



Winchester & District Branch

Annual Report

1 October 2010 – 30 September 2011

NCT offers information and support in pregnancy, childbirth and early parenthood.

We aim to give every parent the chance to make informed choices. We try to make sure that our services, activities and membership are fully accessible to everyone.

Donations to support our work are very welcome.

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Executive Summary

The Winchester & District branch of the NCT is a thriving branch with a dedicated branch team, several Practitioners, many volunteers, and a good membership base. However, like most charities, we face uncertain income in this period of economic austerity. Indeed in times such as these our work is perhaps more important as we help expectant and new parents through the tough challenges that their journeys bring.

Key achievements for this year include:

- ❖ Started running our **Bumps & Babies** coffee mornings every Monday (rather than once or twice a month)
- ❖ Raised funds to keep **B.A.B.I.E.S.** (our weekly breastfeeding drop-in service) open for another year
- ❖ Launched **Relax Stretch Breathe** antenatal yoga classes at Winchester Discovery Centre
- ❖ Welcomed 5 newly qualified **Practitioners**: two new antenatal teachers, a postnatal leader and two new breastfeeding counsellors

Although we are a strong branch we continually need support of all kinds. Whether it is funds for our two main outreach projects: B.A.B.I.E.S. weekly breastfeeding support, or Bumps2Bundles, our free antenatal classes aimed at disadvantaged groups; or to support our student development; or volunteers to either join the branch team or to help out at our fundraising events; or sponsorship to help us to bring our other services such as Branch Coffee Mornings to our target groups. We are extremely grateful to our numerous volunteers, practitioners, and sponsors who provide so much to ensure that our work continues in Winchester, Stockbridge, Alresford and the surrounding area: *thank you.*

Branch Team

The core team consists of the following people:

Role	Name
Branch Co-ordinator	Joanne Benson & Claire Welland
Treasurer	Caroline Edmondson
Parent Support Co-ordinator	VACANT
Membership Co-ordinator	Rhian Richards

Each portfolio is vital to the success of the branch. The Membership portfolio is key for attracting and maintaining our membership base - our members of course provide us with an annual income and generally come to us as their journey into parenthood is beginning. The Parent Support portfolio deals with how we serve those parents: dealing with some of their needs, particularly around social contact and routes in to other services. The Treasury portfolio manages the detailed financial logistics of the branch's income through various sources, and how we spend this in supporting local parents. Overseeing all this work are our Joint Branch Co-ordinators who give the committee direction and purpose.

Treasurer's Report: Caroline Edmondson

Branch finances include committee expenses, fundraising, newsletter income and the management of our restricted reserves (BABIES funding and the Free Antenatal Group grant). The Branch has generated £8,771 for NCT this year.

Fundraising income was slightly lower this year than last (at £9,885 compared to £10,897 in 2010). We had several fundraising events, all organised by hard-working volunteers – a big thank you to them. Our Nearly New Sales go from strength to strength delivering a 11% increase in profit compared to last year, at a total of £6,749 (2010: £6,087). The Open Air Theatre was a great success again with a substantial profit of £1,548. Fundraising income covered the costs of our local publicity (printing at £106) and helped subsidise the Branch Coffee Mornings and other Parent Support activities (£576 extra required after donations). The Newsletter produced an income of £2,028 which led to a profit of £965 after expenses. In addition, £9,272 was contributed to national initiatives via transfers, the Branch transfers 70% of all fundraising and other non-restricted surplus profit to NCT Head Office.

Jane and Jennie have worked closely with the Buggy Push/Winchester Fete team to find long-term funding for BABIES. This important local service has been kept open over the past year largely due to the generosity of individual donations and sponsorship. A group of BABIES fundraisers organised a Buggy Push/Fete in July raising approximately £6,600. Throughout the year, a total income of £8,694 was reserved for BABIES, with 57% being used for counsellor fees and expenses.

The Branch was able to secure another £1,300 in grant money from Winchester City Council for the Free Antenatal Group. This grant allows payment for Vicky and Kayt's teaching fees (via the National "Drop-Ins" PSA).

The bank balance at the end of the year was £14,687 (2010: £11,056) and the cashbook position, which takes into account uncleared payments and receipts, was £14,361 (2010: £10,277).

Detailed below is each of the major activities undertaken by the Branch during the financial year ended 30th September 2011.

1. BABIES

This service has seen ever more mothers and babies, so much so that a larger room has been sought to accommodate all the visitors. Jenny Brookes has also begun working with Jennie and Jane. This year the service has remained open thanks to individual donations, a Buggy Push fundraising event and charitable donation from Winchester Round Table. There was also a donation received from Waitrose in Weeke for £190. These funds are being maintained as a restricted reserve and at the end of the year the amount in the BABIES reserve was £8,101 (2010: £4,336).

