

What is the NCT?

The NCT is the UK's leading charity on pregnancy, birth and early parenthood. Every year the charity supports thousands of parents through an incredible life-changing experience. We offer relevant information and mutual support through our network of over 300 local branches, UK wide helplines, antenatal and early days courses, breastfeeding counselling and peer support schemes.

Operating for over 50 years, the NCT is recognised as the voice of pregnant women and new parents throughout the UK. The charity works continuously for improvements to maternity care and better services and facilities for new parents. We are viewed by many as independent experts in matters relating to pregnancy, birth and early parenthood and are an influential and trusted advisor to UK governments, royal colleges, private sector bodies and other charities.

But the work doesn't stop there, and each local branch does its best to provide the services most needed in its area. From antenatal classes to nearly new sales and social events, we seek to make the transition from pregnancy to early parenthood as smooth as possible.

We can also offer information and support from our breastfeeding counsellors, as well as give you access to a vast array of well-researched information on all aspects of pregnancy, childbirth and early parenthood. Most of all you can talk to people who understand exactly what you are going through.

Head Office:
Alexandra House, Oldham Terrace,
Acton, London W3 6NH
www.nct.org.uk | 0300 330 0770
Registered Charity No. 801395



Local contacts

To find out what's happening in your area contact:

For more information about any of our services or activities in Stamford, Bourne or The Deepings

**t: 0844 243 6280 e: stamfordnctchair@yahoo.com
www.nct.org.uk/branches/stamford**

National contacts

NCT Pregnancy and Birth Line

Talk to a qualified antenatal teacher about issues relating to your pregnancy or your baby's birth.

t: 0300 330 0772 (10am to 8pm, Monday to Friday)

NCT Breastfeeding Counsellors

The NCT actively promotes breastfeeding because of the many advantages it offers to both mother and baby. There are over 500 counsellors trained to help mothers establish and continue breastfeeding.

The NCT support line: 0300 330 0771



Stamford, Bourne and Deepings Branch



Antenatal classes
Postnatal support
Social events
Breastfeeding support
Coffee mornings
Nearly New Sales

**Supporting you to become
the parent you want to be**

We are here for all parents or prospective parents



Who are we?

The NCT has its own active, friendly branch covering Stamford, Bourne and Deepings.

- We exist to make the transition into parenthood as smooth and enjoyable as possible.
- We offer a wide range of support, information and opportunities to meet other local parents.
- We want to offer you the services you most need, backed up by the national resources of the NCT. If there is something you feel we should be offering you, let us know.

Join us!

You don't need to be a member to benefit from any of the NCT's services, or to join in our social activities – we are here for all parents or prospective parents.

However, as a self-funding charity, we depend on the generosity of our members and supporters to continue our valuable work. Membership fees and donations allow us to keep our services accessible to all parents within our local community. You can join us by phone on 0844 243 6280 or online at www.nct.org.uk/join.

All members receive regular newsletters and magazines, and are invited to join our friendly, informal committee. We offer many opportunities to contribute to our local work, whether you have a few minutes or a few hours to spare. Many parents find this a valuable and enjoyable way to keep their minds active during maternity leave!

Antenatal courses

Our antenatal courses are led by locally-based NCT-trained specialists, offering informative support as you prepare for the birth. Discounted rates available for those on low incomes. Book early to avoid disappointment!

Contact: Jo

t: 0844 243 6886 e: bookings5q@nct.org.uk

Postnatal support groups are also run locally

e: stamfordnctchair@yahoo.com

Events and groups

We organize regular daytime and evening social events including Tiddlywinks our parent and baby/toddler group held every Wednesday in Stamford. Contact us to find out what's on or sign up for our weekly events email.

Contact: The local branch team

t: 0844 243 6280 e: stamfordnctchair@yahoo.com

Nearly New Sales

Our most popular events, and the place to buy baby equipment, toys, clothes and maternity wear. For information on the next sale contact us.

Contact: Nearly New Sales team

t: 0844 243 6280 e: bournenctnns@yahoo.co.uk

Online support

We have our own local Facebook page where parents and parents-to-be in the area can ask questions, support each other and share experiences. **[Search for 'Stamford Bourne Deepings NCT' on facebook.com](#)**

Fundraising events

We hold events throughout the year to raise money to train more local specialist workers and to fund local projects.