



Your NCT Guide to Marlborough

This little booklet has been designed to act as a quick guide to the Marlborough area for you as a new parent or a parent new to the area. Hopefully it will save you a bit of time and hassle in your early weeks with baby!

Marlborough & District NCT is run by volunteers, mums and dads like you, to provide support, help and advice to new parents in the Marlborough area. If you'd like to get involved with your local NCT Team, let us know, we're always looking for new volunteers!

The branch covers the SN8 and SN9 postcodes – Marlborough, Pewsey and the surrounding villages. There are also other NCT branches in neighbouring areas such as Swindon, Chippenham, Newbury, Andover and Salisbury and you're welcome to join in with any branch.

If you'd like to get in touch with us

General enquiries

T: 0844 243 6203

E: nctmarlborough@yahoo.co.uk

Antenatal and postnatal course bookings

T: 0844 243 6947

E: bookings3d@nct.org.uk

There is always up to date information on our website....

www.nct.org.uk/branches/marlborough

or join us on Facebook – become a fan of NCT Marlborough

Join the NCT and make new friends. My NCT group members were an incredible support to me in the first year, and continue to be now. My other tip would be to be relaxed and not put too much pressure on yourself to be perfect at everything.

Emma, Mum to Archie and Harriet

Marlborough & District NCT

Your local NCT branch is here to provide you with information, support and friendship and we do that in lots of ways.

There are regular groups and coffee mornings that you can join, we run events for families, mums and dads from Family Fun days and Easter Egg Hunts to Pamper Evenings and children's parties. You can attend a first aid training course or make life long friends by joining a bumps and babes group.

See the enclosed events flyer for details of what's going on in Marlborough & District NCT. We also produce a regular monthly e-newsletter – "Jigsaw" and a branch newsletter twice a year. Pick up a copy in local GP's surgeries or at the Children's Centres or email nctmarlborough@yahoo.co.uk and we'll send you the latest one.

Find a simple baby sling, and a small wallet which will fit in your pocket so you can have quick shopping trips without having to get the pram out and you have your hands free.

Aimee, Mum to Harry, Freddie and Tilda.

We've put together the following information to help new parents and parents new to the area find out about activities and support. We hope you find it useful.

Baby & Toddler Groups

Baby & Toddler groups are aimed at babies and children under 5 and they are a great way to get to know Mums and Dads in the area. There are groups running in most villages - just turn up.

The full list is on our website – here are a few:

- Aldbourne, Little Dabchicks, Thursday 9.30 – 11.30, Methodist Hall, Lottage Road
- Avebury, Pebbles, Wednesday 9.15 – 11.30, Social Centre, High Street
- Burbage, Tiddly Winks, Tuesday 9.30 – 11.30, Village Hall
- Collingbourne Ducis, Monday 9.30 – 11.30, Village Hall
- East Grafton, Grafton Goslings, Thursday 10.00 – 11.30, Coronation Hall
- Great Bedwyn, Wednesday 9.15 – 11.30, Village Hall, Frog Lane
- Lockeridge, Friday 10.30 – 12.00, Kennet Valley Hall
- Manton, Wednesday 9.45 – 11.15, Village Hall
- Marlborough, Creepy Crawlers, Friday 10 – 11.30, Scout Hut, George Lane
- Marlborough, St. Mary's, Monday & Thursday 9.30 – 11.30, Upper Room, Church Cottage, Silverless St
- Oare, Oare Toddlers, Wednesday 1.30 – 3.00pm, Village Hall, Rudge Lane
- Pewsey, Bubbles, Wednesday 10 – 11.30, Scout Hall
- Ramsbury, Wednesday 10 – 12.00pm, Memorial Hall, High Street

Sure Start Children's Centres

The Children's Centres run lots of activities and groups that you can join in with – from babies and breastfeeding groups to creative play activities for toddlers. They also have useful baby changing facilities. Look online or just pop in.

- Marlborough - George Lane Car Park, www.ruralneedsinitiative.org
- Pewsey - Phoenix Court www.voluntary-action-kennet.org.uk

Libraries

- Marlborough 01672 562265
- Pewsey 01672 562265

Marlborough Leisure Centre

There's lots on offer for under5s at Marlborough Leisure Centre and it's a regular meeting place for many Mums, Dads and little ones. If you plan to go regularly it's worth signing up for a Leisure Card for discounts. The café serves great coffee and cake and they do children's lunchboxes and teas too!