2. Trainees

The cost of trainees was funded by the Branch until the end of this financial year on a 75:25 split. Previously the Branch would have received the surplus from a Trainee's first teaching course but this was scrapped in January 2011. The total investment in Trainees including the contribution to the national training fund was higher than the previous year at £407 (2010: £128) but this should drop to zero going forward.

3. Newsletter

Advertising revenue decreased by 16.65% this year with total income at £2,028 (2010: £2,433). The newsletter made a profit of £965.

4. Free Antenatal Group

A second grant of £1,300 was received from Winchester City Council and this has allowed Vicky and Kayt to continue to offer weekly drop-in sessions at Sparklers Children's Centre. Further funding will be required to maintain this service as the grant falls £980 short of the complete amount required to run the sessions for the 38 weeks per year planned.

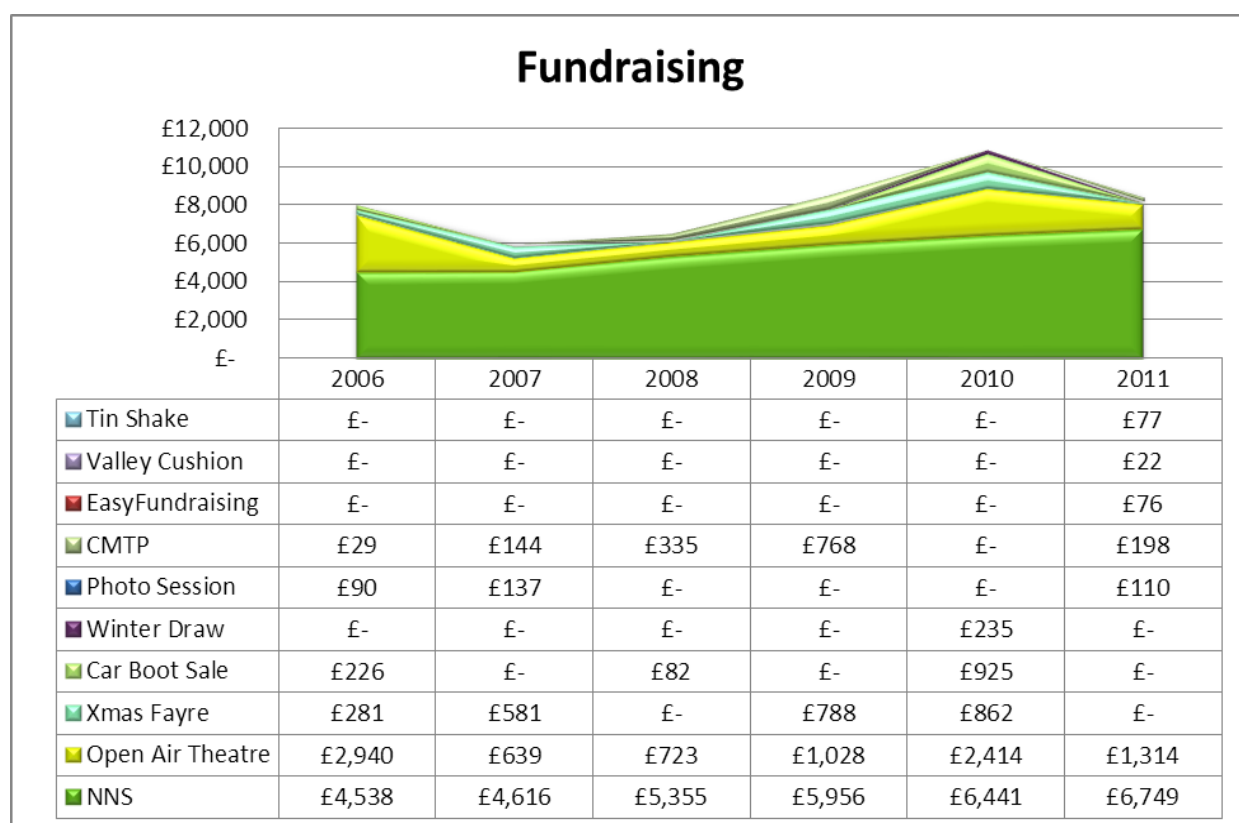
5. Fundraising and Social

The total raised this year was £9,885 (2010: £11,410). The Open Air Theatre did well but sadly didn't have the amazing weather of last year and secured fewer sponsors so suffered comparatively on ticket sales. The Nearly New Sales continue to deliver very high year on year profits and the NNS team under Emma Montgomery (Oct 2010) and Joanne Benson (March 2011) are now running a slick operation although not without considerable effort on their part. The tin shake at Sainsbury's raised £77 and the Winter Photography event (thanks to Miranda Woolfenden for organising this) raised £110. Both were items that did not have expenditure against them, allowing the Branch to claim all of these amounts in profit. Our Cheeky Monkeys Tea Party brought in £198, the Valley Cushion hire generated £22 in hire/commission and with our supporters using Easy Fundraising when shopping on-line, the Branch has received £76 this year in commission.

