

Summer 2011



Small Talk

**Inside: Healthy family recipes and using reusable wipes
Plus: Top tips for dealing with crying babies**



Brentwood Branch

www.nct.org.uk/brentwood

Please don't throw me away, pass me on to a friend today

Brentwood support services

The NCT has its own active, friendly branch covering the whole of the Brentwood area (including Hutton, Shenfield, Ingatestone, the Villages and Ongar). We have a main committee and three sub committees run by volunteers. Most of us are parents to young children ourselves and enjoy giving a little of our time to ensure that all local families have access to the enormous resources offered by the NCT. From antenatal classes to regular coffee mornings and social events, we seek to make the transition from pregnancy to early parenthood as smooth as possible.

What can the Brentwood branch do for me?

Antenatal Classes

These classes are aimed at first time parents and are lead by qualified NCT antenatal teachers, who will help you explore choices around labour, birth and parenting. Most include a breastfeeding session with a qualified breastfeeding counsellor. These courses are for 6 to 8 women and their partners or supporters. Parents will get to know others in a similar position and attendees often find the people they meet on these courses become an important support in the months and sometimes years after their babies are born.

Refresher Courses

These are tailored for those who have already had at least one or more babies. They offer a chance to reflect and build on past birth experiences and prepare yourself for looking after your new baby. They also look at sibling rivalry and how to introduce a new baby into the family.

NCT Early Days™

This course gives you the opportunity to explore different approaches to important

parenting issues with a qualified group leader and other new parents in your area. These sessions are designed to help you feel confident about the decisions and choices that you make for your baby. They can be attended from birth and up to when your baby is 6 months old. Parents will get to know others in a similar position and attendees often find the people they meet on these courses become an important support in the months and sometimes years after their babies are born.

Breastfeeding

Our breastfeeding counsellors are available to provide support and information. The Breast Friends Cafe is open every Wednesday from 12:00-1:30pm at Larchwood Gardens Children's Centre, offering mother-to-mother peer support for new and expectant parents.

Nearly new bargains

The Brentwood Nearly New Sale gives members priority to buy and sell nursery equipment, toys and clothes at the bi-annual sale event.

Opportunities to meet other parents

Whole Branch social events are held most months for you to help entertain your little ones. Occasional evening events are held to give you the opportunity to enjoy yourself with other parents without the children! Coffee mornings are held regularly throughout Brentwood, enabling you to meet other parents and for your children to mix with others.

For more information on local Brentwood NCT activities and our upcoming Nearly New Sale; please visit www.nct.org.uk/brentwood or e-mail us on brentwoodNCT@yahoo.co.uk or phone us on 0844 2436060.



"I found the whole experience enjoyable and overwhelming. I wouldn't trade it for anything."

First-time father

Thanks to campaigning work by the NCT, around **97%** of fathers are now present for the birth of their child.

DADS WANTED



- Are you a stay-at-home Dad?
- Feel like some male company?
- Are you dying to talk about footie, cars and gadgets?

If so, don't suffer alone! 4Children and the NCT have a new weekly Dad's groups launching on:
Thurs 2nd June at Shenfield Library from 3pm-4pm

For more details feel free to drop Martin an email at:
martinhastings@yahoo.com
You are also welcome to just turn up on the day.
We look forward to seeing you there!



What happened in the Spring!

Phew we made it! NCT Mums on the Run



The weather was just about perfect as we lined up with the other 3500 runners who entered the half marathon and fun run in Brentwood on Sunday 20th March. Our Mums on the Run team ran in the 3 mile fun run to promote awareness of the NCT and the Breast Friends Cafe.

We all had a fantastic time, finishing in just over 34 minutes, and a few of us even said that we might brave it again next year! So far we have raised £150, well done to those who ran and thank you to everyone who supported us.

Baby Welcome



We held our first 2 new free Baby Welcome events at Brentwood Cathedral Hall in March. To each event, we invited 6 antenatal courses, to give a chance to have a reunion, to welcome the babies and get to

know others too. The first event was a 'catch up' with 24 4-6 month olds, and we included a chat about weaning, whilst at the second, we welcomed 27 1-3 month olds (which will be a more typical event going forward), we talked about sleeping.

Despite a few parking difficulties on the day (thanks to Jo's Dad, Stuart Cooper for his best efforts as parking monitor), both groups had a chance to chat to old friends and meet some new people, eat some delicious cakes from the committee, and share information and ideas.

The next Baby welcome event has been booked for 28th June 10:30am at Sawyers Hall Church.

Party night

On 9th April we held our first party night. It was at the Eagle and Child pub in Shenfield. They laid on a lovely spread and there was a live singer. The children played together while the "grown-ups" chatted. It was like a wedding but without a bride or an embarrassing speech from a drunken father-in-law! A lovely evening.

Easter bunny hunt, Thorndon Park

Under the instruction of Penny the Easter Bunny/ Ranger, 50 children with their assorted carers and buggy pushers set off through the Thorndon woods to find named bunnies hidden among the trees.

The intrepid explorers had to battle brambles, large tree roots and an over enthusiastic labrador but found all the bunnies and enjoyed some special games and entertainment along the way.



Brentwood summer events

Coffee Mornings

Please visit www.nct.org.uk/in-your-area/brentwood/coffee for full details of our coffee mornings taking place at Costa Coffee (Shenfield) and The Lounge (Ingatestone).

Cheeky Monkeys Tea Party

**Thursday 2nd June
2pm - 3.30pm
South Weald Parish Hall**

Come and join us for half term fun and games with the fantastic Mister B!

Magic Show • Balloons
Music • Games • Children's tea

£4.50 for children over the age of 2
£1.50 for children under the age of 2
Tickets must be booked in advance on www.nct.org.uk/brentwood

Breast Friends Cafe

**Every Wednesday
12:00-1:30pm**

Larchwood Gardens Children's Centre

For breastfeeding mums or expectant mums who plan to breastfeed.

It is an informal, drop in session where there'll be an NCT-trained Breastfeeding Counsellor and several peer supporters available.

