

Edinburgh for Under Fives

"Edinburgh for Under Fives", a project of the Edinburgh NCT, is a 300+ page book packed with information and ideas on where to go, who to call and what to do in and around Edinburgh. Expectant parents and families with young children will find it enormously helpful for having a good time and also as a great source of information on almost everything from party planning and swimming lessons to finding a nursery, a support group or even doing the supermarket shopping.

Originated 20 years ago by local NCT members the book is still researched and compiled by volunteers. New volunteers are always very welcome to join us and comments and suggestions are appreciated. Any profit generated after printing costs and expenses will be donated to the NCT.

Available from most local bookshops and directly from www.efuf.co.uk and postnatal group leaders. The 10th edition, published in spring 2006, costs £6.95.

Research for the 11th edition commenced in early 2007, but it is not too late to join in. Email info@efuf.co.uk for more information.

NCT Sales Catalogue

The NCT sells a range of nursery equipment, maternity bras, breastpumps, toys, gifts, books and leaflets. Catalogues are available from your local sales contact (Naomi Crowley 0131 332 2191), post natal group leaders, NCT events, or call 0870 112 1120. You can also browse and order on-line at www.nctsales.co.uk. If you order through Naomi then your local branch receives 10% of the value of your order - an easy way for you to help the Edinburgh branches.

Membership and donations

If you would like to become a member of the NCT visit www.nct.org.uk to join online or call **0870 990 8040**. Donations to support the work of the NCT are always welcome. Please make cheques payable to 'The National Childbirth Trust' and post them to NCT, Alexandra House, Oldham Terrace, Acton, London W3 6NH.

If your employer arranges events to raise funds for charity please consider naming the NCT as your charity of choice.

THE NATIONAL CHILDBIRTH TRUST
Putting Parents First

*Services for
New and Expectant
Parents
in Edinburgh*



Telephone: 0870 066 9329
website: www.nct-edinburgh.freemove.co.uk
national website: www.nct.org.uk

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National Childbirth Trust - Registered Charity No 801395

Welcome to the NCT in Edinburgh.

Thank you for picking up this leaflet which gives details of the services provided by the NCT in Edinburgh. We hope you will find the information helpful.

There are two NCT branches within Edinburgh: Edinburgh North and Edinburgh South. We operate independently but the two branches join forces to provide many of the services listed here.

Our services are available equally to NCT members and non-members (except for newsletters and mailings on forthcoming events). However we do hope that you will join the NCT to help fund the local and national services which the charity provides.

We will try to keep all of the information in this leaflet up to date, however if you are in any doubt about any item please contact us.

The National Childbirth Trust 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.

If you'd like to know more about the work of the NCT nationally please use our **UK enquiry line: 0870 444 8707** or look at the NCT website **www.nct.org.uk**

Why support the NCT?

Each year the NCT:

- helps 300,000 parents and parents-to-be through its local services
- reaches 800,000 parents with printed and web information
- answers 80,000 telephone enquiries
- provides antenatal education for 32,000 expectant parents
- provides a breastfeeding counselling service for 60,000 mothers
- links up more than 1,000 parents with specific interests, experiences or concerns.

What has the NCT achieved?

Parents of today often take their choices for granted. But they owe it largely to the NCT that:

- fathers and other birth partners are not just allowed but encouraged to give support in labour
- healthy babies born in hospital are not routinely separated from their mothers straight after birth
- pubic shaves and enemas in early labour, and routine episiotomies are a thing of the past
- tranquillising drugs are no longer a routine part of labour
- government policy now advocates maternity care that is centred on the needs, wishes and choices of women

What does the NCT campaign for?

- all women to have a midwife they know with them throughout their labour and birth
- choice of place of birth for all women, including birth at home or at a birth centre
- women-centred postnatal care
- ensuring that every caesarean birth is a necessary one
- a mother and baby-friendly culture in which all obstacles to breastfeeding are removed and women have a more open choice on how to feed their baby

Feeding Bras - fitting and purchase

NCT Sales offer a unique range of feeding bras in 8 different styles (including night-time and sports style) along with 4 additional styles from Royce Lingerie. Available in white, black, nude, ivory or Royce Rose print, the size range available covers from 32B-44K and there is an A cup in 34-38 in the ivory bra.

Edinburgh has two trained volunteer agents: Frankie Taylor (346 1785) and Naomi Crowley (332 2191) who will be happy to arrange a free, no obligation fitting in their own home. Edinburgh NCT funds benefit from 10% commission on any purchases you make. Contact Naomi or Frankie for a catalogue, or view online at www.nctsales.co.uk

Valley Cushion Hire

Are you sitting comfortably? If you had stitches or are badly bruised following childbirth you may find a valley cushion makes all the difference during those first weeks. Designed to allow normal blood flow which speeds healing, the cushions take the pressure off the most tender areas allowing you to rest comfortably. Phone Cynthia (0131 447 2248), Anne (0131 332 8111) or Deborah (0131 663 3853).