None of these events would be possible without our team of volunteers, who give up their free time and considerable amounts of energy to ensure we raise funds for the NCT to be used locally and nationally. A big *thank you* to all who have helped in any way this year.

The fundraising breakdown is as follows:

	2011	2010	2009	2008	2007	2006
Nearly New Autumn	£3,574	£3,441	£3,144	£2,680	£2,416	£2,329
Nearly New Spring	£3,175	£3,000	£2,812	£2,675	£2,200	£2,209
Open Air Theatre	£1,314	£2,414	£1,028	£723	£639	£2,940
Christmas Fayre		£862	£788	-	£581	£281
Car Boot Sale		£925	-	£82	-	£226
Winter Draw		£235	-	-	-	-
Photo Session	£110	-	-	-	£137	£90
Cheeky Monkeys Tea Party	£198	-	£768	£335	£144	£29
Easy Fundraising	£76	-	-	-	-	-
Valley Cushion	£22					
Tin Shake	£77	-	-	-	-	-
TOTAL	£8,250	£10,877	£8,540	£6,495	£6,117	£8,104



6. Support Costs & Transfers

Support costs include Branch committee costs, publicity, web costs, member's conference expenses and regional meeting costs. In total support costs were £1,025 (2010: £780). Transfers to Head Office and the Region were £9,272 (2010: £7,981).

Membership Coordinator's Report: Rhian Richards

The membership numbers have changed slightly in the last year. The number of new members was up to 141 (from 134 in the previous year). However, discouragingly, the number of lapsed members has grown to 153 this year, with the result that we have 12 less members overall in the branch since 2010.

	2011	2010	2009
Primary members	247	259	256
New members	141	134	144
Lapsed members	153	131	?

In September the NCT introduced a new pricing structure, which should further impact on membership in the year to come. A positive impact will be the new 18-month membership option, which should boost numbers. Detractors will include:

- ❖ The new 'Friends' option, whereby members who no longer have young children can choose to support the NCT through a regular donation scheme instead of continuing their membership; and
- ❖ The increased cost of renewing membership from £26 to £41 per year (except for volunteers)

I am concerned particularly by the increased cost of renewal, and now more than ever we need to remind our current members of the benefits of being part of their local branch so that they will be keen to renew their membership. The strategy in the year to come will therefore be focused on communicating with members to this end.

Parent Support Coordinator's Report: Claire Williams

This has been my second year as Parent Support Coordinator and I have continued to enjoy the contact it gives me with other parents in the area, as well as to be able to help other parents reach the services we can provide as a branch and as a national charity. I am stepping down from the role at this point however, and would like to thank everybody who has helped, supported or advised me during those two years.

As Parent Support for the last year, I have been responsible for:

- ❖ Social Groups: Bumps & Babies Branch Coffee Mornings, Birthday Groups & Tea Dates.
- ❖ Contact for the Branch: responding to emails sent to our branch enquiries email address and calls to our phone number.
- ❖ Emailing regular e-news messages to our 800+ contacts.
- ❖ Cheeky Monkeys Tea Party.

Bumps & Babies Branch Coffee Mornings

Our relaunch of Bumps and Babies last autumn was incredibly successful, and we were able to recruit enough volunteers to enable us to run on a weekly basis. This has made it much easier for local mums to come along on an ad hoc basis and still know at least one friendly face. We have had a full programme of talks and stalls throughout the year, barring a short break over the summer holiday period. These have covered as diverse a range of subjects and products as postnatal depression, aromatherapy in childbirth, what colour not to wear and thumbprint jewellery. The programme is still thriving and we have a fully booked up schedule right up to Christmas. Mums have all commented on how useful and interesting the sessions and stalls have been. They also contribute to the running costs of the group, as stall holders usually donate a proportion of their sales to the branch.

