

# INFANT FEEDING PEER SUPPORT

## BREASTFEEDING & INFANT FEEDING DROP-IN SESSIONS

A safe and non-judgemental space for you to come and get some feeding support and meet other new parents in the area.



### Mondays

10:00am-12:00pm — appointment only

@ **Dagenham Library Community Hub**  
1 Church Elm Lane, Dagenham RM10 9QS

1:00-3:00pm

@ **Village Community Hub**  
215 Wellington Drive, Dagenham RM10 9YW

### Thursdays

12:30-2:30pm

@ **The White House**  
884 Green Lane, Dagenham RM8 1BX

### Wednesdays

9:30-11:30am — appointment only

@ **Marks Gate Community Hub**  
Rose Lane, Romford RM6 5NJ

1:00-3:00pm

@ **Thames Community Hub**  
Bastable Ave, Barking IG11 0LH

### Fridays

10:00-11:00am — antenatal session

@ **Barking Learning Centre**  
2 Town Square, Barking IG11 7NB

2:00-4:00pm — appointment only

@ **Barking Birth Centre**  
Barking Community Hospital, Barking IG11 9LX

We are maternal health coordinators,  
working alongside trained volunteers.

Our service aims to provide feeding support,  
whether you're breast or formula feeding.

We also welcome toddlers along to enjoy our stay and play. Light refreshments provided.

For more info, contact:

Mary **07762 887 738**  
Jade **07743 768 192**  
Caroline **07354 609 137**



Save time by completing our  
referral form in advance!