

Newham Baby Feeding Cafes

We are here to support you with feeding your baby,
from pregnancy through to starting school.



Monday 10am - 11.30am
Rebecca Cheetham
Children's Centre, E15 3JT

Tuesday 1.30pm - 3pm
Online via link below

Wednesday 1pm - 2.30pm
East Ham Library, E6 2RT

Thursday 10am - 11.30am
Manor Park Community
Children's Centre at
Sheringham, E12 5PB

Friday 10am - 11.30am
Shipman Youth Zone, E16
3JH

Throughout the week, you can
contact the **Newham Baby
Feeding Helpline on 07534 249
611**. Find out more and register
for online workshops via
newham.gov.uk/BabyFeeding