



## Hillingdon Branch Information

The NCT (National Childbirth Trust) is a national charity that aims to ensure all parents have an experience of pregnancy, birth and early parenthood that enriches their lives and gives them confidence in being a parent. The Hillingdon Branch is run by a team of volunteers (primarily local parents) who aim to support Hillingdon parents enabling them to have a positive experience of this special time. We provide various services, events and products to help new and expectant parents. We also provide a social network for anyone to join. To get involved with Hillingdon NCT you can attend or use any of our services or events. You can also join as a member of the charity.

### **Bumps n Babes**

A baby group for pregnant and new mums/carers (babies up to 1 year). A chance to have a cup of tea and a chat with other local mums and dads. Held at St. Margaret's church (upper room), every Monday, 1-3pm. It is conveniently located between the Chimes and Pavillions shopping centres at the top of Windsor Street, Uxbridge. We plan to have occasional guests on topics such as sleep problems, weaning, baby massage etc. £1.50 donation.

### **Nearly New Sales**

Our Nearly New Sales are held at Vyners School in Ickenham, usually every March and October. They give you the chance to buy good quality goods at bargain prices. At the same time parents with growing families get the opportunity to have a clear out and make money.

### **Antenatal Classes**

Our branch offers antenatal classes for women and their birth supporters with qualified antenatal teachers. Please book as far in advance as possible as our classes are very popular. The classes take a comprehensive look at preparation for birth and how to maximize the birth you would like through making informed choices. They also address issues in the first 6 weeks postnatally and include a breastfeeding session with our trained counsellor.

### **New Addition - Quarterly Magazine**

Exclusive to members, our quarterly publication has tons of informative articles, tips, branch news and events. There are also many useful adverts and information about local children's services and activities.

### **Volunteering**

Whether you're taking a break from work or giving it up for good, or working and want to be more involved in your local community, you can volunteer as much or as little time as you like. This can be at events, or in an administrative or planning role. It's a great way to make new friends, use skills you already have or gain new ones. Even better, babies are always welcome.

### ***Volunteers urgently needed***

### **Events**

One of our aims is to run events to raise funds for the NCT and to give families things to do together - or sometimes just for mums!

Previous and upcoming events include: Indulgence Evenings, Christmas Parties, Quiz nights, Teddy Bears Tea Parties and Nearly New Sales

### **Key Contacts**

General Enquiries 0870 421 4730 (local rate number)  
enquiries@ncthillingdon.org.uk

Antenatal classes 0870 423 9263  
Monday - Friday 9am - 5pm  
bookings5c@nct.org.uk

Membership Enquiries 01895 905883  
membership@ncthillingdon.org.uk

Newsletter Advertising 01895 822776  
newsletter@ncthillingdon.org.uk

Valley Cushion Hire, Catherine Tugnait 01895 634236

NCT National Breastfeeding Line  
0870 444 8708 8am -10pm 7 days a week

NCT National Pregnancy and Birth Line  
0870 444 8709