

Southampton NCT - Branch activities and Support

Antenatal Classes

We have antenatal teachers running classes throughout the year which are a great way to meet other new parents as well as giving you the information you need to make informed choices on pregnancy, childbirth and early parenthood. We also run Refresher courses & Relax, Stretch & Breathe (antenatal yoga-exercise classes).

bookings4s@nct.org.uk

Postnatal Support

We offer opportunities to mix with other parents, essential services and have the experience to direct parents to the right health care professionals when specific advice is needed.

sotonparentsupport@nct.org.uk

Tea groups

Regular groups for bumps, babies & toddlers in all local areas. These are a great way to meet local parents with similarly aged children.

sotontea@nct.org.uk

Breastfeeding Social

Twice monthly events for like minded mums to meet for support or just a natter.

sotonbreastfeedingsocial@nct.org.uk

Baby Feeding Cafe

Monthly event to provide support & information for bottle feeders, breast feeders & combi-feeders from the early days through to weaning & beyond.

sotonbabyfeedingcafe@nct.org.uk

Essential Services

Our branch Breastfeeding counsellors can offer support and information on any aspect of breastfeeding, including the hire of breast pumps. Contact them on:

Nicole: 07843 928 631

Have your nursing bra fitted at 34-38 weeks by a trained fitter in your own home.

Debbie: 07889 059 833

Elizabeth: 023 8073 3666

Sit comfortably after birth. Valley cushions offer welcome relief. For hire, contact:

sotonvalleycushion@nct.org.uk

Local Events

We run a mixture of social events during the week and weekends, including branch brunches, Cheeky Monkey tea parties & picnics. We also run parent-only social events.

Nearly New Sales

These very popular sales are held twice a year, when you can get fantastic bargains on second hand clothes, equipment, toys & maternity wear.

soton-nns@nct.org.uk

NCT Shop

Find a wide range of baby products at:
www.nctshop.co.uk

Ways to get in touch

Join us on Facebook.

We're called "Southampton NCT"

Join us on Yahoo. Visit:

<http://groups.yahoo.com/group/NCT-Southampton>

Check out our NCT web page:

www.nct.org.uk/in-your-area/southampton

Or you can always phone us on:

0844 243 6271

NCT is the UK's leading charity on pregnancy, birth and early parenthood. Each year we support thousands of parents through a life-changing experience, offering expert information and trusted practical and emotional support.

With over 300 local branch networks, NCT offers antenatal and postnatal classes, breastfeeding counselling, drop-ins and coffee mornings and we campaign for improvements to maternity care.

Southampton Branch

The Southampton branch is run by local parents and covers the postcodes SO14 to SO19, SO30 and SO31. We offer support, information and friendship to new parents and parents-to-be in Southampton.

To join NCT

Visit:
www.nct.org.uk/support-us/join

or phone the membership helpline:
0844 243 7000

Discounted membership available for low income & those claiming benefits.



Helplines

Pregnancy & birth line
0300 330 772

Breastfeeding line
0300 330 0771

Postnatal line
0300 330 0773

Enquiries line
0300 330 0770

Shared Experiences line
0300 330 0774

Volunteering

We're always keen to welcome new members and volunteers to the branch. Even a few hours could make a difference.
soton@nct.org.uk

Registered Charity Number: 801395
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**Supporting you
to become the
parent you want
to be**

Southampton Branch