



Basingstoke Branch

Supporting you to become the parent you want to be



- ◆ **Meet Other Local Parents**
- ◆ **Courses for expectant & new parents**
- ◆ **Breastfeeding Support**
- ◆ **Nearly New Sales**
- ◆ **Social Events**
- ◆ **And Much, Much More...**

Who are We?

Run by local parent volunteers, Basingstoke NCT offers support, information and friendship to parents and parents-to-be across Basingstoke and Deane.

Here are just some of the services we offer, for more information see our website www.nct.org.uk/basingstoke or our Facebook page www.facebook.com/BasingstokeNCT

Coffee & Chat

Coffee & Chat is a weekly drop-in group for Mums-to-be and Parents with young babies. It runs every Friday morning at Brookvale Village Hall between 10.00am and 12.00 noon, all year round (except Good Friday and Christmas week). The venue is just outside the town centre, a five-minute walk from Festival Place and the bus and train stations and has a large, free car park.

Coffee Groups

We run a network of coffee groups serving different areas of Basingstoke. They meet regularly and are held in parents' homes, usually on a rota basis. All parents and parents-to-be are welcome.

Nearly New Sales

Our Nearly New Sales are among the largest in the country and are held in central Basingstoke in the spring and autumn. They are the perfect place to stock up on baby and children's clothes, toys, books and games, equipment such as prams, cots and baby baths as well as maternity wear, all at fantastic prices

Antenatal courses

NCT Signature & Essentials courses

We run NCT Signature & Essentials courses, facilitated by locally-based NCT Antenatal Practitioners, they are informal and friendly, offering informative support as you prepare for the birth of your baby. Both course types will prepare you for labour and birth and guide you through the changes and challenges of becoming a parent. These courses also offer the chance to form a supportive group of friends who are all becoming parents at the same time as you.

Refresher courses

Refresher courses offer couples who already have one or more children a chance to reflect and build on past birth experiences and prepare yourself for looking after a new baby. Our courses are tailored to the needs of the attendees, based on their previous birth experiences and their desires for this birth.

Yoga for Pregnancy

These classes are suitable for women at any time after 12 weeks of pregnancy and focus on gentle postures, breathing technique, positions for labour and relaxations. The aim is for you to have an enjoyable and relaxing time, whilst improving your physical and emotional wellbeing and helping you feel more confident about birth.

Waterbirth workshops

These 2-hour workshops for couples explore the practicalities and benefits of using water during labour and birth, both in hospital and at home, they can be taken on their own or as an add-on to our other antenatal courses.

Breastfeeding Support and Information

The NCT wants breastfeeding mothers and babies to have a good experience. ***But what if you need help? Or are worried or confused about something?*** You may find what you need from friends or family, or from midwives or health visitors. You may also choose to ring an NCT breastfeeding counsellor to talk over what's happening.

Our local NCT breastfeeding counsellors take calls in their own homes. If they are not available you will be able to leave a message on an answering machine, they will aim to call you back within 24 hrs – usually sooner. They are:

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|-------------------------|-------------------------|
| Fiona – 07452 983313 | Mindy – 07769 040509 |
| Sarah – 01256 321890 | Anne – 07515 821851 |

If you need a more immediate response you can call the NCT Enquiry Line on 0300 330 0700 (8.00am – 12.00 midnight)

B.A.B.I.E.S.

Free breastfeeding support and information for all mothers in the Basingstoke area, provided by local breastfeeding counsellors. No need to make an appointment, just turn up.

Every Friday morning, 10.00 – 11.30am (except Christmas week and Good Friday) alongside our friendly and popular Coffee & Chat Group at Brookvale Village Hall, in central Basingstoke.

Breastpump Hire

Our hospital grade Breastpumps offer the choice of single or dual pumping. They also offer quick, effective and practical pumping, they are available to hire or purchase through the NCT. See www.nct.org.uk/branches/basingstoke/breastpumps for numbers to call for phone hire or email breastpumps@basingstokenct.org.uk

Postnatal Courses

Early Days

Early Days groups give new mums the opportunity to explore different approaches to important parenting issues with a qualified group leader and other local mothers. These sessions are designed to help you feel confident about the decisions and choices that you make for your baby. You will be encouraged to share ideas and experiences and help others to do the same so that you can support each other as you learn more about your skills as a parent.

Mother & Baby Yoga

NCT Mother and Baby Yoga is a unique and fun exercise after pregnancy programme designed for mother and baby. The classes provide a wonderful opportunity for you as a new mother to ease your way back into exercise after birth. Each class comprises gentle yoga-based exercises for you and your baby to do together. Classes are suitable from six weeks after birth.

Baby First Aid

NCT recognises how important it is for parents to have basic first aid skills and the confidence to use them in an emergency. That's why we have partnered with a leading first aid provider to offer you the chance to learn skills that could save your child's life. The sessions are relaxed and will address any fears, giving you lots of practice in lifesaving techniques and plenty of opportunity to ask questions. See our website for dates and costs.

Baby Massage

Suitable for babies from 6 weeks to crawling. NCT baby massage provides a great opportunity to meet other new parents, whilst learning a skill which will help you get to know, calm and soothe your baby.

Studies have shown that baby massage may help with:

- Improving bonding and attachment.
- Building confidence in handling your baby using positive touch techniques.
- Enabling better communication between you and your baby.
- Improving your baby's sleep.
- Strengthening your baby's digestive system and reducing symptoms of wind and constipation

Introducing Solids

NCT Introducing Solids workshops help you to decide when to start introducing solid food to your baby, what approach you want to take and what to expect. The workshops are suitable for all parents of babies between the ages of 4-6 months.

For more information visit our website:
www.nct.org.uk/basingstoke