The entrance fee has been increased to £1.50 per family, although this is only a suggested donation and if someone is unable to pay we still welcome them in as we see the group as

an important source of support to local parents. Although numbers have increased and we are regularly getting attendance in excess of 14 families per week, the donations do not fully cover the cost of hall hire or refreshments. We don't feel at the moment, however, that it would be appropriate to increase the fees further, and so are in the process of seeking a grant of £5000 from Hampshire County Council to help us continue to provide the service.

I would like to take this opportunity to thank all of our volunteers who have helped us in the last year: Carolyn Langlands, Nicola Bennison, Caroline Manetta, Bonnie Thornington, Rhian Richards, Joanne Benson, and most importantly, Becci Thompson and her grandmother Dickie, who have been stalwarts of the team.

Birthday Groups

Birthday Group Co-ordination moved from Claire Welland to me this year, and again the number of enquiries were small. The quarterly groups were generally found not to be as helpful as hoped as 3 months is quite a big difference in a new baby's life. It was also difficult for the larger groups to find a suitable time to meet up, which often put an unfair strain on the quarterly group coordinator. We have therefore ceased to advertise the groups, although always try to put mums in contact with others with similar due dates if requested.

Tea Dates

The Alresford Tea Group, coordinated by Felicity Dwyer is still going strong – thank you Felicity! We also have a fledgling group in Stockbridge coordinated by Fran Halsall, and enquiries for other groups in Compton and Kings Worthy, although the latter two have yet to get off the ground.

Contact for the branch

I have been responsible for fielding all of the enquiries emails and calls which come into the branch. These range from enquiries about antenatal courses and support, through people who have newly moved to the area, to suppliers and mumpreneurs wanting to offer their goods or services to our members. I would like to say a very big thank you to Claire Welland who has helped me field these enquiries at various stages this year, and Rhian Richards who has taken over on an ongoing basis as I step down from the role.

Emailing regular e-news messages to our 900+ contacts

We come into contact with parents and parents-to-be through all of our branch activities, and through all of these we get more contacts added to the list of people who receive our regular e-newsletter. We now have over 900 people on that list, an increase of 100 since last year. E-news is a great way of getting regular updates and branch news out to members and non-members, and definitely increases attendance at all of our events, as well as bringing forward new volunteers to help in all of these.

Since July, Charlotte Smallman has taken over editing and distributing e-news and has done a fantastic job of overhauling it. It looks professional, and should also be a lot easier to send out and manage. Thank you so much Charlie (and Mr Smallman!) for all of your work on this.

Cheeky Monkeys Tea Party

This year, Becci Thompson and I volunteered to hold a Cheeky Monkeys Tea Party on one of our Bumps and Babies mornings. Holy Trinity Church kindly donated the large hall hire free of charge, which meant that the whole of the £2 admission fee was profit. We had a fantastic morning, with facepainting, games, a cake stall, a photographer, raffle and vendors stalls, and raised a brilliant £198.

A big thank you to everyone who helped out on the day, made cakes, donated raffle prizes, and to the vendors who donated a proportion of their sales on the day

Working Mothers' Group – Lisa Jagger

We're a friendly bunch of working mums of children of varying ages (from teenagers to new-borns) who enjoy the opportunity to get together socially with other working mums.

We're affiliated to the NCT, but you don't have to be an NCT member to come along - and we welcome anyone regardless of whether you work full or part-time, from home or in the office - or even if you're currently on maternity leave or expecting your first (or second, third, fourth...) baby.

We usually meet once a month on a weekday evening, and have tended to mix visits to the pub and local restaurants with events at people's homes.

All is going well at the Winchester Working Mums Group (WMG), there is a lovely mixture of mums each month from ladies that have been before to ones that have just moved to the area and started a family. We have had some lovely evenings out at the Wykeham Arms, newly opened Black Bottle, Bengal Sage, with the highlight always being a scrumptious dinner at The Chesil Rectory every October.

A Facebook Group has recently been set up which should make invites and events easier for us busy mums to catch up with.

Fundraising Events

Our events are the lifeblood of our local fundraising activity, however almost without exception they are a huge amount of effort. When we consider that these roles are undertaken by women, predominantly with very young children and often juggling family, home duties and paid work, and very little free time for themselves, we must applaud their selfless dedication to trying to improve the lot of the next generation of young parents.

Nearly New Sales Team Report: Emma Montgomery & Joanne Benson

October 2010: Emma Montgomery

The October sale was more organised than our first sale at Kings, as we recruited a new team with myself as co-ordinator. We used the same venue with the addition of a secondary room for the large equipment. This was self-contained and even had its own till with free flow back into the main sale area.

