

### ***NCT Southampton Events – Weekly events***

#### **Wessex Wobblers**

Every Monday (except Bank Holidays), 1.30 – 3.30pm

St Mary's Church hall, St Mary's Church Close, Off Wessex Lane, Swaythling, Southampton, SO18 2ST

This is a soft play session for babies, tiny toddlers and their parents in a lovely big hall full of very good quality equipment and toys. Supported by Surestart we are run by local parents.

#### **Breastfeeding Drop-In**

Every Tuesday (all year incl school hols), 10.00am to 12.00pm

Botley Hop-a-long Children's centre, Botley Cof E Primary School, 53 High Street, Botley, SO30 2EA

Our qualified breastfeeding counsellors run a breastfeeding support group for new and expectant mums providing information, friendship and support.

#### **Baby Brunch and Play**

Every Tuesday, 10:00am to 12:00pm

Fryatt Centre, Paynes Road, Freemantle, SO15 3BY

All parents and under ones are welcome to come along, bring their lunch and chat with other parents. There will be sensory play and activities for little ones, as well as the opportunity to chat with healthcare professionals. This is a joint NCT and Sure Start group, open to members and non-members.

#### **Bitterne Bumps and Babes**

Every Tuesday, 1.15 – 2.30pm

Bitterne Sure Start Centre, inside Bitterne CofE Infant School, SO19 7RB

This is a stay and play session for the under ones with access to information & friendly chat with other parents and parents-to-be. Supported by Surestart we are run by local parents. Contact Julia on [Bitternebumpsandbabes@nct.org.uk](mailto:Bitternebumpsandbabes@nct.org.uk)

#### **Hedge End & Botley Bumps and Babes**

Every Thursday, 1.00 – 3.00pm

All Saints Church, High Street, Botley, SO30 2EA

This is a stay and play session for babies to pre-schoolers (older siblings welcome). Friendship, support and information for parents & parents-to-be also provided. Contact Lucy on [Botleybumpsandbabes@nct.org.uk](mailto:Botleybumpsandbabes@nct.org.uk)

### ***NCT Southampton Events – Monthly events***

#### **Breast Buddies – IKEA**

First Wednesday of the month, 10.30 – 11.30am

Ikea cafe, West Quay Retail Park, Southampton, SO15 1GY

A support group for all breastfeeding mums. If you are new to breastfeeding, come along & get some tips on discreet public breastfeeding from experienced mums and give it a try!

#### **New Mums meet up**

Second Tuesday of the month, 10.30am – 12.30pm

The Place to Eat, Second floor, John Lewis, West Quay, Southampton, SO15 1QA

A group to provide mums with babies under six months the opportunity to meet other new mums for a cup of tea and a chat. Contact Lorraine on [sotonnewmums@nct.org.uk](mailto:sotonnewmums@nct.org.uk)

#### **Breast Buddies - M&S Cafe, Hedge End**

Last Wednesday of the month, 10.30 – 11.30am

M&S cafe, Hedge End, SO30 2UH

A support group for all breastfeeding mums. If you are new to breastfeeding, come along & get some tips on discreet public breastfeeding from experienced mums and give it a try!

#### **Bumps in the Pub**

Last Wednesday of the month, 7.30pm start

The Bellemoor Pub, Hill Lane, Shirley, Southampton, SO15 7NU

A group to provide mums -to-be (& partners) with the opportunity to meet other soon to be mums for a drink & a chat in the last few months of pregnancy. Contact Lorraine on [sotonbumpsinthepub@nct.org.uk](mailto:sotonbumpsinthepub@nct.org.uk)

***NCT Southampton Events – Other events***

**First Aid Course - Saturday 14th January, 10am & 2pm**

St Denys Church hall, Dundee Road, SO17 2ND

NCT have joined forces with the British Red Cross to provide Baby first aid courses for parents which will help them to gain confidence and practical experience in first aid. Contact Claire on [sotonfirstaid@nct.org.uk](mailto:sotonfirstaid@nct.org.uk)

**Nearly New Sale - Saturday 17th March 10.00am - 12.00pm**

Tauntons College, Hill Lane, Shirley, SO15 5RL

We will be selling children's equipment, maternity, baby and young children's clothing and toys.