For more information, visit www.breastfriendscafe.co.uk

Breast Friends Cafe

Quiz night

**Saturday 4th June
Doors open at 7pm for 7.30pm start
Brentwood Cathedral Hall**

- £7.50 per person
- Includes sausage and chip dinner
- Teams of up to 6 people
- Raffle

Register your team on www.nct.org.uk/brentwood.

Strawberry Fair

**Sunday 19th June
11am – 4pm
Shenfield Common**

Free admission
Celebrate Father's Day at the Brentwood Strawberry Fair, which features a village & vintage theme this year. Brentwood NCT will be hosting the Family Fun area, which will include baby, toddler and preschool crafts and entertainment.

Rocky's Fun House will be providing afternoon fun for all ages. Baby changing & feeding facilities will be provided by the Breast Friends Café.

Character Walk

**Wednesday 3rd August
11am - FREE EVENT**

Meet outside the "Cafe in the Park" at King Georges Park, Ingrave Road, Brentwood.

Dress up as a story character and follow the trail through the woods to find the characters hiding in the trees on the way!

Bring a picnic and mat and join us afterwards for lunch on the grass next to the Crazy Golf.

Members and non-members welcome

Mum's Curry Night

**Thursday 23rd June
7.30pm
Shenfield Tandoori**

Please contact Karen on 07793 941237 if you would like to attend.

Wine and dinner evening

**Friday 5th August
8pm
Prezzo**

Please contact Karen on 07793 941237 if you would like to attend.

Baby Welcome Event

**Tuesday 28th June
10:30am - 12:30pm
Sawyer's Hall Church
Sawyer's Hall Lane, Brentwood
(Classes attended March - May)**

Free coffee morning for all course attendees. An informal opportunity to catch up with your antenatal group, meet other new mums and the Brentwood committee.

For further information contact brentwoodNCT@yahoo.co.uk.

Fire Station Visit

**FREE EVENT
Brentwood Fire Station
Date and time: check the website**

Meet at the station (behind Sainsbury's) for a tour, including a chance to climb inside one of the fire engines!

This event is free but spaces are limited. Please reserve your child(ren)'s place on www.nct.org.uk/brentwood

Would You Like to become a Breastfeeding Peer Supporter?

What is the training?

The training usually consists of 8 sessions with 6 follow up sessions to support new peer supporters.

NCT peer support training is delivered by NCT breastfeeding counsellors, qualified to diploma level, who have all breastfed their babies and are therefore peer supporters themselves.

Who can be a breastfeeding peer supporter?

Any mother who has breast fed for at least 3 months and wishes to support other mums and babies

Once trained, peer supporters work through drop-in groups, telephone support, visiting postnatal wards and talking to Parentcraft classes.

The Breastfeeding Peer Support Training is accredited by the National Open College Network.

Please contact, Anne Jeffery (NCT breastfeeding counsellor) on 01277 233432.
www.nctpregnancyandbabycare.com/professional/training/peersupport.

Building support for mothers

Class Supporters

Becoming a parent is a huge life changing event and not every person feels fully supported at this time. Many new parents feel isolated, especially if they have no family or close friends nearby or if they have just moved into an area. A sympathetic ear and someone to relate to can make all the difference.

As a class supporter, you would come along to some or all of the antenatal classes, get to know the couples prior to them having their babies and then support them postnatally.

At the antenatal classes you may be asked to:

- Support the antenatal teacher
- Join in group discussions
- Help with refreshments

Postnatally you will be asked to:

- Arrange an initial get together of the group once the classes have finished
- Support the group in the early parenting days
- Send birth cards and other information to the group

A class supporter role can be shared between two people. If you are interested in becoming a Class Supporter, please contact Sharon Hastings on smhastings@btinternet.com.

NCT Birth Companion service available in Brentwood



Your birth experience can be very affected by the support you receive during labour. NCT Birth Companions is a new service which aims to ensure that women and their partners receive the physical and emotional support they need during labour and birth. Your NCT Birth Companion will:

- Meet with you three times before the birth
- Help you to put together a Support plan to specify what you want for your birth
- Support you with active birth skills such as positions, massage, and breathing and relaxation techniques.
- Stay with you throughout your labour and birth, including liaising with medical staff to allow you to focus on your own needs
- Meet with you again after the birth to discuss how things went

Your NCT Birth Companion can support you whether you choose a hospital, birth centre or home birth.

If you would like to discuss this service further or book a place, please contact **Helen Done** at birthcompanions@nct.org.uk or on **0844 243 6884**.

NCT Antenatal and Refresher Classes

NCT Antenatal Courses

A dynamic course for anyone expecting their first baby. A great opportunity for new parents and birth partners to meet others and learn all about pregnancy, birth and the early postnatal period. Taught by highly trained NCT Antenatal teachers and breastfeeding counsellors.

NCT Refresher Courses

If you already have a baby, NCT Refresher courses offer the chance to plan for your next birth and for your expanding family. They are also a chance to meet other parents who are expecting their second or subsequent child to share experiences with.

For further information on courses in your local area, please contact:

Carrie Anne Race

0844 2436 894 / bookings5i@nct.org.uk



Team vacancies

The smooth running of the Brentwood branch of the NCT is due to a number of volunteers who regularly give a few hours of their time to help parents in the local area. We have the following voluntary positions available which are vital to our continued success. If you could help, please get in touch with Jane Miles at: jane@djmiles.com.

Newsletter Editor – Compilation

1 hour per wk, more close to deadline, minimum 2 monthly committee meetings a quarter preferred. You will be responsible for entering the content into our Publisher template and deciding on the layout, you will email a final copy to our proof readers and chair and liaise with the printers (who will then deliver the newsletters to our Newsletter Distributor). You will be someone who is computer literate, preferably with Publisher on their computer and who would enjoy organising the layout of our newsletter once a quarter. There is plenty of room in the template for you to use your own creativity!

Grants Fundraising Coordinator

Do you like collating information? Would you like to help us purchase new equipment for the Nearly New Sale? Why not be our Grants Fundraising Coordinator? If you have 1-2 hours to spare a month and could fill out a few forms to help us raise funds then this is the role for you!

Area Representatives

Could you deliver some newsletters in your area once a quarter, be a link between the committee and your area, organise some get togethers in your area if there is demand and attend one committee meeting a quarter? Then why not be one of our area reps? We currently need someone to help out with the Brentwood 2, Hutton and Thriftwood and Ongar areas? Is that you? Email us on brentwoodnct@yahoo.co.uk if you think it is!

