



Expecting a baby? New to parenthood? New to the Area? NCT Bath & District Branch is here to help!



Antenatal Classes - From deciding where to give birth, to knowing when your contractions are really getting underway, NCT antenatal courses are a great way to explore all your questions about labour and birth, and meet other mums and dads in your local area.

Relax, Stretch & Breathe Classes offer gentle exercise for pregnancy focusing on relaxation and breathing.

Early Days Classes offer a space for those with new babies in which to explore the adjustment of becoming a parent and all that it means.

As a charity the NCT wants to make its courses available to as many parents as possible. We offer reduced prices for parents on lower incomes and there is the option to spread your payments.

More detailed course information is available on our website, or you can contact Sarah on 0844 243 6946 or email bookings3e@nct.org.uk.

What is the NCT (National Childbirth Trust)?

The NCT offers information and support in pregnancy, childbirth and early parenthood. We aim to give every parent the chance to make informed choices. We are a registered charity, run by parents, for parents. Most of us at the Bath & District branch became involved after we ourselves were helped by the NCT.

Pregnancy, birth and early parenthood can be amazing and unique experiences in any parent's life. By providing plenty of information, encouragement and friendly parent-to-parent support, we can help to make experiences of parenthood as positive as possible.

How do I get involved?

Our volunteer positions are varied and you can help whether you've got a few minutes or a few hours to spare (you don't have to be a member). We'd love to hear from you. Who knows, joining our Branch Team might be just what you are looking for to: learn new skills, make new friends, develop your CV, or even just eat lots of cake and chat about parenthood.

Visit our website: www.nct.org.uk/branches/bath

Reg. Charity No. 801395

Nearly New Sales

The cost of kitting out your child for the first five years can run into thousands of pounds. NCT Nearly New Sales are the perfect solution, top-quality baby and children's clothes and equipment at bargain prices straight from their loving owners.

Visit our website for details of our next sale.

Home Birth Group

Our Home Birth support group runs once a month and is open to all parents, whether you are undecided and wanting to explore your birth choices or already feeling that home birth is for you.

Held on the last Sunday of each month, 7-9pm, New Oriel Hall, larkhall, Bath

Email: bathhomebirthgroup@yahoo.co.uk or all 01225 868961

Postnatal Groups

Our Postnatal Contacts host coffee mornings at their homes and in community halls. Please see our website for your local contact.

Baby Café, New Oriel Hall, Larkhall

Tuesdays, 1.30pm until 3.30pm

Exchange experiences with other new parents, swap tips and have fun with your little one.

Run by parents for parents.

Bumps, Babies and Toddlers, Percy Community Centre, New King Street, Bath

Fridays, 11am-1pm, term time only

We offer informal postnatal support and a place for your under 3's to play.

For more help or support, you can also call the **NCT Pregnancy & Birth Helpline on 0300 330 0772.**

Details do occasionally change so please check our website before joining a group for the first time. All groups are open to NCT members and non-members.

Breastfeeding Counsellors

Our local volunteer breastfeeding counsellors are available to all, not just NCT members, to give information, practical help and friendly support. They have had training to help and support mothers to breastfeed.

- Catherine 01225 318365
- Heather 01225 424471
- Jo 01225 874864

or call the **NCT Breastfeeding Helpline on 0300 330 0771.** The helpline is open from 8am to 10pm, seven days a week.

Breast Pump Hire / Valley Cushion Hire

You can hire an electric breast pump or valley cushion for as long as you need it through our local volunteer agents. Contact our Breastfeeding Counsellors for more information.

