

Welcome to this month's eUpdate for all the news and events from Southampton NCT branch. Share the love this month and pass this eUpdate onto anyone you think would be interested – you don't need to be a member to come to our events or to receive this eUpdate.

NEWS

Nearly New Sale! Come pick up a bargain on Saturday 17th March at Taunton's College, Hill Lane, Southampton SO15 5RL. For information on buying, selling and volunteering, go to: <http://www.nct.org.uk/branches/southampton/nearly-new-sales>

Join our facebook groups for a great way to chat to other parents, get advice and check out our new community groups. Go to <http://www.facebook.com/?sk=2361831622>

Vital volunteers! If you or your partner are interested in marketing, why not donate your skills to NCT? We are seeking a Newsletter Editor and Advertising Co-ordinator. For both roles please contact soton@nct.org.uk

Based Lordshill/Shirley? Due to popular demand, we're thinking of setting up a Lordshill/Shirley Bumps and Babes Group. If you're interested in getting involved, email soton@nct.org.uk

EVENTS UPDATE

Family Brunch Join us for a Family Brunch from 10.00am-12midday on Saturday 25th February at the 2000 Centre, St Johns Road, Hedge End, Southampton. SO30 4AF. The branch meeting will be held immediately after.

Bitterne Bumps and Babes changes its day from Tuesdays to Thursday at the end January. For updates check out Southampton NCT on facebook.

DATES FOR YOUR DIARY

- **Breast Buddies** – Wed 1st February, Ikea Café from 10.30am – 11.30am. Contact sotonbreastfeedingsocial@nct.org.uk
- **Book Club** - Following a great start, the next Book Club will be held 2.30pm-4pm this Saturday 4th February at Kate's Café, 227 Portswood Road, Southampton SO15 2NF. Come and join us for a chat about the second of Joanne Harris' food trilogy, *Blackberry Wine*. If you can't attend in person, why not give us your thoughts online at <https://www.facebook.com/groups/245488408851182>
- **New Mums meet up** – Tues 14th February, John Lewis cafe (2nd floor, West Quay) from 10.30am - 12.30pm. Contact sotonnewmums@nct.org.uk
- **Breast Buddies** – Wed 29th February, M&S cafe Hedge End from 10.30am - 11.30am. Contact sotonbreastfeedingsocial@nct.org.uk
- **Bumps in the Pub** – Wed 29th February, Bellemoor Pub, Hill Lane from 7.30pm. Contact sotonbumpsinthepub@nct.org.uk
- **NCT Southampton Branch meeting** – the next meeting will be on Saturday 25th February at 12midday (straight after the Family Brunch) at 2000 Centre, St Johns Road, Hedge End, Southampton. SO30 4AF. If you are considering volunteering & would like to attend please contact soton@nct.org.uk.

WEEKLY EVENTS

- **Wessex Wobblers** Every Monday 1.30-3.30 pm St Mary's Church hall, St Mary's Church, Wessex Lane, Swaythling. Contact Christine on WessexWobblers@nct.org.uk . 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 Sure Start, we are run by local parents.

- **Stretch and Breathe Yoga** based antenatal exercise, every Monday from 7.00-9.00pm at St Deny's Church Hall. Contact Vanessa Beecham for more details on vanessa.beecham@gmail.com, 023 8055 3584. £40 for 4 sessions (concessions available)
- **Breastfeeding Support Group** Every Tuesday 10am – 12pm Botley Hop-a-long Children's centre, Botley C of E Primary School, 53 High Street, Botley, SO30 2EA. Contact Nicole Carpenter / Joanna Daniels on carpenter_nj@msn.com. 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 10am – 12pm at the Fryatt Centre, Paynes Road, Freemantle, SO15 3BY. All parents and under ones are welcome to come along, bring snacks 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.
- **Dog Club** Every Thursday 11am – 12pm on Southampton Common at the Northlands Road entrance. For Mums and Dads with babies and with or without dogs!
- **Bitterne Bumps and Babes** Every Thursday 1.15 – 2.30 pm. 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
- **Hedge End and Botley Bumps and Babes** Every Thursday 1.00 – 3.00 pm All Saints' Church, High Street, Botley, SO30 2EA. Contact Lucy Jurd on botleybumpsandbabes@nct.org 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.
- **Portswood and St Denys Bumps and Babes** Every Friday 1.30 – 3.30pm, at St Deny's Community Centre, Priory Road, Southampton SO17 2JZ. Contact Natalie on portswodbumpsandbabes@nct.org.uk for more information.

If you would like to come to any groups they are all open to both NCT and non NCT members. Our groups are arranged by parent volunteers for parents and may be subject to change after this mailing. Please use contact details listed or call 0844 243 6271 to ensure the group is running as advertised, especially if it is your first time out! All events are also listed on our NCT branch pages <http://www.nct.org.uk/branches/southampton/events>. Please pass details of these groups onto your friends!

COURSE INFORMATION

First Aid Courses

10am-12midday, Saturday 10th March, St Deny's Community Centre

At just £25 each or £35 for 2 people, these practical courses will give you the confidence and skills to deal with baby first aid. Run in conjunction with the British Red Cross. Contact sotonfirstaid@nct.org.uk

REQUESTS

New arrivals If you would like your new LO to be introduced in our newsletter, please email a short introduction (name, weight, dob, etc) with an optional picture to our Newsletter editor Karine at soton-newsletter@nct.org.uk.

Parenting tips Send us your tips to share with other parents in the next newsletter; such as ideas for potty training, teeth brushing troubles, nappy reviews etc. All ideas/articles need to be sent to Karine by mid-February at soton-newsletter@nct.org.uk

OTHER WAYS TO GET INVOLVED

We're always looking for volunteers to support our projects. If you would like to get involved, please email soton@nct.org.uk. You'll get discounted NCT Membership renewal if you give just 12 hours or more of your time. Current vacancies include:

Newsletter Editor and Advertising Co-ordinator: for both roles please contact soton@nct.org.uk for more details.

Nearly New Sale volunteers: We need about 70 volunteers to make this happen. You get to meet other parents, have fun and the chance to buy before the doors open to the public. Contact soton@nct.org.uk

nnsvol@nct.org.uk or call 0844 243 6271 for more info.

Portswood and St Denys Bumps & Babes group / Freemantle Baby Brunch volunteers: We're looking for volunteers in the St Denys and Freemantle areas to help set-up the rooms, chat to mums of under-1s & tidy away afterwards. Contact soton@nct.org.uk if you can help.

Want to join or find out more about joining NCT? - <http://www.nct.org.uk/support-us/join>

We hope you have enjoyed this eUpdate!

Your Southampton NCT Team

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You can keep up to date with our news & events by joining our Facebook group Southampton NCT
<http://www.facebook.com/groups/14669875649/>