8 good reasons for becoming an NCT volunteer:

1. Use your existing skills to benefit the work of the NCT
2. Volunteering will give you the opportunity to network and meet new interesting people
3. Being an NCT volunteer is fun
4. Your contribution as a volunteer will make things better for families in the future
5. Being a volunteer gives you the opportunity to give something back to the NCT
6. Being a volunteer will give you the opportunity to benefit from NCT training and develop new skills
7. Because we need you and the unique skills you can bring to a charity that helps all parents have a better experience of pregnancy, birth and early parenthood.
8. Half price entry into all Brentwood NCT events.

NCT House Swap

* Free sign up to NCT house swap for NCT members

* You could save easily well over £1,000 on accommodation and car costs per exchange and you can have as many exchanges as you want.

* Make new friends. Exchanging homes has been in many cases the beginning of along lasting friendship.

* Live like a local while you are on vacation. You are not 'locked up' in a holiday resort or hotel but you live amongst the locals

* The register is always growing so you will have more swapping opportunities the longer you are on the register. To sign up please visit www.ncthouseswap.ning.com and click on the sign up button to start swapping.

NCT House Swap member, Trisha says, “each swap was a bonus as I asked myself where else can you go on a free holiday and be guaranteed all the right equipment for a baby or toys suitable for the various ages of your family members as they grow”



National news.....

**Released on 05/05/2011
NCT Press Release
NCT and MIDIRS merge**

Two leading UK charities dedicated to improving maternity care today announced their official merger.

MIDIRS, a key provider of innovative and evidence-based information resources for maternity health care professionals and students, and NCT, the UK's foremost charity for parents which champions user involvement in both maternity services and maternity research, have long since shared similar values and objectives. By coming together the charities hope to make significant improvements to maternity care, facilitate greater awareness of choice and ensure that pregnant women, new parents and their babies receive a positive birth experience.

News of the merge arrives on International Day of the Midwife, which this year sees thousands of midwives across the world demonstrating a commitment to tackling global inequalities in maternal and newborn mortality and highlighting local issues in midwifery service provision – a pledge that lies close to the heart of MIDIRS and NCT's shared mission.

Andy Fisher, MIDIRS Business Manager since 1999 and a key influence throughout the merge process said *'This is the culmination of a great deal of hard work for both organisations. We are delighted to be working more closely with NCT and to finally start moving forward to achieve our shared goals. The combined strength and skills of both organisations presents a fantastic opportunity to provide a stronger and more effective service for all health professionals involved in maternity care, for pregnant women their families and carers.'*

'Current subscribers to MIDIRS and NCT will benefit from greater opportunities including increased access to the resources of both organisations and improved efficiency through shared overheads, meaning we can keep our services as cost effective as possible. From the outside subscribers to our services will see no changes, with MIDIRS retaining its own branding and products for health care professionals and students. But the merge gives us the opportunity to achieve important strategic objectives ultimately aimed at improving maternity care for the benefit of mothers, fathers and babies'.

Belinda Phipps, Chief Executive of NCT since 1999 said *'This partnership brings obvious benefits to health professionals in meeting the needs of women and families. Both NCT and MIDIRS have always worked hard to ensure that we are trusted sources of evidence-based information which parents can call on and health care professionals can rely on in their practice. Our merge makes it even easier now for professionals to find what they need and pass that on to help more parents in the earliest days, weeks and months of family life'.*

'NCT already offers a range of support and services to parents and to health professionals and this merger broadens that offer. Our training, support services offered under contract and our range of resources for professionals to use in their practice already support thousands of new families every year'.

Ends



*Beautiful castings of your child's hands and feet.
Capture the memory of their tiny fingers and toes in a unique
piece of artwork to Treasure4ever.*



*With over 8 years casting experience we are the premier local
keepsake company. We combine high quality products with
excellent customer service.*

Our range of products include:

- *Hand painted plaster*
- *Cold Cast Metal*
- *Solid Bronze*
- *Glass (including our new pink glass!)*
- *Hallmarked Sterling Silver*
- *Silver Fingerprint Jewellery*

*From birth with no upper age limit
Safe and gentle
Framed or freestanding casts
Joint hands: Mother & baby; Siblings, couples etc.*

*Free home visit in the Brentwood area—have your
baby cast in the comfort of your own home.*



**DON'T FORGET MOTHER'S DAY—
SUNDAY 3RD APRIL!**

Gift Vouchers Available.

*While our website is
being redeveloped, please
see our Facebook page.*

*Fiona Barbour
01277 217639 / 07980 563595
Fiona@treasure4ever.co.uk / www.treasure4ever.co.uk*

Birth story

From the first scan I was told Ben would be a big baby. Huge they said. He was breech for a while and at 37 weeks I had another scan which told me he was already 6lb but was no longer breech. That was such a relief as I was scared of having a C-section.

I'd been swelling gradually throughout the pregnancy and had carpal tunnel in both wrists. By 38 weeks my ankles were the size of Shrek (as my husband kindly told me). I had a check-up and my blood pressure was very high so my midwife said I should go to hospital immediately – and try not to panic. She was worried about pre-eclampsia.

They kept me in overnight and in the morning let me go home with strict instructions to take it easy. Less than a week later I was sent to hospital again with very high blood pressure combined with swelling of my hands and feet. This time I was kept in for 2 nights. I also now had too high a volume of protein in my pee, which is the third of three symptoms of pre-eclampsia. I was sent home with a very large jug (much like you'd use to store water on a camping trip) and had to collect my pee in the jug for 24 hours. The worst part about that was taking it back, two-thirds full, the next day. I made hubby carry it in retribution for the Shrek comment.

I was now 39 weeks and determined to hang on until my mum, who lives abroad, came home on the Thursday. I had an appointment on the Friday and it was decided that I now had all three symptoms of pre-eclampsia and would be induced on Monday, 3 days early. It was strange going to bed on Sunday knowing I was going to have a baby the next day.



I arrived at Basildon Hospital, and I was actually quite glad I'd had to stay in beforehand as it put me at ease with the place and their procedures. I presented them with my birth plan, some of it no longer applied but they respected the things that mattered to me most which comforted me.

