

For further information about anything related to your local NCT or to get Involved, call us on 0844 243 6210 or visit our website: [www.nct.org/branches/milton-keynes](http://www.nct.org/branches/milton-keynes). You can also find us on Facebook under NCT Milton Keynes, the best way to keep up to date with all branch services and events.

### Pregnancy & Birth Line - 0300 330 0772

9am to 8pm, Monday to Friday.

You can call our Pregnancy & Birth Line if you have questions about issues relating to your pregnancy or birth, or if you want to chat about your experiences with a fully qualified antenatal teacher.

### Breastfeeding Line - 0300 330 0771

8am–10pm, seven days a week.

Call our Breastfeeding Line to talk to a qualified breastfeeding counsellor for information and support to help you breastfeed successfully. We can also help if you are using formula, or want to switch from formula to breastfeeding or breastfeeding to formula. If you have questions about starting your baby on solids or on stopping breastfeeding when the time comes we can help.

### Postnatal Line - 0300 330 0773

9am-1pm, Monday to Friday.

You can call our Postnatal Line to speak to one of our postnatal leaders if you have any questions about life with a new baby.

### Shared Experiences Helpline - 0300 330 0774

9am – 3pm, Tuesday, Wednesday and Thursday.

Speaking to someone else who understands what you are going through can be a lifeline. Our helpline is run by volunteers who have had challenging experiences of pregnancy, birth and parenthood and can provide a listening ear and support for you.

### Enquiries Line - 0300 330 0770

9am–5pm, Monday to Friday.

You can call our enquires line with any query about the charity or what we offer.

## Milton Keynes Branch Information

A guide to NCT services and activities in your local area



NCT is the UK's largest parenting charity and campaigns as the voice for parents on the issues they care about. We support parents and give them accurate, impartial information so that they can decide what's best for their family.

**Milton Keynes Branch** - The branch is the local face of NCT and is run by members for members. We organise branch activities, run by volunteers who are usually parents with young children, who want to help other families. We also arrange a number of services, run by trained and qualified teachers to support parents and parents-to-be.

**Become a member** and make friends with others in your area, keep up to date with our magazines, packed with practical ideas for your family and enjoy exclusive discounts at our NCT Shop and early entry to NCT Nearly New Sales. For more information visit [www.nct.org.uk/join](http://www.nct.org.uk/join) or call **0844 243 7000**



#### **NCT Antenatal class**

These classes provide you with the information you need to make informed choices about pregnancy, childbirth and early parenthood and are a great way to meet other new parents. Classes run throughout the year and groups are organised around baby due dates. There are also refresher courses for those of you who have done it before. To find out more or to book call **0844 243 6890**. We also have one of our qualified antenatal teachers attending 'Bumps and Babies' on a monthly basis.

#### **Relax, stretch and breathe**

A great way to relax and have some time out for pregnant women. Classes are run as a weekly drop-in, so you can start at any stage in your pregnancy after 12 weeks. Monday 1.00pm-2.45pm in Milton Keynes. Call Cath Aylmer on **07764155257** or email [info@cathaylmer.co.uk](mailto:info@cathaylmer.co.uk)

#### **Postnatal support**

Bespoke groups and drop-in sessions to help you feel more confident and supported in your new life as a parent. Come along to a session to discuss different approaches to parenting with our qualified group leaders. We cover topics such as coping with a new baby, changes in your relationships, returning to work and much more. To find out more or to book call **0844 243 6890** or contact Bronwen Owen on **07831 600673**

#### **Bumps and babies**

Come along for a play and chat with other parents and children, parents to be and NCT team members to find out what's happening locally. Children and babies of all ages are welcome. Friday 9.30am-11.30am at Foundation House, The Square, Wolverton. For more information contact Ziggi at [ziggi\\_dowson@yahoo.co.uk](mailto:ziggi_dowson@yahoo.co.uk)

#### **Bra fitting services**

NCT's award winning breast-feeding bras come in a range of styles and sizes. The pretty styles and colours mean you look good and feel good too. All fitted by our trained bra fitter. Call Olivia Butler to arrange an appointment on **07585700671** or email [oli\\_butler@hotmail.co.uk](mailto:oli_butler@hotmail.co.uk).

#### **Breastfeeding support**

We now have our qualified breastfeeding counsellor attending 'Bumps and Babies' on the first Friday of every month. For advice outside of this time, you can contact our National Breastfeeding Helpline on **0300 300 0771** 8am-10pm, seven days a week.

#### **Nearly new sales**

These sales are a great opportunity to buy good quality used toys, nursery equipment and clothes. Having a clear-out? Contact us to find out how to register as a seller. To find out more go to [www.nct.org.uk](http://www.nct.org.uk)

#### **NCT shop**

You can order everything you need for you and your baby from slings to sleepbags, nappies to nursing pillows on our website [www.nctshop.co.uk](http://www.nctshop.co.uk). All profits fund the work the charity does to support parents.

#### **Coffee groups**

Regular groups hosted by NCT members in their homes. Includes a Saturday group for working parents. For details of your nearest group please check our website.