

NCT Courses

Antenatal Courses

From where to give birth to knowing when your contractions are really getting underway, antenatal courses are a great way to find answers to all your questions about labour and birth. Courses are relaxed and informal, usually with no more than 8 couples. We provide reliable information that allows you to make your own decisions.

Early Days Courses

Early Days courses help you to feel more confident and supported in your new life as a parent. We cover topics such as coping with a new baby, changes in your relationships, returning to work (or not) and much more. Courses are 6-8 weeks in length and explore issues from crying & sleeping to the reality of parenthood

To find out more or book either course, please contact bookings6d@nct.org.uk.

Concessionary rates and payment by instalments are available – please enquire for further details. Your information is treated as confidential.

Breastfeeding Drop-in Group

Whether you love breastfeeding and want to meet other like-minded mums or require help to make feeding a success, our breastfeeding drop-in group is here to support you.

Our qualified breastfeeding counsellors are here to assist mums who find feeding uncomfortable, difficult or painful.

All are welcome to attend – whether you are pregnant and want to learn more or are already breastfeeding.

Fridays from 1pm-3pm
Northfield Health Centre
15 St. Heliers Road
Northfield
B31 1QT

Contact 0121 684 3734 for more information.

Bumps & Babies Playgroup

If you are expecting or have a new arrival come along to our Bumps & Babies playgroup for mums, dads and little ones up to around one year old. It is a relaxed and welcoming environment for a play, a coffee and a chat. We also run taster sessions of classes including music and signing. Entry is £2 and includes refreshments.

Tuesdays from 11am-1pm
Church Hall, St. Augustine's House
9 Lyttleton Road
Edgbaston
B16 9JN

NCT Nearly New Sales

The cost of kitting out your child for the first five years can run into thousands of pounds, so NCT Nearly New Sales are the perfect solution – high street quality prams, toys, equipment and clothes at knock down prices. Even better – once you've made use of all the great items you've brought come along to the next event as a seller and pass your stuff on! Find your nearest sale by visiting www.nct.org.uk.

NCT Helplines

Pregnancy & Birth Line

0300 330 0772

9am-8pm, Monday to Friday

Breastfeeding Line

0300 330 0771

8am-10pm, seven days a week

Postnatal Line

0300 330 0773

9am-1pm, Monday to Friday

Shared Experiences Helpline

0300 330 0774

Tuesday, Wednesday & Thursday, 9am-3pm

Enquiries Line

0300 330 0770

9am-5pm, Monday to Friday

Birmingham West Branch

nctbirminghamwest@hotmail.com

0844 243 6055

NCT is here to support parents. We give them accurate, impartial information so that they can decide what's best for their family, and we introduce them to a network of local parents to gain practical and emotional support.

We are the UK's largest parenting charity, and campaign as the voice for parents on the issues they care about.

Become an NCT member to meet other local parents, to enjoy exclusive discounts at our NCT Shop and to keep up to date with our magazines packed with fun and practical ideas.

www.nct.org.uk/join

0844 243 7000



UK's largest parenting charity

Birmingham West Branch

Baby on the way?

New mum or dad?

Just moved to the area?

Contact your local NCT branch

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