I was given a sweep and gel and then waited. I walked around as much as I could and got more and more uncomfortable as the day went on. I was monitored a lot so I was stuck on the bed for long periods, I started to get contractions later in the afternoon and they were very close together. The midwife said that more gel might increase the frequency of the contractions which would be bad for the baby so I had to wait until the morning to move things along further.

In the morning, at around 9:30, they broke my waters and fixed me to a drip. I used a

TENS machine at first then after a while I started on the gas and air. By around 2:30 I was only 2cm but struggling with the pain, the TENS was on high but I couldn't feel it. I was now pretty much stuck on the bed. By 5.30 I had finally got to 7cm and I was just about coping with the pain.

My mum was relaying the midwife's instructions and hubby didn't let go of my hand. The next thing I remember is being told it was time for things to happen, I was in stirrups and there was a room full of people. I was told that the baby wasn't shifting so they would use ventouse, it felt like only moments later and at 10:15pm there was my son being held up by the doctor.

Afterwards, my blood pressure crashed so low I couldn't see straight. A nurse suggested I went for a shower but I had to be wheeled back to bed as I couldn't stand up. I had to stay in for an extra three nights to get straight but all was fine with our Benjamin James who turned out to be a healthy 6lb 13oz – not huge after all but with a large head, hence the outsized measurements and the ventouse.

Karen Osborne
Brentwood branch



It's For Keeps is a company that creates a bespoke range of baby keepsakes.

Each keepsake is uniquely hand-crafted to capture your child at a special point in their lives or for an occasion.

The range of keepsakes includes:

- 3-D Castings;
- Stone Outprints;
- Clay Impressions;
- Ceramic keepsakes;
- Fingerprint Jewellery;
- Artwork Jewellery;
- Hand/Footprint Jewellery.

For further information please visit www.itsforkeeps.co.uk.
Alternatively please contact Sally on 0845 836 2833 or sally@itsforkeeps.co.uk.

it's for keeps

Classes designed for babies from birth

Baby Sensory

★ Award Winning Baby Development Classes

Exciting activities designed to help babies
develop by stimulating their senses

You and your baby will share the thrill of Baby Pirates, explore the country garden, journey into a magical underwater world and meet the animals in the jungle through our 40 themed lesson plans.

Each class includes a variety of baby development activities plus a discovery playtime, during which you and your baby can make new friends and enjoy our exploratory play area.

Come along and experience fibre optic light shows, bubbles, bells, musical fun, baby signing, puppet shows, amazing light balls and so much more.

Classes run weekly in Brentwood & Upminster

For more details contact Shelley
on 07930 877009 or email
brentwood@babysensory.co.uk

Please come along for a no-obligation class and see how good it really is!



tiny posers

FINE ART CHILD PORTRAITURE



Specializing in newborn photography
Brentwood, Essex
07887746324
www.tinyposers.com

Reusable wipes



I started using reusable wipes not long after the birth of my son and would like to raise the awareness of such a simple but effective product.

Reusable baby wipes could save you money and are more environmentally friendly than disposable wipes. They are much easier than you think to incorporate into your standard nappy routine than cloth nappies. The extra work involved is minimal and the cost savings for your own pocket can rapidly accumulate.

I use my wipes for:

The obvious, changing nappies at home and out and about. I also keep a dry stash, which I dampen with water, for use in the:

- KITCHEN – To wipe little ones face & hands, then the highchair.
- BATHROOM – Use in the bath as a flannel.
- General in and around the house for everything from cleaning sticky fingers marks off my sofa, to the walls and carpets etc....

Which wipes?

There are many varieties of wipes on the market and many retailers which sell reusable wipes. The main materials used are cotton, fleece, terry towelling and bamboo. So there is a fabric to suit everyone. Most you can buy as just fabric squares and work well in addition to using cloth nappies. At least one of our committee members happily uses bamboo reusable wipes alongside cloth nappies.

Complete kits

A good example of reusable kits for wipes are cheeky wipes, which you can buy as a kit with all the items shown in the image below. Therefore you have a container for clean and one for dirty wipes, which are

topped up with water and essential oils, which prevent smells and staining of the wipes. These work equally well for both those who do and do not use cloth nappies as they can work in tandem or as a standalone kit. Myself, the childminder I use and another committee member all use cheeky wipes.

