche League 0345 120 2918 - www.laleche.org.uk
- Real Baby Milk - <https://realbabymilk.org/>
- First Steps Nutrition - www.firststepsnutrition.org/

Sling libraries

- Kent Sling library - www.kentbabymatters.org/kent-sling-library/
- East Kent Sling library - <https://eastkentslings.co.uk/>
- Mid Kent Baby Wearing - <https://midkentbabywearing.wordpress.com/>