**Bumps n Babes:** Fridays 11-1230, St Jude’s Hall, Atherstone Ave/ Cranford Drive **PE3 7EW;** No.3 bus stop

**Spring term: 10 January – 4 April 2013: Visitors/ special sessions (optional, in adjacent room)**:

* Sarah-the-NCT-trained-Bra-fitter is bringing her stock on 17 Jan (& 28 Feb, 28 Mar, 25 Apr)
* Katie-with-her-sling-library to demo baby-wearing 31 Jan
* Kimberley from Tumbletots/ Gymbabes offering a taster on 14 February
* *\*\*21 Feb is half term: no meeting\*\**
* Kirsty with personalised hand sewn baby bibs etc on 7 March
* Brenda-from-BSL providing a baby signing taster on 21 March
* Kerry offering a Baby Sensory taster on 4 April

***Summer term: Fri 25 April – Fri 18 July 2014 (except 30 May half term)***

All parents welcome (you don’t need to be a member) but to join our charity: *visit* [*www.nct.org.uk/join*](http://www.nct.org.uk/join)

**Other NCT/ related events:**

* Every Weds: walking social, St Jude’s Babes contact JJ on julia.jonas@ntlworld.com
* Every Tues: 1.30-3pm Breastfeeding counsellor available at Stanground Children’s Centre PE2 8JF. Drop-in for expectant parents, breastfeeding mothers & families ([www.thebabycafe.org](http://www.thebabycafe.org))
* 6-monthly Nearly New Sale: Sat 15 Mar 1030 at The Fleet (peterboroughnns@nct.org.uk).

Pick of the bargains if you volunteer to help. Early entry at 1015 if you’re an NCT member.

* 22 Jan, 26 Feb, 26 Mar (every 4th Weds of the month) 1-3pm NCT at New Ark Eco-centre & City Farm for 0-5 year olds and their parents/ carers. Beki would welcome more co-hosts.
* 30 Jan, 27 Feb, 27 Mar, 24 Apr (last Thurs of month) 10-11am NCT Breastfeeding Out&About in Stamford @ The Cosy Club (Old Delivery Office, Horseshoe Lane, PE9 2RB). Breastfeeding Counsellor available, contact Caroline: carolinehartley.home@gmail.com or 01780 753254.
* Mon 3 Feb *The Heat*, 3 Mar *The Big Wedding*, 31 Mar *Behind the Candelabra* 11am Mum-friendly/ babies & infants welcome cinema at the Key Theatre (£6.50/ £4 concessions, under 2s free)
* Most Thursdays 10am ‘Baby pictures: Films for Parents’ at Boongate Showcase Cinema £5
* Weds 15 Jan NCT Introducing Solids workshop (& 5 Mar). Contact bookings5g@nct.org.uk

# Opportunities for volunteering

* Join the team hosting here at Bumps n Babes (can bring your children aged over 1) – come a bit early to set up, look out for new people, stay a bit late to tidy up – once a month (contact Beki).
* Consider co-hosting a Post-natal coffee group for new mothers and babies – after their course, host an NCT antenatal class meeting and signpost people to Bumps n Babes/ other NCT events.
* If you’d like to train as a Breastfeeding Peer Supporter, a Voluntary Breastfeeding Counsellor, or to deliver Pregnancy, Birth and Beyond courses to expectant & new parents, contact Beki.
* All welcome at monthly Branch planning/ social meetings, contact nctpeterborough@gmail.com

**NCT Peterboro Branch** (local call rate): 0844 243 6240 e.g. for equipment hire; milkpumphire@yahoo.com

[www.nct.org.uk/peterborough](http://www.nct.org.uk/peterborough), [www.facebook.com/nctpeterborough](http://www.facebook.com/nctpeterborough)

**National NCT Helpline one number** (local call rate): dial 0300 330 0700 for:

* Breastfeeding and any other baby feeding queries, pregnancy & birth, life with your new baby, ‘Shared Experiences’ Helpline; support around post-natal depression, domestic abuse.

**Other websites:** Visit http://feed-finder.co.uk/ for breastfeeding-friendly locations; Visit Connecting Mums for emotional support in Peterboro from pregnancy onwards, or Fiona.baugh@pfmind.org.uk

Beki Sellick, Volunteer NCT Bumps n Babes Coordinator

rlsellick@hotmail.com or 07719 685788 or 01733 897795