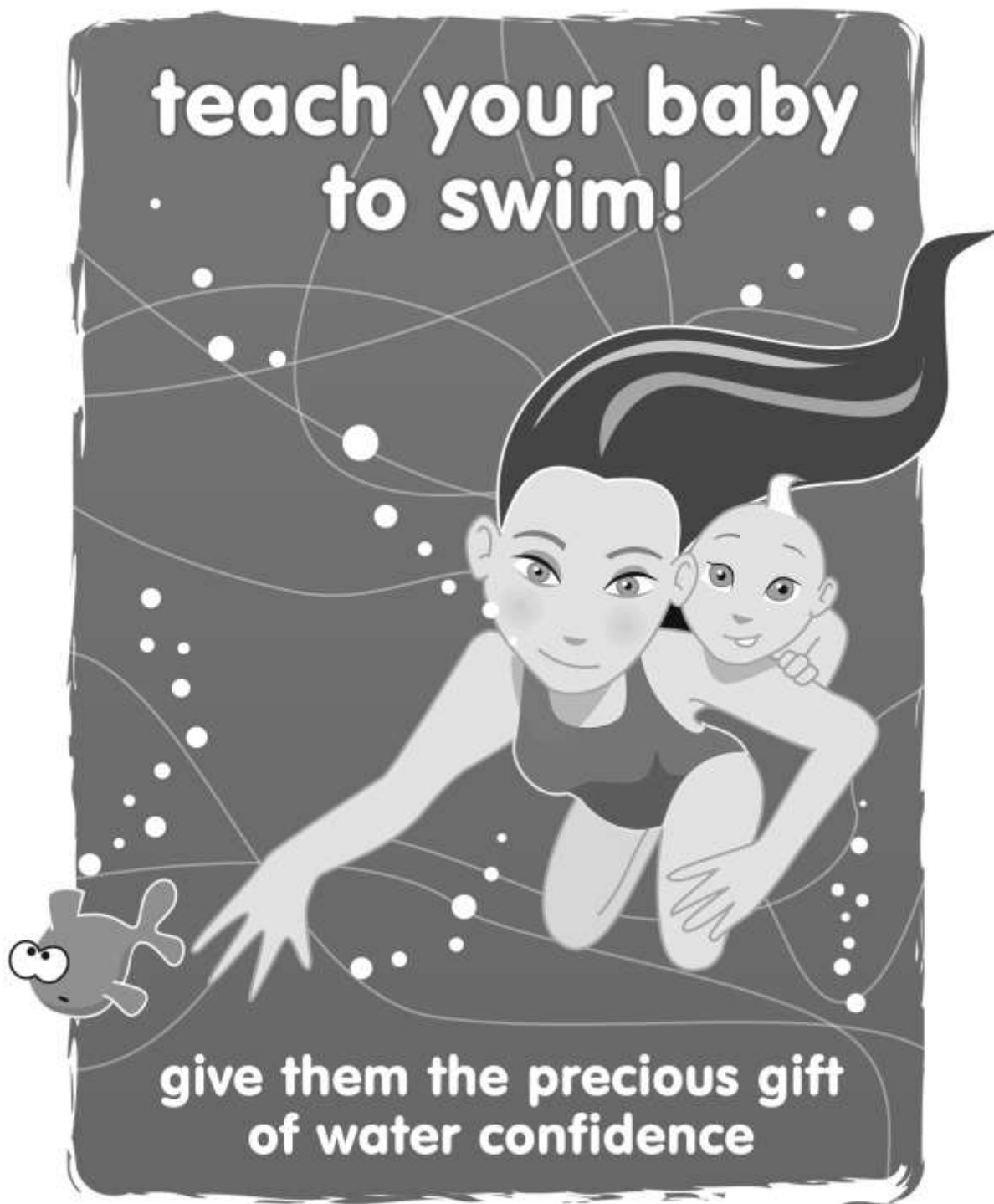


Pros:

- Save you money as you can reuse over and over again.
- Better for the environment with less waste produced to fill up your bin.
- No need for extra washing, because they can be thrown in with your normal washing from 40 to 60 C⁰. Usually throw mine in with my bedding or towels.
- Need to use less to clean babies bum than disposables as they remove the poo rather than smear it round.
- You don't end up yanking out half a packet when you only wanted one (might just be me though!).

Cons:

- They do require a bit of extra work than disposables, as you do need to wash the wipes.



01708 444 345
www.waterbabies.co.uk

water
babies

**why
baby signing?**

**because
we babies
have so much
to say**









what does your baby want to say?

Babies have a lot to say. And because they can't speak, they (and you) can often get very frustrated.

That's why thousands of parents and babies across the UK are learning to baby sign with TinyTalk.

We sing nursery rhymes and learn everyday baby signs, followed by playtime and refreshments.

So why not find out more about TinyTalk's baby signing classes in your area. Ages: Newborn - 2 years.

www.tinytalk.co.uk

**FIND OUT ABOUT A
BABY SIGNING CLASS NEAR YOU**

Classes on Tuesdays and Fridays in Stock and Billericay. Contact Karen at karen@tinytalk.co.uk 01277 653896



the UK's favourite baby signing classes

ATTENTION ALL PARENTS

**Jo Jingles
is here!**



THE MUSIC & MOVEMENT EXPERIENCE

- * Music, Singing, Movement for Pre-School Children aged 6 months - 5 years
- * Fun sessions with an educational slant
- * Weekly themed & structured classes
- * Children's Percussion Instruments
- * Age specific classes

Classes in
**BILLERICAY, BRENTWOOD, HUTTON, SHENFIELD,
BARLEYLANDS FARM & CRAFT CENTRE**

Call Louise on 01277 829964

louise.ryan@virgin.net www.jojingles.com/brentwood

Feeding your family



Mice in Jackets

Ingredients

4 potatoes / 1 tbsp oil
 30g/1oz butter
 6 tbsp milk
 Grated cheese
 Salt and freshly ground black pepper
 Cherry tomatoes / chives
 Raisins / radishes / spring onions



Method

- Preheat the oven to 200C/400F/Gas 6.
- Wash the potatoes and pat them dry. Prick the skins with a fork and put the potatoes on a baking tray. Brush them all over with oil.
- Bake the potatoes until they are soft. Medium-sized take about an hour.
- Once cool enough to handle, cut off the tops and carefully scoop out the soft potato centres. You can throw away the lids (or eat them).
- Mash the soft centres with the butter, milk and cheese. Add a pinch of salt and pepper, then pop the mixture back into the potato jackets.
- Sprinkle with cheese and cook your potatoes under the grill for a few minutes until they are golden.
- Make a nose and whiskers with half a cherry tomato held in place with a cocktail stick and chives tucked behind.
- Finish decorating with raisin eyes, radish ears and spring onion tails.
- Serve with hot or cold chicken, ham or sausages with a lovely crunchy, dressed salad on the side.

Lullabyzzz



Beautiful Baby Sleeping Bags and Accessories

Stockist of 'Dreambags' and 'Slumbersacs'.
 Sizes from birth to 3 yrs. Three tog ratings.
 Baby comforters and Taggies also available,
 which can be personalised to make
 a perfect gift.

Take a look at my website
 for further details:

www.lullabyzzz.co.uk
 or contact me on 0794 1040003



The only nursery
in Brentwood
with CCTV!



Nursery & Pre School

Tel: 01277 621064

their home from home

**Fantastic indoor and outdoor
facilities in a rural setting**

From age 3 months

Qualified, caring staff

Fresh home cooked food

Ofsted & Pre School Learning Alliance

Gov funding from age 3

Work vouchers accepted

Children's Tutoring

Baby sitting service (crb checked)

Little Legs Day Care // 664 Rayleigh Road, Hutton, Brentwood, Essex Cm13 1SJ
(between Billericay and Hutton) www.littlelegsnursery.com

Mum and Dadpreneurs

Hello, we are Katy and Gerardo Yllescas, the founders of *VintageVictory.com*, an online community *and* marketplace for vintage lovers around the world. We are also mum and dad to our 19-month old son.

