



Hello,

Welcome to the November edition of “Jigsaw” – our e-newsletter for all members and friends of Marlborough & District NCT.

In October we held another fantastic Nearly New Sale – thank you to you all for your support. But it left me with no energy to write an edition of Jigsaw! So sorry about that folks, but we are back as the leaves start tumbling and the children are having a lot of fun out in the garden!

We hope you all enjoyed a safe and fun Bonfire Night. We partied at Roves Farm with their “no bangs” fireworks. Absolutely recommend it, although many of you have been reporting great nights at school and village displays. And then it was Christmas.....

Our November messages combine more updates to our committee, **a plea for help** on our branch team and up and coming events, so please use the links to browse your areas of interest.

Please put the **“Mother and Daughters Pamper Evening “** in your diaries! It’s on November 15<sup>th</sup> in the Town Hall, Marlborough. Should be a great affair, get your treatment booked! More details in the newsletter.

As well as these monthly updates, all the information can be found on our website. Please bookmark this page and keep abreast of the things that are going on and matter to you both locally and nationally. If you think we are missing something then send us a mail and let us know. I look forward to meeting you all over the following months at our events, or just in and around Marlborough. If you have any questions, concerns, suggestions, ideas....please do get in touch.

If anyone is interested in taking on the role of Chair on a permanent basis or even job sharing with me or a friend – please let me know I’d be delighted to hear from you. I return to work in January and I will not be able to continue in this position.

Our distribution list is made up of both NCT members and friends and volunteers past and present. So although not all the news may be relevant to you, there should be something for everyone. Please forward it on to anyone you think might be interested. If however, you wish to be removed from this monthly mailing list, please let us know.

Have a great November – have you started your Christmas shopping yet?

Fondest regards

Lucy Brenk

Branch Chair, Marlborough and District NCT



This month covers the following topics. Please click on the link to be taken to the relevant section.

[New Faces](#)

[Our Autumn Newsletter](#)

[The Stork Club](#)

[Don't Miss!](#)

[Nearly New Sale](#)

[Courses](#)

[Have you heard about...?](#)

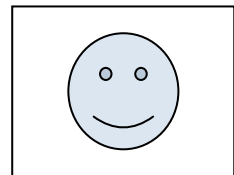
[The Team](#)

## New Faces

It really is great that the team here at Marlborough & District NCT is growing – but people also move on. We really need the following person in order for our local branch to continue. Big or small we find a job for all those interested in giving up a little bit of their time to help run the branch - helping your area and the UK become a better place for parents!

➤ *Parent Services Coordinator or Postnatal Coordinator*

The key function of branches is to provide support activities such as bumps and babes and open venues for parents-to-be and new parents.



So much is already in place and the committee is very excited about its revamped bumps and babes programme and is ready to launch BUT we need someone to help us. We must have this role at the branch. The Parent Support Coordinator is amongst other things:

- the organizer of the branch parent support system – NCT Café, bumps and babes groups (well supported by the rest of the team)
- the main contact for parents and health/children's services professionals about the services and support on offer

The role is flexible and our mantra on the team is keep it simple (but keep the wine flowing!). It needs someone that...

- ...is warm and friendly
- ...loves organising
- ...is happy to delegate
- ...loves being part of a team
- ...can be supportive
- ...enjoys building relationships
- ...can be discrete
- ...is enthusiastic
- ...ideally has a bump or a babe (ideal for life with Nr. 1)
- ...has a few hours each week to devote to a good cause or wants to fill a gap whilst on maternity/paternity leave or just wants to meet a great bunch of people who work and play hard both with and without their children!

**Please get in touch if you would like to know more!**

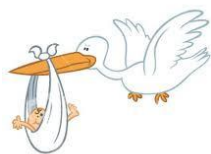
## Our Autumn Newsletter



We will be publishing our paper newsletter in time for Christmas. We love our newsletter and regularly receive lots of compliments about its content. We hope you'll love our next one too. We have sold all the advertising space – well done Emma – a great job. If you have any ideas for content or would like to contribute an article - get in touch for our Spring edition.

All members will be posted a newsletter and copies will be distributed to toddler groups, doctor surgeries, Children's Centre etc. If you would like a copy or would like to distribute them to groups near you, please let us know.

## The Stork Club



Congratulations to all the bumps that are now babes in Marlborough & District since the last newsletter!

Anyone wishing to announce the birth of their little one this year in 'Jigsaw' or in our Autumn Newsletter – please send a photo and details to Lucy and Emma @ [nctmarlborough@yahoo.co.uk](mailto:nctmarlborough@yahoo.co.uk) AS SOON AS POSSIBLE.

## Don't miss!

### ➤ NCT Café

We are running an **open** house bumps and babes coffee morning for mums, dads, all new members, non members and interested parties on the second Monday of every month. Currently we are holding this in the Sun Inn, Marlborough from 10:30 -11:30. Please bring own toys if required. The venue and date will be changing from January – we will let you know asap. A member of the committee will be there to meet and greet! We look forward to seeing you.

