

Newsletter

Want to know what's going on locally?

The branch produces a quarterly newsletter, which is distributed to members, doctors' surgeries, libraries and health centre's. The newsletter has information about who's who within in branch, a list of our social and fundraising events, dates for committee meetings as well as a wide range of articles. It's a great way of keeping in touch.

Website

Visit us at:

http://www.nct.org.uk/in-your-area/leighton_buzzard

Here you will find information about local antenatal classes, details of forthcoming Social and Fundraising events, as well as the Nearly New Sale.

As a branch we are constantly reviewing the services we provide and are always delighted to receive comments and suggestions from local parents. If you would like to get in touch then email nctleightonbuzzard@yahoo.co.uk

National Services

Breastfeeding support

The NCT has fully trained Breastfeeding Counsellors who can offer breastfeeding and bottle feeding support and information for everyone.

Please call: 0300 330 0771
7 days a week, 9am to 6pm.

Antenatal support

Fully trained Antenatal Teachers can offer support and information for everyone on pregnancy and birth matters.

Please call: 0300 330 0772
Mon to Fri, 10am to 8pm

Membership Hotline
0844 243 7000 (national)
0844 243 6186, Option 1 (local)

Antenatal Class Bookings
0844 243 6890
bookings5m@nct.org.uk

General Information
0300 330 0770
www.nct.org.uk

Breastfeeding Line
0300 330 0771

Pregnancy and Birth Line
0300 330 0772

The NCT wants all parents to have an experience of pregnancy, birth and early parenthood that enriches their lives and gives them confidence in being a parent. With over 640,000 members the NCT has the authority to speak for new parents and parents-to-be. As a UK charity, it has been at the forefront of improvements in maternity care for over 50 years.

The NCT provides:

- Accurate, unbiased and well-researched information on many topics including pregnancy, antenatal testing, labour, Caesarean births, home births, breastfeeding and early parenthood.
- Public awareness campaigns to help parents get the best from maternity services
- Direct representation on NHS Maternity Services Liaison Committees and other relevant bodies.

NCT Alexandra House, Oldham Terrace, Acton, London, W3 6NH
Office & Administration: 0844 243 6000
Fax: 0844 243 6001

Donations to support our work are welcome

Services are available to members and non-members

We care about our environment, so when you have finished with this leaflet, please either pass it onto another person or recycle it. Thank you.

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Leaflet current at Nov 2010



Leighton Buzzard & District Branch



Useful Information for Parents and Parents-to-Be

Registered Charity Number 801395
Registered number 2370573 (England)

Products & Services

About the Leighton Buzzard Branch

The branch is the local face of the NCT and is run by volunteers for expectant parents and those with young children. The volunteers that are involved in running our branch have discovered that it is a great way to make friends, exchange experiences and gather information from other parents. **You do NOT have to be a member to take advantage of our services.** We offer a wide range of services— this leaflet has more information.

Having a baby?

Antenatal classes

The classes are run for women and their birth partners, by NCT-trained* teachers, who offer expert information and support. You can ask questions, talk through birth plans and discuss feelings about the prospect of life with a new baby. Classes are friendly and informal and offer the opportunity to meet others expecting babies around the same time.



A fee is charged for antenatal classes but discretionary reductions are available.

Classes are popular and need to be booked early.

Please contact Rachel White on 0844 243 6890 or by email bookings5m@nct.org.uk



*Our teachers and counsellors undergo comprehensive training with the NCT, though they are not normally medically qualified. They do not offer specific medical advice. Parents are therefore asked to take medical questions to their relevant healthcare professional.

Just had a baby?

Postnatal Support

We recognise that having a new baby can be a stressful and daunting experience, and sometimes new parents need a sympathetic ear or just a few minutes of adult conversation. Our branch offers the opportunity to talk about the challenges of early parenthood with other new parents, usually through our Postnatal Support groups which follow on from antenatal classes.

However, if you missed out on antenatal classes for any reason - maybe you have just moved to the area - then we can still link you up with a current group, even if you are not a member.

Please call: Beccy 01525 383405

Breast Pump Hire

The Branch has a number of electric breast pumps for hire. Please call: Helen

0844 243 6186, Option 5

Please note the breast pump agent is not qualified to give you advice on breastfeeding.



Maternity and Breastfeeding Bras

We can supply wonderfully comfortable and practical bras which are very competitively priced.

Please call our Mid Beds agents: Janet or Kate 0844 243 6206

Nearly New Sales

Need some more clothes and toys?



The branch organises a Nearly New Sale twice a year where you have the opportunity to buy quality clothes, toys and equipment. It's a great way to stock up on those essentials, some of which have been hardly used. If you have spare items you can register to sell

in advance - seller's packs are sent out 4 weeks before the sale.

Please call: Sarah 0844 243 6186, Option 2

Coffee mornings

Want to meet other parents or just get out of the house for a few hours?

Coffee Mornings (and afternoons) are available to anyone. You can attend any coffee morning that you wish. We welcome all parents: mums-to-be; new mums; mothers of older children; dads, and you don't even have to bring your children!

If you would like to find out where the nearest coffee group is to you, please call Tammy Dickerson on 0844 243 6186, Option 1.

Home Birth Support Group

For more information on our active and informative Home Birth Group, please contact Sarah Ward on 07947188628.