We both left very different, comfortable lives to follow our dreams and set up our own business. We get one shot at life, and we've got to grasp every opportunity!

Fairly soon into our business venture I became pregnant (it was planned, we like challenges!). We have worked tirelessly, determinedly and with unwavering commitment to get our business off the ground and to be the best mum and dad we can. Our son attended his first off-site business meeting - a full day in the City - when he was 4 months old. Looking back on it now, a little over a year ago, it seems like a Herculean task; we took it in our stride as we had no choice!

Working for yourself and growing your own business is hugely challenging and ultimately rewarding; doing it with a small son is even more so. The business is our main source of income so between us we work all hours, no Monday to Friday, 9-5!

We work closely together and share childcare when our son is not in nursery. With no daily commute we can be with our son largely when we choose. We have been able to watch him grow and develop much more than if we had typical office jobs.

Our social lives are very limited, but we have made some great friends through our NCT group. We try to get together regularly with our children, and for mums' and dads' nights out. Being members of the NCT and knowing we are not alone as



new parents has made a huge difference in how we are able to cope with embarking on a business venture whilst becoming first-time parents.

Working as a husband and wife team and setting up a business with such large ambition is not the easy option. Both partners must be determined beyond belief, have enormous self-belief and be endlessly positive. The challenges are immense but the potential rewards are enormous. We set our own goals and we are guiding our family's future.

We are embarking on another exciting chapter in our adventure and expanding our business in a very local way by working with the council to launch "*The VintageVictory Market on The Brentwood High Street.*"

Stop by and say hello!

Katy & Gerardo
VintageVictory.com

Twitter: @vintagevictory
YouTube: VVCNews.com





Come and have fun at the leading play programme

Tumble Tots sessions combine fun, excitement and challenge in a safe and caring environment. All sessions use unique equipment and are run by leaders specially trained to get the best out of your child. Week by week Tumble Tots develops not only agility, balance, climbing and co-ordination skills, but also essential listening and language skills **so useful in school and later life. So put your child's energy to good use and find out more about Tumble Tots today.**

Our classes are divided into age groups:

- Gymbabes - 6 months to walking
- Walking - 2 years - for confident walkers
- 2-3 years - a more structured and adventurous session
- 3-5 years - time to be independent; parents sit & watch



For details of classes in Ingatestone & Brentwood
Call 01621 891948 - Rosemarie.herring@tumbletots.com



www.happyfeetchildcare.co.uk

TO BOOK CALL 01277 228616

<u>Crèche</u> 0-3yrs	<u>Kids Club</u> 3-8yrs	<u>Summer Days Out</u> 5-11yrs	<u>Childminding</u>	<u>Kids Parties</u>
Every Thursday 8:45am-12pm £8 for 2 hours Cathedral Hall Brentwood CM15 8AT	28 th Jul to 2 nd Sept '11 Thursdays & Fridays 10am-3pm £20 per child per day PREBOOKED PLACES: ONLY £18! Cathedral Hall Brentwood CM15 8AT	27/7/11 – Wat Tyler, Basildon 3/8/11 – Maldon Prom Park 10/8/11 – Science Museum 17/8/11 – Wat Tyler 24/8/11 – Natural History Museum 31/8/11 – Maldon Prom Park Tickets on sale now!	From birth onwards Sophie Newbould & Assistants 6 Abbots Close Shenfield Essex CM15 8LT £4.20 p/h Meals/snacks inc	Bespoke themes Prizes & medals Face painting Glitter tattoos Dressing up Parachutes Treasure hunts Bubbles Lots of games Balloon modelling & much more!

Little Star Children's Centre - Shelley School, Milton Crescent, Ongar, CM5 0FF
 Please phone 020 8522 2341 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
10-11.30 Fun with under ones with breastfeeding support	10-11.30 Grandparents Group at Budworth Hall, CM5 9JG	10-11.30 Under Three's Jamboree	10-12 Treasure Baskets at baby clinic	10.30- 11.30 Baby Massage (Please call to book this Activity)
12.15-1.15 Lunch Club	11.30-12.30 Buggy fitness at Ongar Youth Centre, CM5	1.30-3.00 Stay and Play at Matching School, CM17 0QB	11.45-12.30 Taster Exercise Classes (Please call to book this activity)	1.30-3.00 Stay and Play at Roxwell Memorial Hall, CM1 4PA
1.30-3.00 Moreton Messy Monkeys at Moreton School, CM5 0JD	1-2.30 Techno tots At Budworth Hall (age 3+) CM5 9JG	1.30-3.00 Stay and Play at Stapleford Abbots Village Hall, RM4 1EJ	1.30-3.00 Stay and Play at Sheering Village Hall, CM22 7LX	

Outreach Support

is available to support you in your home. Call the centre if you would like to meet and speak to someone about problems you are facing.

Music Therapy

is available for families who are concerned about their child's behaviour & development. Call the centre for more details.

Community Transport

Free Transport for all Sure Start users to & from any Sure Start Children's Centre activities within Epping Forest.

Cost: Free



Sure Start Children's Centres

east POTENTIAL



buggyfit is the ultimate fitness class for new Mums wanting to get back in shape after their new arrival.

Pre & postnatal personal training also available. One to one or in small groups.

Benefits of buggyfit:

- Effective and safe postnatal workout with qualified postnatal instructor
- Mix of cardio-vascular & strength training, improve posture & strengthen core muscles
- Motivation to meet regularly to exercise - 1 hour social class with time to chat to other Mums
- Bring baby/babies. No creche or babysitter
- Group support for new mums

www.buggyfit.com

For more information please call Vicky on: **07912 368 199** or email vickwhy@yahoo.com

Mums & Mums to be-

Do you need some 'time out' from your busy lives?

Why not treat yourself to a relaxing, rejuvenating massage?
The perfect way to recharge your batteries!

Pregnancy massage (Antenatal and Postnatal)

Antenatal massage can help to ease back, neck and sciatic pain, reduce leg cramps and swelling and help to avoid varicose veins developing. It also helps to relieve nervous tension, and promote relaxation and more restful sleep. Post natal massage can help to restore a mother's body to its pre-pregnancy condition.

