

## Olney Members' Library

We have books and pamphlets on pregnancy, labour, the first year, weaning, temper tantrums and many more. A complete list can be found on [www.nct.org.uk/in-your-area/olney/Library](http://www.nct.org.uk/in-your-area/olney/Library)

## Getting involved or volunteering

We are always looking out for new people with enthusiasm and fresh ideas. Do you want to help out occasionally at Bumps and Beyond and Nearly New Sales? Maybe you'd like to host coffee mornings for new mums or attend committee meetings. We'd love to hear from you.

Please contact:

**Rebecca** 01234 241858

## Nearly New Sales

The Branch organises two Nearly New sales a year in March and September. Nearly New Sales are a great opportunity to buy clothes toys and nursery equipment in good condition, at really great prices! If you fancy a good clear out and want to make some cash from no longer used items why not consider selling at the next event?

We take bookings for the next sale from five months in advance, and sellers packs are sent out six weeks beforehand.

For more information or booking forms call:

**Rebecca** 01234 241858

Or email [olney@nct.org.uk](mailto:olney@nct.org.uk)

[www.nct.org.uk/in-your-area/olney/NNS](http://www.nct.org.uk/in-your-area/olney/NNS)

## Why become a member?

- The NCT is a unique service, which gives you the opportunity to network with other parents.
- Your membership will help the NCT campaign, which will bring changes for ALL parents.
- Your membership allows the NCT to act as a voice for all parents.
- Your membership enables the NCT to train antenatal, postnatal teachers and breastfeeding counsellors.
- Your membership enables the Olney branch to support local parents by providing the activities outlined in this leaflet and baby facilities at local events.
- Your membership enables you to get in to all our Nearly New Sales early!

**Without your subscription, we would be unable to offer as much support as we do. Without subsidies, Bumps and Beyond would not be able to run, without you we wouldn't be able to run the many free help lines nationally, including the post natal support line.**

For membership enquiries call:

**Janet** 01234 711 839

### Olney NCT Branch

Call **0844 243 6234**

Option 1 for events

Option 2 for Nearly New Sales

Option 3 for LifeLines

Option 4 for Membership

Email [olney@nct.org.uk](mailto:olney@nct.org.uk)

[www.nct.org.uk/in-your-area/olney](http://www.nct.org.uk/in-your-area/olney)



# Tummys to Mummies & Daddys too!



## Olney Branch

Useful information for parents and parents-to-be

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

## Who are the NCT?

The NCT 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. With over 640,000 members, the NCT has the ability to speak for new parents and parents-to-be.

As a UK charity, it has been at the forefront of improvements in maternity care for over 50 years.

The NCT provides:

- Accurate, unbiased and well-researched information on many topics including pregnancy, antenatal testing, labour, caesarean births, home births, breastfeeding and early parenthood.
- Public awareness campaigns to help parents get the best from maternity services.
- Direct representation on NHS Maternity Services Liaison Committees and other relevant services.

For more information, visit [nct.org.uk](http://nct.org.uk)

## The Olney Branch

The branch is the local face of the NCT and is run by members for members. It is a great way to make friends, exchange experiences and gather information from other parents through Bumps and Beyond, coffee groups and other events throughout the year.

For more information call: **0844 243 6234**

or visit [www.nct.org.uk/in-your-area/olney](http://www.nct.org.uk/in-your-area/olney)



## Bumps and Beyond

Held in the Olney Centre every Monday\* morning from 10am to 11.30am, Bumps and Beyond provides a friendly meeting place for expectant mums, babies and toddlers. Tea, coffee and biscuits are available for all mums, plus lots of useful information about the NCT, local events and coffee groups. Our breastfeeding counsellor, Karen Fell, attends Bumps and Beyond on the first Monday of every month during term time and by appointment on other Mondays. Everyone is welcome, both members and non-members.

For more information, please contact:

**Linda 01234 713070**

\* We run throughout school holidays and are only closed Bank Holidays and between Christmas and New Year



## Coffee Groups

Expectant mums and new parents and babies are welcome to join our weekly coffee groups. The coffee groups bring together mums whose babies were born within a few weeks of each other. The groups are initially set up by Jill and run for the first few months at hosts houses. All hosts are mums themselves and provide drinks and biscuits for all in a relaxed atmosphere. Groups then go on to organise a rota and host themselves. Both members and non-members are very welcome.

To obtain the latest rota, please contact:

**Jill 07821939046**

or email [olneycoffee@nct.org.uk](mailto:olneycoffee@nct.org.uk)

## Antenatal Classes

There are a variety of antenatal classes on offer to meet the needs of expectant parents. These are run by NCT-trained antenatal teachers who offer expert information and support. The classes provide the opportunity to gain knowledge and discuss feelings around labour, childbirth, breastfeeding and parenting. Classes are friendly and informal and offer a chance to meet other people expecting babies around the same time. Classes are held in The Olney Centre.

**Rachel White 0844 243 6890**

or email [bookings5m@nct.org.uk](mailto:bookings5m@nct.org.uk)

## Breastfeeding Counsellor

We have a breastfeeding counsellor, Karen Fell. Karen attends Bumps and Beyond on the first Monday of every month during term time and by appointment on other Mondays. Karen can also offer support over the phone. She has a young family, so please leave a message and she will return your call as soon as possible.

**Karen 01234 713370**

## Nurture magazine

Do you want to know what is going on locally? The Olney branch publishes the 'Nurture' newsletter twice a year. Exclusive to NCT members, 'Nurture' contains information about events, meetings, branch news and much more. Members will also receive regular emails with up-to-date information, including ideas for things to do in the area.

For more information email

[olneynurture@nct.org.uk](mailto:olneynurture@nct.org.uk)