- Clowning Around is a soft play area. It's open Monday, Wednesday & Friday from 1pm – 6pm and Tuesday & Thursday from 3pm – 6pm. It's a great place for young children and babies on a wet afternoon. £3 or £2 with a leisure card.
- Jumping Jacks is a big bouncy castle and takes place on Tuesdays and Thursdays from 1pm – 3pm.
- There are also Baby Gym and Swimming Classes, as well as activities such as football, rugby, swimming and music for children. If you fancy getting some exercise yourself, the crèche is OFSTED registered, takes babies from 8 weeks in the mornings while you join a class or go to the gym. You need to book! 01672 513161

Child friendly restaurants and cafes

Marlborough

- ASK – are great with breastfeeding and display a breastfeeding welcome sign. They have changing facilities in the disabled toilet there. Provide highchairs and are happy if you bring your own food for babies being weaned.
- Pizza Express – Very supportive of the NCT and members feel comfortable feeding there. Good changing facilities and highchairs. Not much space for pushchairs though although there is a nice outside area
- Costa Coffee – No changing facilities, although there is a large loo. Easy to breastfeed discreetly and comfortably on the sofas.
- St Peter's Church – at the end of the High Street. Lots of room for pushchairs and changing facilities in the disabled loo.
- Krumbz Café at Marlborough Leisure Centre.
- Waitrose toilets have baby changing facilities.

Pewsey

- Woodborough Garden Centre – changing facilities, lots of things to do for older children both inside and out, while you have a coffee and slice of cake. Lots of space for pushchairs, and highchairs are available.

Froxfield (A4 between Marlborough & Hungerford)

- Cobbs Farm Shop and Café – lots of space, changing facilities and highchairs. For older children there is an excellent outside play area.

Sign your child up to ELC's Birthday Club. A month before their birthday, you'll be sent a 20% discount voucher to spend online, or instore. **Amanda, Mum to Oliver and Toby**

Days out

Soft Play - In addition to Jumping Jacks and Clowning Around at Marlborough Leisure Centre the following Soft Play Centres are within easy reach.

- **Bonkers www.studleygrange.co.uk** At Wroughton, near Junction 16 of the M4 this is a fantastic soft play centre for those with smaller children.
- **Coral Cove www.coral-cove.co.uk** Coral Cove in Devizes is a large soft play, suitable from when youngsters can crawl. There is an area for younger babies and toddlers with smaller play equipment. There's a special baby and toddler session held on a Friday morning.
- **Kidz About www.kidzabout.com** A large Centre, near Junction 16 with plenty to keep bigger ones happy, plus a dedicated area for babies and toddlers. They serve Starbucks coffee too!

Farm and Play Parks – there are 3 nearby. Check their websites for opening times. Most have season tickets available which can be a useful money saver for regular visitors.

- **Finkley Down Farm Park www.finkleydownfarm.co.uk** On the outskirts of Andover, just off the A303, is a great place to visit with young children.
- **Roves Farm, near Highworth, Swindon www.rovesfarm.co.uk** There are animals around every corner, big indoor and outdoor play areas and free tractor rides throughout the day. There are also 7 nature trails through the countryside.
- **Cholderton Charlies, www.choldertoncharliesfarm.com** between Tidworth & Salisbury.
- Cholderton is a specialist rare breeds farm – children can stroke and feed many of the

animals. There are also great indoor and outdoor play areas and a large sandpit.

If your little one is into trains then the following days out will definitely appeal!

- **Days Out with Thomas at Didcot Railway Centre www.didcotrailwaycentre.org.uk**
The Railway Centre at Didcot has special Thomas Days throughout the year. There are rides behind 'Thomas' and 'Duck' and lots of other entertainment for children
- **STEAM Museum, Swindon www.steam-museum.org.uk** The Museum of the Great Western Railway near the Outlet Centre in Swindon. There are lots of displays and interactive activities showing the history God's Wonderful Railway.
- Combine a trip to STEAM with a day out at the **Outlet Centre** in Swindon. There are great discounts on many brand names including Gap, Crew Clothing, LK Bennett and Ralph Lauren. There's also a fantastic outdoor play area and a crèche where you can leave your children for an hour or two whilst you enjoy some retail therapy!

NCT Nearly New Sales are great for bargains – but be prepared for it to be busy and hectic. Think about what you want and target it. Arrange for someone to come with you and look after baby whilst you shop, or better still sign up as a helper – it's good fun! And helpers get to shop before the main sale opens. **Tamara, Mum to Sebastian.**

Your help

Please help us to help other parents. If you have any suggestions, additions or changes to this booklet we'd love to hear from you or if you'd like to get involved with Marlborough & District NCT email us on nctmarlborough@yahoo.co.uk

The best thing we ever did was to join a Bumps & Babes group. Not only did it provide each of us with incredible support but we've now all become firm friends – Mums, Dads & tots.
Anna, Mum to Zach and Ethan