

# Nuneaton & District Branch



Autumn 2011



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## Local and National NCT News

[www.nct.org.uk/nuneaton](http://www.nct.org.uk/nuneaton)

## Coordinators Corner

Hello and Welcome to this special newsletter edition for NCT supporters in the Nuneaton area.

As you may or may not know your branch is sadly dormant at the moment and no NCT branch activity is taking place locally. We want this to change!

My name is Elaine and I volunteer for NCT to support all the branches and volunteers in the West Midlands region. I lead a small team of regional volunteers who are keen to support new volunteers to develop a NCT branch infrastructure in your area.

We are all parents - just like you who passionately believe in NCT branches and the support they can offer to new parents - from coffee mornings, nearly new sales, social events, bump info evenings - branches can provide a whole range of activities for new parents and parents-to-be.

We would love to help you to restart your branch so that all parents in your branch area can access the local support that NCT branches offer. We just need one or two interest local people to help get us started so please get in touch. Full training / support given.

Come along and meet us at the NCT 2020 Tour in Coventry or at the next Nuneaton & District Branch Meeting to find out more about what NCT do and how you can get involved.

Best wishes

*Elaine*

West Midlands Regional Coordinator



NCT (as the UK's largest parenting charity) wants all parents to have an experience of pregnancy, birth and early parenthood that enriches their lives and gives them confidence in being a parent.

### NCT Purpose

- We offer information and support in pregnancy, childbirth and early parenthood.
- We campaign to improve maternity care and ensure better services and facilities for new parents.
- We aim to give every parent the chance to make informed choices.
- We want to make sure that everyone has access to our services and activi-

## NCT Helplines

### Pregnancy and birth line

10am to 8pm Monday to Friday  
0300 33 00 772

### Early days (Postnatal) line

9am-1pm, Monday to Friday  
0300 33 00 773

### Breastfeeding line

8am-10pm, seven days a week  
0300 33 00 771

### Shared experiences line

9am-3pm, Tuesday to Thursday  
0300 33 00 774

## Help Needed

Like all NCT branches Nuneaton & District Branch is run by volunteers, NCT need your help to ensure that the branch can be revived to support new parents in our area.

NCT volunteers often have babies and young children, some work full time and some don't, some are young parents and some are older(!), some are pregnant with their first baby and others have more, some are mums, some are dads, some are even grandparents - they are **just like you...**

**As an NCT volunteer you will be in good company; Sue Saxey, the NCT President is a volunteer too and she feels that volunteers and branches are the heart of NCT.**

**She says:**

*"I'm so thrilled to be the next NCT President - I have some big shoes to fill and hope to build on the success so far to help this charity make even more of a difference to parents now, so they can be the sort of parent they hoped to be. The parent-to-parent support that so many volunteers provide is vital to what NCT does and I'm looking forward to getting out there and talking to our volunteers as President. NCT is made up of amazing individuals with a burning desire to make a difference. For many, as it was for me, volunteering and being involved can be a pathway to real fulfilment."*



There are opportunities for people interested in:

- Administration
- Managing finances (with support)
- Campaigning
- Coordinating branch volunteers
- Hosting social events
- Maintaining the branch website
- Nearly New Sales & Fundraising
- Organising social events
- Producing Branch newsletters
- Publicising your NCT Branch
- Supporting Parents & Members

**Full support and training given.**

## 7 Good Reasons to Volunteer for NCT

1. You can use your existing skills to benefit the work of the NCT.
2. It will give you the opportunity to network and meet new interesting people.
3. Being an NCT volunteer is fun.
4. Your help will make things better for families in the future.
5. It gives you the opportunity to give something back to the charity / community.
6. It 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.

## NCT 2020 Tour

By 2020 NCT will reach 20 million new and expectant parents. You are invited to come to the 2020 Tour Event in Coventry on 26th November and help us to make this goal possible.

The programme for the day will comprise of two distinct parts. The focus for the morning programme will be NCT's new strategy. In the afternoon we will offer a selection of workshops and training sessions.

If you are interested in finding out more about the work of NCT and about its strategic direction for the next ten years this is the event for you.

Attendance is **FREE**. Lunch and refreshments are provided and babies are welcome (sorry there is no crèche). Email [regionwestmidlands@nct.org.uk](mailto:regionwestmidlands@nct.org.uk) to find out more and to book your place.



### Programme

- 08:45 Registration, coffee & exhibition
- 09:30 Welcome and Introduction
- 10:00 Confident, Supported and informed parents  
*An involvement session seeking to discuss the scope of what NCT does as a charity and identify gaps that NCT needs to fill with an adjusted approach and new services*
- 11:30 Coffee and exhibition
- 12:00 An NCT fit for purpose to deliver this ambitious strategy  
*A presentation session on how we'll achieve the systems and supports we need to reach our goals. This includes money, IT, communicating with one another, get people involved and getting the most out of their involvement and how we train and support those who support parents on behalf of NCT*
- 1:00 Lunch and exhibition
- 2:00 "train and meet" sessions A\*  
*Including workshops aimed at new and potential volunteers*
- 3:45 Coffee and exhibition
- 4:15 "train and meet" sessions B\*  
*Including workshops aimed at new and potential volunteers*
- 6:00 End

**Nuneaton & District Branch has two tickets to this events and you are very welcome to have one (travel costs will be reimbursed) please do get in touch before 14th October if you want to know more about the charity.**

Confidence in your birth & labour choices

# NCT Antenatal Courses



Our teachers will help you explore choices around labour, birth and parenting

- **Small, interactive classes**
- **Share your experiences with other new parents**
- **Find out about local maternity services**

Find your nearest class now at

**[www.nct.org.uk/confidence](http://www.nct.org.uk/confidence)**

UK's largest charity for parents

National Childbirth Trust is a registered charity (801395)

**Local weekend courses starting in 2012 - book your space now**

## Nearby Branches

Whilst your local branch is quiet you might like to visit your neighbouring branches' activities - here are their contact details - you are welcome to attend events in any branch.

**Coventry** (CV1-CV7)

[www.nct.org.uk/coventry](http://www.nct.org.uk/coventry)

0844 243 6096

**Leicester** (LE1-LE10 LE16 LE17 LE18 LE19)

[www.nct.org.uk/leicester](http://www.nct.org.uk/leicester)

0844 243 6875

**Lichfield & Tamworth** (B77-B79 WS13-WS15)

[www.nct.org.uk/lichfield](http://www.nct.org.uk/lichfield)

0844 243 6189

**Birmingham North & District** (B18-20 B23&24 B43&44 B46 B72-B76 WS1-10)

[www.nct.org.uk/birminghamnorth](http://www.nct.org.uk/birminghamnorth)

0844 243 6054

### Nibbles & Natter

We are planning a social 'Nibbles & Natter' evening on **17th January 2012** from 8pm (venue to be confirmed)

Please come and join us for some yummy cake and find out more about NCT, branches and how you can help the branch.

All welcome: dads, grandparents and carers as well as the mums (and babies!). You don't even have to be a parent!

To confirm your attendance and to receive venue details please email [regionwestmidlands@nct.org.uk](mailto:regionwestmidlands@nct.org.uk)



The local group for parents



Join or renew online at [www.nct.org.uk/join](http://www.nct.org.uk/join) or call our membership hotline today **0844 243 7000**

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