



Basingstoke Branch

Supporting you to become
the parent you want to be



- ◆ Antenatal & Early Days Courses
- ◆ Breastfeeding Support
- ◆ Meet Other Local Parents
- ◆ Nearly New Sales
- ◆ Social Events
- ◆ And Much, Much More...

Who are We?

Basingstoke has its own active, friendly NCT branch covering all of the borough of Basingstoke and Deane.

- **We exist** to make the transition into parenthood as smooth and enjoyable as possible.
- **We offer** a wide range of support, information and opportunities to meet other local parents.
- **We want** to offer you the services you most need, backed up by the national resources of the NCT. If there is something you feel we should be offering you, let us know.

Below are just some of the services offered by the Basingstoke NCT Branch

Antenatal Classes

Our Antenatal Classes are led by locally-based NCT-trained Antenatal Teachers*, they are informal and friendly, offering informative support as you prepare for the birth of your baby. We run classes for first-time parents and refresher courses for those who have already had one or more babies.

Early Days™ Courses

Early Days™ groups give you the opportunity to explore different approaches to important parenting issues with a qualified group leader* and other new parents in your area. These sessions are designed to help you feel confident about the decisions and choices that you make for your baby. You will be encouraged to share ideas and experiences and help others to do the same so that you can support each other as you learn more about your skills as a parent.

To book an Antenatal or Early Days™ course see www.nct.org.uk/branches/basingstoke/courses call **0844 243 6912** or email bookings4q@nct.org.uk

Breastfeeding Support and Information

The NCT wants breastfeeding mothers and babies to have a good experience. ***But what if you need help? Or are worried or confused about something?*** You may find what you need from friends or family, or from midwives or health visitors. You may also choose to ring an NCT breastfeeding counsellor* to talk over what's happening.

Our local NCT breastfeeding counsellors are:
Mindy, tel **01256 773091** Sarah, tel **01256 321890**
Fiona, tel **01256 334343**

Fiona, Sarah and Mindy take local calls as volunteers in their own homes. If they are not available you will be able to leave a message on an answering machine, they will aim to call you back within 24hrs - usually sooner. If you need a more immediate response you can also call the national NCT Breastfeeding Helpline on 0300 330 0771, between 8am and 10pm, 7 days a week.

B.A.B.I.E.S.

(Babies And Breastfeeding: Information, Encouragement, Support) provides free breastfeeding support and help to all new mothers in the Basingstoke area. Held alongside our friendly and popular Coffee and Chat group (see below), support is provided by our breastfeeding counsellors.

Coffee & Chat

Coffee & Chat is a weekly drop-in group for Mums-to-be and Parents with young babies. It runs every Friday morning at Brookvale Village Hall between 10am and 12 noon, all year round (except Good Friday and Christmas week). The venue is just outside the town centre, a five-minute walk from Festival Place and the bus and train stations and has a large, free car park.

Services

NCT volunteer agents offer a free, no-obligation bra fitting service and can hire you valley cushions™

and breast pumps. Contact details are on our website.

Coffee Mornings

Coffee mornings are informal get-togethers that provide an opportunity for parents to meet one another in a local setting, with the aim of providing a social and support network. We run coffee mornings in many areas of Basingstoke. They meet for a couple of hours once a week, either in someone's house or a public venue. You can arrive and leave when you wish and they are an opportunity to chat about the joys and frustrations of parenthood.

Nearly New Sales

Our most popular events and the place to buy baby equipment, toys, clothes and maternity wear. They are held twice a year, in the Spring and Autumn. We also hold Table-top sales between our main sales. For information about our next sales, including how to sell, please visit our website.

Basingstoke Baby Babble

Our local Newsletter is distributed to all of our members four times a year. It contains relevant and interesting articles relating to pregnancy and childcare, as well as being a source of reference for NCT and other relevant activities in the area.

Join Us!

You don't need to be a member to benefit from any of the NCT's services, or to join in our social activities – **we are here for all parents or prospective parents.**

However, as a self-funding charity, we depend on the generosity of our members and supporters to continue our valuable work. Membership fees and donations allow us to keep our services accessible to all parents within our local community. You can join us by phone on **0844 243 7000** or online at www.nct.org.uk/get-involved/become-nct-member

For more information call **0844 243 6041**
or visit our website:
www.nct.org.uk/branches/basingstoke

What is the NCT?

For over fifty years the NCT has been helping parents through the amazing but often overwhelming experiences that accompany the birth of a child.

Whether you're expecting your first baby or you already have a family with young children **Basingstoke NCT** has a lot to offer you.

We provide support and activities for local parents-to-be, those with babies and pre-school children. Our services are many and varied, including Antenatal Classes, Early Days™ Courses, Breastfeeding Support, Coffee Mornings, Nearly New Sales, Home Birth & VBAC Information and Social Events. See details in this leaflet or contact us for more information.

Basingstoke NCT is just one of around 400 NCT branches, all run by volunteers from their own homes. Most of us are parents to young children ourselves, and enjoy giving a little of our time to ensure that all local families have access to the numerous resources offered by the NCT.

Quotes from people who have used our services:

"The NCT antenatal classes have been invaluable. Both my husband and I really enjoyed them."

"It's nice to meet people who understand because they have been through the same experiences"

"The support network is second to none, and very reassuring and comforting."

*Our teachers, counsellors and postnatal leaders undergo comprehensive training with the NCT and hold Diplomas of

Higher Education in their specialism. They are not normally medically qualified and do not offer specific medical advice. Parents are asked to seek any medical help from the relevant health professional.

NCT Breastfeeding Line

Call **0300 3300 771** (8am - 10pm, seven days a week) to talk to a qualified Breastfeeding Counsellor for information and support to help you breastfeed successfully.

NCT Pregnancy and Birth Line

Call **0300 3300 772** (10am to 8pm, Mon to Fri) to talk to a qualified Antenatal Teacher about issues relating to your pregnancy or your baby's birth.

NCT Early Days Line

Call **0300 330 0773** to talk to a qualified Postnatal Leader about issues during the early weeks with a new baby. (If your call is answered by a machine please leave a message and you will be called back)

NCT Shop

Our mail order shop has a broad range of tried and tested products for you and your baby throughout pregnancy, birth and early parenthood.

Visit www.nctshop.co.uk

Phone **0845 8100 100** (9am to 5pm Mon-Fri)

Basingstoke NCT

Phone: **0844 243 6041**

Email: info@basingstokenct.org.uk

Website: www.nct.org.uk/branches/basingstoke



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Registered Charity No. 801395

