Breastfeeding out and about
Mothers have the right to breastfeed anywhere. It is illegal for anyone to stop you from breastfeeding in a public place where babies are allowed to be.

Tower Hamlets children’s centres welcome mums who want to drop in and breastfeed. They will provide you with a private place if you prefer.

Pharmacists can provide a private area, as can Idea Stores and One Stop Shops.

Social media
To stay in touch with the Baby Feeding Service use social media:
facebook.com/b2bth | Twitter @b2bth

Further information
For general information visit
https://www.unicef.org.uk/babyfriendly/support-for-parents/
For independent information on formula milk visit
https://www.firststepsnutrition.org/parents-carers

Comments and complaints
We welcome feedback about all aspects of our service.
• Review your care at
https://secure.membra.co.uk/Exp/WD82
• Contact the Baby Feeding Service Manager on
020 3594 2591 or email BHNT.B2BTH@nhs.net

Contact us
Tower Hamlets Baby Feeding Service
07961 609626 | 020 3594 2591

To request a phone call or home visit please call or text:
07961 609626 or ring 020 3594 2591.
When leaving a message you need to give us your name, postcode, phone number and your baby’s date of birth.
If you need a visit on the same day, please leave a message before 8am, Monday to Friday.

Patient Advice and Liaison Service
Please contact us if you need general information or advice about Trust services.
www.bartshealth.nhs.uk/pals

Large print and other languages
For this leaflet in large print, please speak to your clinical team.
For help in interpreting this leaflet in other languages, please ring 020 8223 8934.

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Switchboard: 020 3416 5000
www.bartshealth.nhs.uk
Workshops for expectant parents

We run two-hour evening workshops for pregnant women and their partners about getting to know and feeding a new baby. For more details, and to book one or two places for you and your partner, please go to NHS Tower Hamlets Baby Feeding Service Events on Eventbrite.

We also run a two-hour daytime workshop for Bengali-speaking and Bengali English-speaking women. Female relatives are welcome. For more details and to book a place leave a message on, or text, the Bengali workshop number: 07534 248638

Further information

Help during evenings and weekends

If you need information or support with breastfeeding in the evenings or at the weekend, please call one of these helplines staffed by trained volunteers. They are open 9.30am–9.30pm every day.

National Breastfeeding helpline  Bengali/Sylheti helpline
Tel: 0300 100 0212  Tel: 0300 456 2421

Tongue-tie

Tower Hamlets mothers who are concerned that their baby’s feeding may be affected by tongue-tie can attend the drop-in assessment group on Mondays, 11.30am–1pm, at Wapping Health Centre, 22 Wapping Lane, E1W 2RL.

A feed will be observed as part of the assessment so please make sure your baby is ready to feed during the assessment. Call 020 3594 2592 or 07811 171503 for further information.

Drugs in breast milk

If you need information on the safety of medicines in breast milk visit: www.breastfeedingnetwork.org.uk/drugs-factsheets/