Experiences Register

If you are facing a difficult situation, such as miscarriage or postnatal depression, or a difficult decision (such as whether to opt for a home birth for example) and would like to speak to someone who's been through the same thing, please call the NCT's enquiry line on 0870 444 8707 and ask to use the NCT's national Experiences Register.

Newsletter

Both branches issue regular newsletters to all members with details of upcoming events, branch news, and other items of interest to our members. You may be able to pick up a copy at NCT events, but we restrict our mailing list to members only, to save funds.

Antenatal Classes

The philosophy of NCT antenatal classes is to empower women and their partners to make informed choices in managing pregnancy and labour.

Our friendly and informal evening and weekend classes cover all aspects of labour, pain-relief, delivery, feeding and early days with a baby. Training in relaxation techniques, breathing for labour, active birth and massage may be included, depending on the needs of the class.

We usually offer a choice of courses: either eight 2-hour weekly classes or two evening classes with one all day session at the weekend. Both courses are followed by a postnatal reunion. Refresher courses can sometimes be arranged depending on demand. Classes are small (6 to 8 couples) and take place in the last three months of pregnancy. Mothers are encouraged to bring their birth companion whomever that may be: husband, partner, friend or other relative.

Demand is high and courses usually fill up quickly, so it is advisable to book early.

There is a fee for these classes, but concessions are available. For full details of venues, dates, prices and availability contact our Parent Services Administrator on **0870 066 9329**.

Bumps and Babies

Expectant and new parents (with babies up to 6 months old) are welcome to our weekly 'Bumps and Babies' session in the community room at Blackhall Library, Hillhouse Road (on Queensferry Road).

The session is hosted by volunteers every Wednesday from 10.15am to 11.45am. Refreshments are provided. This is a lovely library especially for children so you may also wish to spend some time enjoying the library when you visit. Lothian buses 32, 41 and SMT 43 stop near the library. Lothian buses 13 and 24 are a short walk away. Free car parking is available.

Post-Natal Coffee Groups

Our postnatal co-ordinators organise social coffee groups for parents and their babies.

These are led by local parents in various districts around the city. The groups are a valuable first point of contact for welcoming new mothers into the NCT postnatal support network, and an ideal way of making new friends who have babies of a similar age to your own. The groups are particularly appreciated by first time mothers, and newcomers to the area whatever age your baby is.

Please phone **0870 066 9329** for details of your local group co-ordinator.

Breastfeeding Counselling

While the NCT believes that breastfeeding gives the best start in life to babies, the NCT also recognises that parents need to decide for themselves how best to feed their babies. The NCT trains breastfeeding counsellors who are available at no charge to offer support and information to all parents.

Our local trained breastfeeding counsellors are: Barbara (0131 449 5734), Cynthia (0131 447 2248), Kathy (0131 225 6847), and Laura (0131 339 8960). Please phone if you are having difficulties breastfeeding, or feel the need for some support.

Alternatively, the UK NCT Breastfeeding Line (**0870 444 8708**) will connect you to an available counsellor between 8am and 10pm. North and South branch have books on breastfeeding plus resource files on special situations like mastitis, drugs and breastfeeding, storing breastmilk etc.

Breastpump Hire

Breastpumps similar to those found in hospitals are available for hire from Barbara Smith (0131 449 5734).

Pumps can also be bought direct from the national NCT Sales catalogue.

Getting Involved - Volunteers Welcome!

The NCT has two branches in Edinburgh: **Edinburgh South & Edinburgh North**. The branches offer a variety of fundraising and social events. These vary each year, depending on the interests, enthusiasm and time available of our current volunteers, and on the demand from our members. Recent years' events have included a pamper evening, a family afternoon ceilidh, talks on parent/child related topics, photographic portrait sessions and a sponsored toddle. NCT volunteers also offer support to other community events in Edinburgh, such as running a nappy changing tent at Corstorphine Fair and Fringe Sunday.

Members are encouraged to volunteer an hour or so once or twice a year to help out at these events - it's a great chance to get involved and put something back!

Members are also very welcome to attend branch committee meetings and become more involved by joining the committee to help with our local activities. Please check the website for the committee meeting dates.

Nearly New Sales

Primarily a fundraising activity for the branch, our sales are a valuable source of good quality used clothes (maternity, baby and children's) plus toys and nursery equipment at bargain prices. 30% of the sale price goes to the NCT.

Usually held on a Saturday morning, several times a year, sales presently run at Craiglockhart, Cramond, Stockbridge, Corstorphine and Portobello. Whether you're looking for a bargain, or want to sell some of the things your child has outgrown, check our website for details of time and venue of upcoming sales.

Sales are very popular, so if you are interested in selling, register early. Admission is by donation. Refreshments and home baking are available.

"A whole bag of clothes for less than the price of one child's coat in the shops!"