



Ridgeway Park
Children Centre

82 Peel Close,
Chingford, E4 6XQ
Tel: 020 8529 3885

www.ridgewayparkchildrencentre.org.uk



Breast Buddies!

Baby feeding group in the

Ridgeway Park
Café

Drop in every Monday
1.00pm – 2.30pm

Chance to meet other families in a relaxed place.
Get professional advice and support on any feeding issues.

Please contact Rosemeen (Midwife), Cathy (Health Visitor)
or Casey (BfN Breastfeeding Helper)
on 020 8529 3885 or visit our
web site for more information.