**Next NCT Café is Monday 14<sup>th</sup> November**

- The following event is not an NCT one, but all proceeds are being donated to the Marlborough & District NCT – thank you Ardyss Body Magic and the Wellbeing Clinic!

## Mother's and Daughters Pamper Evening

sponsored by Ardyss Body Magic and the Wellbeing Clinic, Marlborough.

15 November 2011

7-11pm, Town Hall, Marlborough

- \* Ardyss Body Magic and the Wellbeing Centre have teamed up to recreate the successful Pamper Evenings held in the Town Hall.
- \* Tickets are £15 for those wanting a half hour mini treatment, and are bookable at the Wellbeing Clinic: tel: 01672 513 583.
- \* Tickets will include free entrance, a glass of bubbles and access to the pre-christmas shopping.
- \* For those who would just like to come and browse the stalls, we ask a £2 donation on the door to the NCT.

For more information, email: [hollyscott-donaldson@hotmail.co.uk](mailto:hollyscott-donaldson@hotmail.co.uk) or call: 07788 20 27 49

We would love to see loads of you there. If you'd like a bit of pampering, make sure you book your ticket soon as the slots always fill up very quickly.

### HELP NEEDED

**I shall be working on the door and I'm looking for someone to help me? It would be great if one of you would join me from 7-11 at the Town Hall. Please email or call me if you are interested.**

### ➤ Manton Pre-School pre-loved Toy Sale

**Thursday 17th November, 2-4pm, Manton Village Hall**

This is a table top sale, tables are £10 each and can be shared between friends. Set up is 1.30pm. Entrance for buyers is £1 for adults and free for children. Contact Abi for more details [abigailbeaumont@hotmail.com](mailto:abigailbeaumont@hotmail.com)

**Come and have clear out pre-Christmas and stock up on a few bargains for the stockings!**

### ➤ Toy Fayre 2011 – Burbage Pre-School

**Saturday 26th November, 2-4pm, Burbage Village Hall**

This is their main fundraising event of the year. Come and see:

- Good quality pre-loved toys
- Cakes Stalls and book stalls
- Raffle
- Face painting and a lot more

## ➤ **Family Christmas Party – Sunday 4th December, 3-5.30pm, Coronation Hall, East Grafton**

Please come along to our Christmas Party. As last year, we will not be charging entry, but just ask for a contribution to the children's buffet table.

- Activities for all children aged 0-5, **incl. a taster session from Junipers Creative Play** – not to be missed!
- Father Christmas - please bring a wrapped and labelled Xmas pressie for your child to be handed out at the party
- An outdoor activity if the weather is good
- Children's tea

### Nearly New Sale

Thank you to all the volunteers, sellers and buyers. As I always say, and always mean, it would not be possible without you. Obviously as a volunteer, you get your perk - a rather good pre-sale shop and for most of us a day without children. Please take a look at our Facebook page for some really great photos - thanking Becky for taking them. <http://www.facebook.com/#!/pages/Marlborough-and-District-NCT/119835063302>

Thank yous also go to our sale sponsors:

Lucie Cormack, Nutritional Therapy Practitioner - who provided some of the delicious and healthy salads

Tescos Hungerford - £20 donation for our lunch buffet

Costa Coffee - donated all the plastic and take-away cups

M&Co - donated 2 huge boxes of children's coat hangers

### **STATS & FACTS**

We broke more records :0)

\* In 2011 we sold almost £19,000 worth of second hand children's clothes, toys and equipment. That is an amazing amount of stuff being recycled, and about £6000 raised for the NCT charity (national and local).

\* Did you know that approx. 50% of our buyers were new compared with those that shopped in the Spring sale?

\* 300 people came through the doors and that doesn't even include the 60 people working on sale day.

\* We sold 2807 items: 1691 toys/equipment and 1125 items of clothing

### **NEXT YEAR - SAVE THE DATE**

A date for your diaries ladies and gents - our next sale will be held at St John's School on

**SUNDAY 22nd April 2012**

## Courses

### ➤ **NCT antenatal and postnatal courses**

For more information regarding courses in our area, please call Melanie on 0844 2436947 or send a mail to [bookings3d@nct.org.uk](mailto:bookings3d@nct.org.uk) .

You can also see a list of courses on our website [www.nct.org.uk/branches/marlborough/courses](http://www.nct.org.uk/branches/marlborough/courses)

### ➤ **First aid courses**

We run regular first aid courses at the Children's Centre in Marlborough together with Angels First Aid

- These courses are NOT exclusively for NCT members, so please pass the information on to anyone that might be interested.
- For anyone involved in the care of a child
- Applicable for children from birth to 12 years of age
- Cost £30 per person
- Phone 01380 870344 or email [nctmarlborough@yahoo.co.uk](mailto:nctmarlborough@yahoo.co.uk) to register interest
- We have not announced the dates of the next courses yet, please contact us to be put on our invitation list

- For general enquiries about any of the courses run in our area please phone 0844 2436203 or email [nctmarlborough@yahoo.co.uk](mailto:nctmarlborough@yahoo.co.uk)

## Have you heard about...

### ➤ **Mindful Mamma Birth Preparation Class**

There is a new type of antenatal class, which is now available in the Bath, Bristol and Somerset area. [www.mindfulmamma.co.uk](http://www.mindfulmamma.co.uk)

One-day class (10:00 - 4:30) to be held in Bath on **10 December 2011**.