This increased the cost of hire to be equivalent with the cost of St Swithuns but we managed to more that cover this increase with advertising revenue. We sold four stalls in the main sales area along with leaflets space in our goodie bags. We also utilised the sales line before the sale and allowed an advertiser to distribute leaflets.

By increasing the admission fee to a £1 per person rather than per family we were also able to significantly increase the revenue produced in this area as well as have an exact figure for those who entered the sale, which topped 400.

We also introduced a café area in conjunction with one of our breastfeeding counsellors. We gained extra space for this endeavour due to the utilisation of the equipment room. It was deemed a success on a great many levels. Our counsellor was happy because she had managed to see some mothers and offer much needed support. Financially it was a very viable option and attendees to the sale were glad to sit down and enjoy some refreshments.

Those who were selling equipment or children's goods sold on average over 50% of what they put up for sale, which is very encouraging. The October sale made a record £3,882.25.

For the next sale the current team, with the exception of Joanne Benson, will be standing down, however we are in communication with two new recruits.

Parking had been an issue in May but this has been ironed out by Richard at the Tower, who has the use of an additional car park for over flow.

We are still liaising with the other local branches regarding a shared space to house rails etc. but this is ongoing.

March 2011: Joanne Benson

The March 2011 Sale was run by a new team, which was assembled in January 2011. Joanne Benson was co-ordinator and organised the advertisers, Louise Cranfield oversaw vendors and depots and Louise Rhiordan looked after volunteers.

The sale ran to the established pattern. The main challenges for the team were organising the sale in a short time frame, a smaller number of people coming forward to run depots than in previous sales, and the unexpected withdrawal of the offer of loan of the sale rails from a neighbouring branch. These issues were overcome, but it was clear that the administration of future sales needed to be changed and the team undertook to do this in time for the October sale.

The sale took £10,049.09 with £6,842.11 going to vendors. Hall hire costs increased from the previous sale, as did postage and advertising costs. More money was however brought in by increased opportunities for local businesses to advertise at the sale and the surplus was £3174.67 raised for NCT.

During this period the branch agreed to share common sale resources such as rails, bags and aprons with neighbouring branches in Eastleigh, Romsey and Southampton and to store them centrally in Eastleigh. The NNS co-ordinators of these branches also met to offer peer support.

2010 Winter Fundraiser - Photography: Miranda Woolfenden

In 2010 the Committee reviewed the winter fundraising events as the annual Christmas Fayre was in competition with many other Fayres across the City. In consultation with local photographer, Richard Peters of RJP Photographics, it was agreed to hold an Open Day photographic session.

The event was advertised in the Branch Newsletter, flyers were distributed at the Nearly New Sale and to parents locally. The session was held on Saturday 6 November at Harestock Primary School and 17 families came along. Many fun photos were taken and orders placed for much wanted Christmas presents.

A total of £110 was raised for the Branch. Costs were kept to a minimum as Harestock Primary School kindly allowed the Branch to use the School Hall for free and photocopying of the flyers was done at a discount and totalled £10.50.

Open Air Theatre – *Much Ado About Nothing*: Nina Burrows

This year we were lucky enough to be able to use the beautiful gardens at the Bishop's Palace again for our Open Air Theatre production of *Much Ado About Nothing*. The Bishop retired in May and the palace was empty, so most other functions were cancelled, but as we only needed access to the gardens we were allowed to use them.

The weather was a bit variable this year with lots of people holding back on buying tickets until the last few days before the performance, but there was a last minute rush with lots of people turning up on the night too. The weather on the evening was beautiful if a bit chilly and the gardens looked spectacular. We ended up with an audience of nearly 300 which was similar to the previous year. The Rain or Shine Theatre Company put on a fantastic production as usual and, together with the wonderful setting of Wolvesey, it made for a superb night out.

The event raised £1,548.40 for NCT and could not have run without the support of our sponsors; thank you *Waterbabies*. Thank you also to those who donated prizes to our raffle which helped to boost the profits: *The Ladies Club, Maddie Attenborough, Guy Kremer Salon, Tanoshi Fusion Restaurant, Buddy's Diner, River Park Leisure Centre, Longdown Activity Farm* and *Bendicks*. A huge thank you also to the committee and all the volunteers who helped out on the night - we couldn't have done it without you!

BABIES Winchester Summer Fete: Helen Mitchell

Winchester's charity summer fete and buggy push on Sunday 10th July 2011 raised an impressive £5,209 for our B.A.B.I.E.S (Babies And Breastfeeding Information Encouragement and Support) appeal. B.A.B.I.E.S is a weekly drop in session with trained counsellors at the Lanterns Children's Centre and is open to any mum in the Winchester area, including Stockbridge, Alresford, and the surrounding villages.