Natural Lift Facial Massage

This is a gentle, non-invasive, rejuvenating treatment. It can help to improve skin suppleness and tightness, tone and tighten the facial muscles, and enhance mental and physical relaxation. It is forty minutes of pure pampering!

Pamper Parties



To request a leaflet or book an appointment,
please call or email:

Debbie Sheppard 07958 340635
Dsheppardmassagetherapy@hotmail.co.uk



10% discount for NCT members for treatments booked and taken before 31 August 2011

Pamper Yourself

WITH A RELAXING MASSAGE



NECK SHOULDER AND BACK ACHE
Some of the more unexpected joys of becoming a mum

Bringing your little bundle of joy into your life is a wonderful, amazing experience but it will also have taken its toll on your body. So its probably about time you treated yourself to a bit of relaxation

Because while discovering the joys of becoming a new mum you'll also be finding out about neck shoulder and back pain that comes with it

And left untreated it will probably become more irritable and may lead to tension that your baby could begin to sense

Treat yourself and let me help untie the knots

I am a fully qualified Personal Trainer and am able to gently ease you back to fitness. Give me a call anytime you feel ready

AMANDA HARTMAN

REPS.AFF YMCA3 SPORTS MASSAGE THERAPIST REC.II/HT

Tel 01277 215974 Mobile 07950 039149 e-mail: amanda.hartman@sky.com

DJK CLEANING SERVICES LTD YOUR LOCAL CARPET & UPHOLSTERY CLEANING SPECIALISTS

If you are looking for a local quality service to clean your carpets, rugs and upholstery please give me a call. I offer the following to all my customers:



- * Work to a code of practice
- * A money back guarantee
- * Fully Insured
- * Professionally trained
- * Honest pricing

Call **David Kendall** to find out more on 01277 204913 or to arrange a no-obligation quotation

Recommended By Liz Mills

Sean Wright Osteopathy

Registered Osteopath

Cranial Osteopathy for babies & mothers

Effective treatment for colic, sleeping and feeding problems

Also good for back, neck and joint pain

14 Crown Street, Brentwood
Sean Wright, BSc (Hons) Ost Med

Call Sean on: 07738 688392

YOGA FOR MUMS

Yoga is great for weight loss & toning up after birth, de-stressing from a day with the kids and getting rid of bad backs, aches & pains plus so much more. Give it a try!

SUN POWER (DYNAMIC) YOGA CLASSES

Mondays 7.30-8.40pm: Knights Way Centre,
32A Knights Way, Brentwood, CM13 2AZ

Wednesdays 7.30-8.40pm: Drama Hall,
Sawyers Hall College, Sawyers Hall Lane,
Brentwood, CM15 9DA

+ Private Tuition, Workshops &
Weekend Retreats

Contact Jessica @ YogaLife 07766 577227
jessicalives@hotmail.com
www.yogalifeessex.co.uk

Please Email / Call first as spaces
are limited. Thank you.



ARE YOU PREGNANT?

ARE YOU TRYING TO GET
PREGNANT?

MATERNITY & FERTILITY
REFLEXOLOGY

Are you feeling tired, uncomfortable,
or nauseous in your pregnancy?

Reflexology & EFT can actually help treat many
common pregnancy ailments such as back
ache, SPD, swollen feet and ankles, prevention
of heartburn, and improve sleep quality.

Start as early as possible in your pregnancy, to
create the birth you want to experience. The
answer to feeling good throughout your
pregnancy is just "two feet" away.

For further details please contact:

Hazel Parry, M.A.R, EFT Practitioner ADV

07773 882923

www.tap4betterlife.co.uk

Evening and weekend
appointments available

Feel better with Acupuncture

Safe & effective throughout all 3 trimesters of pregnancy:

- Nausea & morning sickness, heartburn, digestive complaints
- Musculoskeletal pain
- Oedema, carpal tunnel syndrome
- Headaches, poor sleep, tiredness
- Labour preparation: pre-birth acupuncture
- Acupressure to promote pain relief
- Pregnancy Massage available

For children & babies:

- Ear, nose & throat problems
- Allergies: digestive, skin complaints
- Insomnia, nightmares
- Recurrent infections, coughs & colds

www.pure-red.co.uk

07766 567 140

charlotte@pure-red.co.uk

BAcC Member
www.acupuncture.org.uk



RCHM
Register of Chinese
Herbal Medicine
中醫藥協會



"I've met some really good friends who've provided me with a support network that I can rely on... If I'm worried about anything I know I can discuss it at the meetings"

Chloe, 16

The NCT works with **1500** teenage mothers every year through specifically targeted Breastfeeding Drop ins and Antenatal Classes, giving them the chance to meet other mums like Chloe.

Everything you need
for you and your baby



Call **0845 8 100 100** for a full catalogue of NCT products, books and information or order online at www.nctshop.co.uk





Early Days Postnatal Groups

Are you a new parent and would like to meet other parents to talk about things that are important to you?

Early Days Postnatal courses are a good way to meet other people and receive the support you need in your early days with your new baby.

The focus is on you - it's a chance to talk about how you feel about the big issues and the little things, the joys, anxieties, challenges and fun that the experience of early parenthood brings with people going through it at the same time as you.

You will be able to share ideas and experiences and help others to do the same and in this way support each other as you learn more about your skills as a mother and as a parent.

What will the course cover?

The course is designed to give parents the time and space to explore issues and to work through ideas and thoughts, making it easier for parents to identify the best approach for their baby and their family.

Each course is unique, as parents can input into the agenda. Issues that are covered can include:

- Expectations and the reality of parenthood
- Dealing with unwanted advice
- Changing relationships
- Returning to work (or not)
- Ideas for settling a crying baby

For more information, please contact Carrie Anne Race on bookings5i@nct.org.uk.

Why become a member?

The NCT is the UK's largest charity for people going through the life-changing experience of becoming a parent. With hundreds of branches throughout the UK, we offer parents the chance to find support and share their experiences in their local area. So join today to make new friends in your area, enjoy great family activities, gain access to relevant information and share your experiences of being a parent.