This relaxing and inspiring 6 hour birth preparation class explores how your state of mind during birth can affect your body and your baby. Recommended by mums, dads and midwives this course will teach you:

- why anxiety and apprehension can trigger unnecessary pain;
  - to have confidence in your body;
  - to feel in control;
  - how to release any fears that you have about the birth;
  - self-hypnosis, breathing, relaxation and hypnobirthing techniques;
  - the importance of the birthing partner's role;
  - how to enjoy the experience.
- The course is very complementary to other classes that parents may be attending working well alongside classes like those offered by the NCT.

More information and booking for classes are available through [www.mindfulmamma.co.uk](http://www.mindfulmamma.co.uk).

You can also find out more from **Facebook** <http://www.facebook.com/#!/MindfulMamma> and watch an introductory video on **Youtube** <http://www.youtube.com/watch?v=JAtbbpfo20o>.

For further information or to request leaflets please contact **Liz Sargent** at [mindfulmamasouthwest@gmail.com](mailto:mindfulmamasouthwest@gmail.com) or on **01749 850654** or email [info@mindfulmamma.co.uk](mailto:info@mindfulmamma.co.uk)

➤ **Relax Kids - <http://magazine.relaxkids.com/>**

Relax Kids is very happy to announce the on-line launch of its Magazine for Winter 2011, and would like to invite you to get involved and to be a part of this exciting venture.

They welcome a wide range of news articles, such as real-life stories, or perhaps you have recipes which you wish to promote, as well as any exciting new food ideas which you would like to share with their readers. News articles would benefit from photographs and would indeed enhance the article (s).

Please find examples of content, which featured in the Winter one.

1. Helping a young child deal with a new baby;
2. Get creative like a child;
3. Helping develop your child's writing skills;
4. Understanding anger in children;
5. Delicious recipes;
6. Where has my little girl gone?
7. Dreams.

There is also the opportunity for you to place an advertisement in their magazine; please do contact the office directly for further details on this - [info@relax-magazine.com](mailto:info@relax-magazine.com)

➤ **VUPbaby – [www.vupbaby.co.uk](http://www.vupbaby.co.uk) - online discounts for NCT members and friends**

We are dedicated to providing non-toxic, BPA, PVC and Phthalate-free baby and toddler toys, bottles and basics from around the world, giving children the most healthy and happy start in life. If you require any further information about these chemicals and the harm they can do, just let me know and we would be happy to send you more information.

Members and friends of Marlborough NCT can receive an online discount of 15% off their total order from [vupbaby.co.uk](http://vupbaby.co.uk) - please just email [nikki@vupbaby.co.uk](mailto:nikki@vupbaby.co.uk) and she will send out an online discount code for our exclusive use. Whether it's for some health-conscious basics, something to keep the kids amused this summer or an early Christmas spree, they are committed to providing their customers with the best products from worldwide premier non-toxic brands.

*All the mentions in this section are just interesting companies and links that we have stumbled across. They do not have an affiliation with the NCT and nor have they paid to be in the newsletter. I hope you like them!*

## The Team




Marlborough & District NCT is run entirely by volunteers. If you have some spare time and would like to meet other people in the area and support the services that the NCT provides locally there are many ways to get involved. Do get in touch with us if you are interested as we have VACANCIES!

- Branch contact details and for any of the team members

W: [www.nct.org.uk/branches/marlborough](http://www.nct.org.uk/branches/marlborough)

E: [nctmarlborough@yahoo.co.uk](mailto:nctmarlborough@yahoo.co.uk)

T: 0844 243 6203

<p>Lucy Brenk</p>		<p>Branch Coordinator Committee member (mandatory role) M:07779 150840</p>
<p>Nicki Orpen</p>		<p>Membership Secretary Committee member (mandatory role)</p>
<p>Becca Campbell</p>		<p>Treasurer Committee member (mandatory role)</p>
<p>Vacant</p>		<p>Parent Services Coordinator Committee member (mandatory role)  E: <a href="mailto:nctbumpsandbabes@yahoo.co.uk">nctbumpsandbabes@yahoo.co.uk</a></p>
<p>Vacant</p>		<p>Press &amp; Publicity Officer</p>
<p>Emma Butler</p>		<p>Newsletter Editor Committee Member</p>

<p>Sarah Bruen</p> 	<p>Web Officer</p>
<p>Vacant</p>	<p>Family Events Coordinator</p>
<p>Vacant</p>	<p>Advertising &amp; Sponsorship Coordinator</p>
<p>Lucy Brenk  Briar Holdsworth  Elisabeth Allcorn  David Butler  Robert Lockie  Tamara Reay  Helen Hastle</p>	<p>Nearly New Sale Team</p>
<p>Jude Buckell</p> 	<p>Antenatal Teacher Trainee</p>