In a hotly contested buggy push event, George Hide ran away with his son Dougie in first place. Last year's winner, Steve Brine MP who is a strong B.A.B.I.E.S supporter, came home fifth after leading off the event. The event was attended by over 300 local people and included a fun fitness session at the start from Simon and Stefan from **getfit121.com**.

In addition to a tombola and raffle which was generously supported by many city businesses, one lucky family won a £100 gift voucher from main event sponsor **JoJo Maman Bébé**. The popular baby and family themed stalls, along with lots of toddler activities and good weather, kept the crowds entertained throughout the afternoon.

In total, the fete and buggy push raised £5,209 with a further cheque of £4000 presented to NCT breastfeeding counsellors Jennie Gavin and Jane Moffett by the **Winchester Round Table** after its outgoing chairman nominated NCT B.A.B.I.E.S. as his charity for 2010.

NCT volunteer and mum organiser Helen Fisher said 'Before the event our B.A.B.I.E.S. service was due to run out of funds in October. Now it can continue for another year and we're absolutely thrilled. B.A.B.I.E.S. is a vital and valued lifeline when breastfeeding doesn't go to plan and parents need urgent support. It was a great effort, not only from the volunteer mum organising committee but also from all those who entered the buggy push and the family members who turned up to support the event. I would like to thank them all. Ending the day with £9,209 for B.A.B.I.E.S. was beyond our wildest dreams. It will inspire us to do even better next year!'

We had great press coverage featuring on page 3 of the Mid Hampshire Observer the week before the event, and the front page of The Hampshire Chronicle the following week!

We would like to thank the following organisations who generously contributed to the event's success: **JoJo Maman Bébé, GetFit121.com, Shentons Solicitors & Mediators, Hilltop Studio, Winchester Rugby Club, The Winchester Round Table**, and Brasserie Blanc, Cann-Do, Compton PTA, Debs Holistic Beauty, Finkley Down Farm Park, Forever Young, GetFit121, Gold Stripe Management (Messy Play), Green Baby, Hilltop Studio, His and Kids, JME at Home, Jo Magdalena Jewellery, Jolly Babies, Kids2Day, Kovered, Lanterns & Sparklers Children's Centres, Luvio Designs, Mama Mio, Michaela McCallum, Mid Hants Railway Watercress Line, Montezuma's, Neal's Yard, Pampered Chef, ParkLife Kids, Phoenix Trading, River Park, Sea Life, Steve Brine MP, Sweet Treat, The Bengal Sage, The Bishop on the Bridge, The Ladies' Club, The Original Sightseeing Tour, The Photographers Studio, The Pottery Café, Toddler Sensory, Waitrose, Water Babies, Waterstones, Whittards.

Helen and the team were nominated at the NCT Stars Volunteers Awards for their fundraising efforts. They were shortlisted and although they didn't win on the day at the House of Lords ceremony, they did receive a special commendation for their work.

Practitioners

Our Practitioners are our trained counsellors in one of three disciplines: Antenatal Teaching, Breastfeeding Counselling, and Postnatal Group Facilitation. As well as teaching classes and courses, they can work for Head Office on one of the national initiatives (such as the national helplines) and co-ordinate local outreach projects.

Courses are scheduled and administered by the local PSA (Parent Service Administrators).

Winchester & District currently runs two outreach projects: B.A.B.I.E.S. (Babies and Breastfeeding: Information, Education and Support) and Free Antenatal Group a free antenatal class aimed at disadvantaged parents.

Our branch is fortunate to have teachers across three disciplines, enabling us to provide a range of course options.

Discipline	Qualified	Students
Antenatal Teaching	Vicky Rodd Kayt Marter Brown Emma Wightman	
Breastfeeding Counselling	Jennie Gavin Jane Moffett Jenny Brookes Jenny Gauntlett	
Postnatal Group Facilitation	Jane Moffett Melanie Weston	
TOTAL	8	0

Statistics Summary

PSA enquiries received	261
Relax Stretch Breathe classes	74 mums taught
Antenatal courses	15 courses, 80 attendees (VR) 12 courses (KM)
Refresher courses	7 courses, 35 attendees
Early Days courses	6 courses, 57 attendees
Breastfeeding antenatal classes: NCT	18 courses, 229 attendees
Breastfeeding antenatal classes: NHS	8 classes, 81 attendees
Baby-led weaning classes	8 classes, 58 attendees
Postnatal breastfeeding drop-ins (BABIES)	51 sessions, 427 visits by 232 mothers
Breastfeeding Telephone Support	118 (JM: 34, JG: 79, JB: 5)
Breastfeeding Home Support	12 visits (JM: 2, JG: 9, JB: 1)
Health Professional Students observing at BABIES	25
BABIES Lite (at Nearly New Sale café)	7 mothers seen

Postnatal Report: Jane Moffett & Melanie Weston

Jane and Melanie have run 7 Early Days courses in the Winchester area in the last year, attended by 46 mothers. Early Days courses have just been set up in Southampton (starting November 2011) and Andover, and both postnatal leaders are delighted about the expansion of the service. Melanie completed her training earlier this year and is now a qualified postnatal leader.