The local group for parents



Join or renew online at
www.nct.org.uk/join
or call our membership hotline today
0844 243 7000

Pregnancy and Birth Line

0300 3300 772

NCT General Enquiries currently take about 6000 queries each year that are best handled by an antenatal teacher. These are calls like "I want a home birth" or "How do I get the sort of birth I want" or "My scan showed... but I don't know what that means".

In response to this demand, the Pregnancy and Birth Line was launched in January 2006 supported by Comfort Pure.

Anyone needing information on pregnancy, labour or birth can call and be guaranteed a response from an antenatal teacher on Monday to Friday between 10am and 8pm.

Currently or planning to breastfeed?

Breast pumps are available from our local NCT Breast Pump Agent for £44 per month (then £26 for each subsequent month).

For more information contact Maria Endacott on 01277 224692.

Breast pumps can be purchased through the NCT on 0845 8100 100 or www.nctshop.co.uk.

If you would like any help or support with breastfeeding, call our local Breastfeeding Counsellor Tracy Leak on 01277 229503 or visit Bumps and Babes at Sawyers Hall Church 1-3pm on Thursdays. You can also visit the Breast Friends Cafe on Wednesdays from 12:00-1:30 at Larchwood Gardens Children's Centre.

NCT Breastfeeding Line is open from 8am - 10pm on 0300 330 0771.



nct

Stepping stones
Taking you from Blue to Two

Sign up today to start receiving our regular eguide on pregnancy, your baby's development and life as a parent.

www.nct.org.uk/steppingstones

National Childbirth Trust is a registered charity (801395)

Specialist workers

Who are specialist workers and what does training entail?

Three diploma programmes lead to qualification as either:

- an antenatal teacher
- breastfeeding counsellor
- postnatal leader

The NCT currently have over 900 students in training to help the NCT achieve its mission to reach all parents. Training usually takes between 2.5 and 3 years; students attend regular tutorials, workshops and study days plus self-directed study to complete the various assessments that make up the programme. Students begin their work with parents, under the supervision of their tutors, after they have completed Level 1 of the diploma (usually takes between 12 – 18 months). On completion, students are awarded a Diploma of Higher Education by the University of Bedfordshire and a Licence to Practise by the NCT.

Paying for training

Sometimes students have to wait for places or travel a bit further as the employment of tutors means that filling vacancies in existing tutor groups needs to take priority over setting up new groups, unless these have attracted external

funding. Training costs are met by a combination of:

- branch fundraising
- student contributions (except breastfeeding counsellors who are fully funded by the NCT unless covered by grants)
- grants from outside organisations such as Awards for All

Students may choose to pay for the whole training themselves, make a higher personal contribution or organise sponsored events to raise money for their part.

Current costs based on training taking 2.5 years, are:

- Antenatal £4,700
- Postnatal £4,700
- Breastfeeding £4,250

These figures all include an allowance for books and equipment to be bought from NCT Shop but not for additional study days where students need to approach their branch to ask if funding can be made available for both the study day fees and expenses. If agreed, these costs would follow the usual existing branch: student ratios. Such requests should be made to branches well before the event and not afterwards.

If you would like more details about any of these programmes, you can request an enquiry pack from receptionist@nct.org.uk.

Advertising with the Brentwood NCT

We have three types of advertising opportunities available to businesses:

Advertising Opportunity #1

The Brentwood NCT distributes its quarterly Small Talk newsletter to approximately 300 Brentwood and Shenfield families, as well as local libraries and doctors surgeries.

Advertising rates are as follows (prices exclude VAT at 20%):

1/4 page, portrait only (80 x 110mm) £20 per issue
1/2 page, landscape only (160 x 120mm) £27.50 per issue
A4 portrait only (160 x 240mm) £40 per issue

Special offer: *If you sign up for 4 issues, we will only charge for 3.*

Advertising Opportunity #2

For a one-off fee of £30, we will distribute up to 300 of your flyers/leaflets with one issue of our Small Talk newsletter.

Advertising deadlines for the newsletter - copy or leaflets:

Autumn 11 - 5th August
Winter 11 - 4th November
Spring 12 - 3rd February


Advertising Opportunity #3

We host two Nearly New Sales each year. We have over 300 shoppers attending each sale, all of whom receive flyers for relevant services in their shopping bags. For £20, we will distribute up to 300 of your flyers in the bags we give to the shoppers to take home.

Our next sale is scheduled for 18th September 2011. Flyers need to be received one week in advance of the sale.

We will also display 3 of your posters on 3 separate walls at a Nearly New Sale for £10.

The editor reserves the right to alter advert font and font sizes to fit into the newsletter. If you are interested in placing an advert with us, please contact Dahlia Bloom at brentwoodnewsletter@yahoo.co.uk.



**Special offer on
advertising opportunity
#1**

Events for your diary!

June 2011

Thursday 2nd June

Cheeky Monkeys Tea Party
2pm, South Weald Parish Hall

Saturday 4th June

Quiz Night
7pm, Brentwood Cathedral Hall

Sunday 19th June

Strawberry Fair
11am – 4pm, Shenfield Common

Monday 20th June

Committee Meeting
8pm, Jo Dewar, 07710 485629

Thursday 23rd June

Mum's Curry Night
7.30pm, Shenfield Tandoori

Tuesday 28th June

Baby Welcome Event
10.30am, Sawyer's Hall Church

July 2011

Monday 18th July

Committee Meeting
8pm, Karen Osborne, 07793 941237

August 2011

Wednesday 3rd August

Character Walk
11am, King Georges Park

Friday 5th August

Wine and dinner evening
8pm, Café Rouge

Check the website for the Fire Station Visit time and date!

Do you have a story to share?

If you enjoy reading other people's experiences of pregnancy, birth and parenthood, why not tell us about your own? We all have a unique story to tell when it comes to family life and your story can inspire and help other parents in similar situations.

If you would like to write an article for Small Talk, drop the Editor a line at brentwoodnewsletter@yahoo.co.uk and you could see your name in print in the next edition!

NCT membership - data protection notification

Brentwood NCT has a database of up to date members. This contains the same information that Head Office has and is not given to any other party. Our database is used for the sole purpose of keeping current records of members, enabling us to deliver newsletters, allow Area Representatives to have details for coffee mornings and to keep you informed of branch events.