

What's on and what's not over Christmas and New Year?

More information on each of the following can be found at www.nct.org.uk/swindon

Walk & Talk – will run every Wednesday EXCEPT December 28. Whether you have a bump or a baby join us by the café at Lydiard Park at 10 for some fresh air and exercise. If you'd rather just chat meet us in the café at 11.

Baby Time – the current term has now ended. The new term will start on Friday January 6, 10 – 11.30, Lawn Community Centre.

Antenatal classes – your teacher will let you know what's happening with your class.

Relax, Stretch and Breathe – no more classes now until Monday Jan 9, 7 – 8.30, Swindon Therapy Centre.

We wish you all a very Happy Christmas and a happy 2012

However you've been involved with the branch this year we'd like to say a huge thank you for your support and we look forward to seeing you in 2012.



Classes offered by Swindon branch

The branch has a number of specialist workers who run a range of classes all designed to help you become the parent you want to be. All courses are very informal with lots of opportunities for asking questions and making friends.

Antenatal - from where to give birth to knowing when your contractions are really getting underway, our antenatal classes are a great way for expectant mums and dads to find answers to all their questions about labour, birth, being a very new parent and looking after and feeding your new baby. Courses last approximately 16 hours and are usually run over evenings and weekends. You will be on a course with parents who are expecting at a similar time to yourself.

Refresher Antenatal – are for parents who have already had at least one baby. They offer a chance to reflect and build on past birth experiences and prepare yourself for looking after your new baby.

Early Days Postnatal – this is a new course for the branch with the first set of classes starting on Jan 17, 10.30 to 12.30 in Old Town. The course is for women only and provides a relaxed, friendly and supportive atmosphere in which to openly talk about your life as a mum. It is a chance to put YOU first; to discuss your hopes and fears, to gather ideas to help meet the challenges, to celebrate the successes and reconcile your expectations with reality. You will get to meet other mums with babies of a similar age, make friends, develop new ideas and gain support and encouragement.

Relax, Stretch and Breath – for expectant mums who are 12 or more weeks into their pregnancy. The classes focus on gentle postures, breathing techniques, positions for labour and relaxations. The aim is for you to have an enjoyable and relaxing time, whilst improving your physical and emotional wellbeing and helping you feel more confident and positive about birth. These classes run on a drop in basis but you do need to have made an initial booking. You can book online or contact Olivia Thomas on ojthomas55@talktalk.net or call 07842 216957.

All classes should be booked in advance: ring 0844 243 6947 or email bookings3d@nct.org.uk or book via the website www.nct.org.uk/courses