Antenatal Teachers' Reports: Vicky Rodd, Kayt Marter & Emma Wightman

Vicky Rodd

I have now been teaching for the branch for 7 years. I teach several styles of courses to try to offer more choice. There have been a lot of changes nationally this year in the way courses have been set, which has led to some problems. UKO now want to cancel courses if they do not have an adequate number of parents booked eight weeks before the courses start. This is a headache for the teachers as our courses are now booking very late due to increased availability. Please encourage people to contact the PSA even if they think they have left it too late. We now have some people managing to book on the week before the course starts. In 2011 I will have taught 80 couples on 15 courses and 35 mums on seven refresher courses.

My big challenge for this year was starting to run Relax Stretch Breathe classes for pregnant women in Winchester Discovery Centre on a Thursday morning. This has been a lot of hard work but I have loved every minute of it. For the first two weeks I had one mum and for the rest of that term we averaged 4 mums per session. We need 7 mums to break even so I was starting to worry that UKO would close the classes before they had become established. In the second term I averaged 7 mums per session so was starting to feel more confident but worried about what the summer break would do to numbers. This term has been amazing so far averaging 12 mums a session. Since January I have taught 74 mums. The sessions have been such fun and I am learning so much each week. We have even had a few mums go into labour during the class which is always exciting.

This year I have attended a study day on Water Birth and am about to go on an Obstetric Update day. Practitioners must attend 2 study days a year to retain registration. I have also just completed my nine year teaching review. It all seemed to go well I am just waiting for my written feedback.

Kayt and I have moved our Free Antenatal Group drop-in classes to Sparklers Children's Centre in Winnall and have received a second grant from Winchester City Council which has helped keep us open over the last year. The attendance is patchy but with promotion we are hoping this will improve. We have had a lot of support from one of the health visitors who now does her antenatal clinic at the same time so that we can meet some mums. For the last few weeks we have been getting 4 or 5 mums which have been a real breakthrough. It has been so great to finally be doing what we hoped to do. Everyone working at Sparklers has been brilliant at supporting us through the low attendance weeks and helping to keep us positive. If anyone has any marketing ideas please contact me on 01962 888598.

This year I have really enjoyed the challenge of attending Labour Ward Forum at the Royal Hampshire County Hospital. This gives me the opportunity to feed back people's experiences to the hospital team. I also attended a Midwife Supervisor's Away Day which was a great opportunity. I have organised two successful Question & Answer Sessions at the hospital. They have now agreed to run these 3 or 4 times per year, which is fantastic.

Thanks to everyone who has supported me this year. It has been a tough year with all the process changes through the PSA. Thanks to Caroline for her understanding and her hard work to protect my courses from the new cancellation policies. We have had many phone conversations and she has been such a support this year.

Kayt Marter

I have taught twelve courses in Winchester since qualifying last year and am due my first year review in the next few months. The antenatal classes at Sparklers have received further

funding and I continue to teach there on a Friday morning with Vicky Rodd. I have been experimenting with different formats for the courses I run, to offer a variety to clients in terms of daytime, evening and weekend availability and also in the cost of different courses available. In April this year I stood down from my role as Chair of the *West Hampshire MSLC*, but continue to maintain links with the midwives and other health professionals in Winchester.

Emma Wightman

Having finally qualified in the summer I am looking forward to teaching, and have my first course booked for November. It has been a very long slog with many peaks and troughs along the way, but I am thrilled to be able to say I have completed my training! I would like to thank the branch for their ongoing support, both financially and emotionally. I don't think I would have made it through without their understanding! And also thanks to Kayt, Vicky and Caroline who have helped me with the class booking systems.

I plan to continue to combine both my Osteopathy and NCT teaching and hope to also be able to run some more study days. I have enjoyed talking to the Bumps & Babies groups about posture in pregnancy and care of the body, and also helping to raise the awareness of Flat Head Syndrome. I look forward to settling into teaching and also becoming more active in the branch again.

