

Antenatal Classes

Our antenatal classes are led by a local NCT trained teacher and give parents the chance to find out about all aspects of labour, choosing the birth you want and life with a new baby.

Classes are small, informal and relaxed and cover a range of subjects from pain-coping strategies and positions for labour, to breastfeeding and the early days of parenting. They're a great place to meet new friends and develop a support network ready for life with a new baby!

We try to make sure that every parent can benefit from our courses. We offer reduced prices for parents on lower incomes, and we are also happy for you to pay for your course in instalments.

For information or to book, call 0844 243 6911 or email bookings4r@nct.org.uk



NCT Easter Egg Hunt, Calbourne

Interested in volunteering with us?

We've got lots of exciting opportunities for you to get involved in our work - we really can't function and run events without our helpful band of volunteers. Our volunteers and Branch Team positions are varied and you can get involved whether you've got a few minutes or a few hours to spare. Getting involved is a great way to meet new friends and have fun.

Joining our Branch Team may be a good way to develop your CV, learn new skills or just get you in training for the school PTA!

How do I get involved?

You don't have to be an NCT member to use any of our services, but if you join us you will get:

- Quarterly branch newsletter with details of local events and parenting articles
- Regular email updates about activities in your branch and local Island events
- Quarterly national NCT magazine 'NCT Matters'
- Discounts in the NCT shop and a number of national family attractions
- The knowledge that you are supporting NCT campaigns and activities to reach even more parents
- Great opportunities to make lifelong friends, for you and your children

www.nct.org.uk/join

How much does membership cost?

NCT offer an 18 month Membership – for £48 or £8 per quarter by direct debit. Annual NCT membership is £40. Both partners can join NCT for £40. NCT offer reduced price membership at £10 per annum. Individuals are eligible for this if they receive Employment Support Allowance or tax credits (excluding child tax credits alone).

How do I get in touch?

Locally

Tel: 0844 243 6176 www.wightnct.org.uk
Facebook Group: NCT Isle of Wight
Email: chair@wightnct.org.uk

Nationally

www.nct.org.uk
Pregnancy and Birth Line: 0300 330 0772
Breastfeeding Helpline: 0300 330 0771
Postnatal Helpline: 0300 330 0773
Shared Experiences: 0300 330 0774



Isle of Wight Branch

Expecting a baby?
New to parenthood?
New to the Island?

We're here to help...

...join us
from bump
to baby
and beyond...



NCT Pumpkin Party, Binstead

What is the NCT?

The NCT (also known as the National Childbirth Trust) is the largest and best known pregnancy, childbirth and parenting charity in Europe.

The NCT offers information and support at a local and national level aiming to give every parent the chance to make informed choices at an exciting, yet often daunting time in their lives.

The Island branch of the NCT is run by local volunteers, all parents themselves. It's run by parents, for parents!

You don't have to be a member of the NCT to join in our activities – it's open to everyone and is made up of people of all ages and from all walks of life.

Social Diary

We have a wonderful social calendar on the Island with activities that the whole family can enjoy. These activities give you and your children the chance to meet new people and get out and about when you perhaps lack inspiration for what to do!

Coffee / Play Mornings

Picnics and walks

Beach Trips

Dads' Activities

BBQs

Mums' Nights Out

Evening Meals

Pudding Nights

Cinema Trips

Spa Days

Visits to IOW attractions



NCT Christmas Party, Wootton

Regular Play Groups

Bumps and Babies

An informal coffee group run by volunteer mums, which welcomes all expectant or new parents. Share your experiences with those going through exactly the same thing. It's a great place to make friends with children the same age as yours.

Bumps, Babies and Beyond

A group for everyone, as the name suggests! We have a baby area plus exciting toys and craft activities for toddlers.

Please contact us on 0844 243 6176 or online for up to date times and locations for these regular groups.



Bumps and Babies Group, Wootton

Fundraising Events

We also hold lots of events throughout the year, which we try to combine with our social scene to make the fundraising fun

- Nearly New Sales
- Easter Egg Hunt
- Christmas Party
- Summer Sports Day
- Halloween Party
- Much, much more...!

Support Services

You can obtain peer support for any issue at any NCT event simply by chatting to other parents about their experiences. It's nice to know people are going through the same things as you and that you / your child are normal, especially at this stage in your life where everything is new and unknown!

Breastfeeding Support

The NCT provides training for breastfeeding counsellors that are available to all mothers, not just NCT members, to give information, practical help and friendly support.

They are experienced in breastfeeding and have had training to help and support mothers to breastfeed.

Call our Breastfeeding Line on 0300 330 0771 to talk to a qualified breastfeeding counsellor for information and support to help you breastfeed successfully. Lines are open from 9am – 10pm, 7 days a week.

Parent Support Evenings

These are informal evenings where we talk about Post Natal Depression and other challenges that early parenthood can bring.

Come along and talk to other mums going through exactly what you are. They are friendly, confidential and there is no pressure to talk – you can just listen if you prefer.

For details of the next meeting contact postnatal@wightnct.org.uk or call the branch.

The NCT also provides support in the form of help lines (see rear of leaflet for details), plus they have a wealth of information on their website that everyone can access.