Breastfeeding Counselling: Jane Moffett, Jennie Gavin, Jenny Brookes & Jenny Gauntlett

We are delighted that there are now 4 qualified breastfeeding counsellors – many congratulations to Jenny Brookes and Jenny Gauntlett! All 4 breastfeeding counsellors have been busy facilitating antenatal breastfeeding workshops for the NCT; Jennie Gavin and Jane have also facilitated them for the NHS. Jennie and Jane have also been working on a project commissioned by NHS Hampshire and Hampshire Children's Centre Services offering breastfeeding education and support to young women and women living in specific areas of the city.

B.A.B.I.E.S. has just celebrated its 5th year as a service. Funding for this service is still reliant on fund-raising activities and donations – many thanks to those of you who have contributed in this way. This year's buggy push – incorporated into a Summer Fete - broke previous records, raising a record £5,209 to help keep B.A.B.I.E.S. going! The fundraising team were short-listed for the NCT Volunteer Star Awards, and 3 of the team attended an awards ceremony at the House of Lords.

B.A.B.I.E.S. has also benefitted by being the chosen charity of the outgoing chairman of the local Round Table and an amazing £5000 was raised and donated. Members of the Round Table also volunteered at the Summer Fete.

	NCT Classes	Parents Seen	NHS Classes	Parents Seen	Phone Support	Home Visits
Jane Moffett	6	75	4	47	34	2
Jennie Gavin	6	78	4	34	79 (10 on BF line)	9
Jenny Brookes	4	52			5	1
Jenny Gauntlett	2	24				
TOTAL	18	229	8	81	118	12

Also this year, there has been a BFC at the Nearly New Sales offering a BF support service in the café:

Jenny Gavin attended in October 2010 and saw 5 mothers.

Jenny Gauntlett attended in March 2011 and saw 2 mothers.

Jenny Gauntlett

I am delighted to report that I finished the course in July this year and got my Licence to Practice in August.

I then had a baby at the end of August so I will not be very active for the next 6 months or so but I am really looking forward to getting more active as a Breastfeeding Counsellor, both locally and nationally, after that.

Parent Services

Like many NCT branches, we have local, subsidised rental services available to parents: a Valley Cushion and Breast Pumps.

Statistics Summary

	2011	2010	2009
Valley Cushion Hires	20	5	-
Egnell Pump Hires	21	16	15

Valley Cushion Agent: Claire Welland

This is an inflatable cushion with a special shape that helps women sit comfortably while a sore or swollen perineum heals following giving birth. Five days hire is £15 and it is only occasionally needed for longer than that. Many women say how useful the Valley Cushion has been in easing discomfort.

This year began with one cushion, but since then we have acquired a Demo cushion that is used at branch events to raise awareness of the service. In addition, the Andover VC agent resigned and so Winchester now also serves part of the Andover area (shared with the Basingstoke VC agent), and demand has been so high at times that UT Care have agreed to Winchester running a further cushion. Therefore, we have three Valley Cushions for hire, and one demo model.

As a result of an awareness campaign with local health professionals, and word of mouth from other users, the cushion has been hired 20 times this year, broken down as follows:

Source	Number of Hires	%
NCT: leaflet, web, classes	5	25%
Health Visitor / Baby Clinic	0	0%
GP	0	0%
Midwife / Doula	5	25%
RHCH Postnatal Ward	2	10%
Friend Recommendation	6	30%
VC Agent Referral	2	10%

Egnell Pump Agent: Caroline Allen

The Winchester NCT branch continues to keep three breastpumps for hire. Throughout the year there have been 21 hirings, ranging from a couple of days to several months. There has been an increase in the number of hirings to parents of babies in the special care unit. Referrals continue to come mainly from midwives and close liaison is maintained with other breastpump agents in the area, so that if no pumps are available parents can be referred on to another agent.

Proposed 2011/12 Branch Team

For Election:

The Branch Charter requires that five key roles must be filled on the team.

Position	Name	Proposer	Secunder
Branch Coordinator (Chair)	Joanne Benson & Claire Welland		
Honorary Treasurer	Caroline Edmondson		
Membership Coordinator	Rhian Richards		
Parent Support Coordinator	VACANT		
PSA Link	Caroline Edmondson		

Additional team members:

Honorary Secretary	Claire Welland
Nearly New Sale Coordinator	Joanne Benson
Press & Publicity Officer	Susan McCue
Fundraising Coordinator	VACANT
Newsletter Editor	Rhian Richards
Newsletter Distribution	Asia Ennis
Advertising Coordinator	Angela Kukula
Egnell Pump Hire Agent	Caroline Allen
Valley Cushion Agent	Claire Welland