**NCT Antenatal Classes**

**Take one of our local NCT antenatal classes, all aspects of pregnancy, labour, birth, breastfeeding and early parenting are covered.**

Meet other local parents to be whose babies are due at the same time.

Many people create friendships that last long after the final class.

To find out when and where classes are taking place, please visit:

**www.nct.org.uk/courses**

**E-mail bookings6a@nct.org.uk or tel 0844 2436876.**

**NCT Breastfeeding support**

**Our breastfeeding counsellor, Louise, can provide confidential support to breastfeeding mothers.**

Please contact her if you have any problems or questions about breastfeeding.

**Telephone 01743 850135**

Louise is a volunteer so may not be able to take your call immediately but will always call you back as soon as she can.

**NCT Volunteering**

**We are always happy to welcome new volunteers!**

Our local volunteers help to run our weekly parent and baby groups in Shrewsbury and Oswestry, organise and run our nearly new sales twice a year, keep you updated with what we are doing via Facebook and email, design, produce our ShropTots magazine and generally make sure that the NCT in our area keeps running. Oh and we have a chat, a laugh and lots of cake while we’re doing it!

**If you have a little time to spare and are interested in volunteering,**

**please drop us an email to**

**coordinator.shrewsbury@nct.org.uk**

**and we’ll be delighted to welcome you!**

Jan-2017



**SHREWSBURY AND SURROUNDING AREA**

**What’s on locally**

**Regular NCT Nearly New Sales**

**NCT Bumps and Babies groups**

**Walk with Baby Shrewsbury**

**Oswestry Coffee Meet-Up**

**NCT Antenatal Classes**

**NCT Breastfeeding Support**

**NCT Baby First Aid Classes**

**SEE INSIDE FOR MORE DETAILS**

ALL EVENTS AND GROUPS OPEN TO NON-MEMBERS

[**Shrewsbury@nct.org.uk**](mailto:Shrewsbury@nct.org.uk)

**www.nct.org.uk/shrewsbury**

**NCT Shrewsbury, Oswestry and Surrounding Areas**



**NCT Babies and Bumps**

**SHREWSBURY**

**Drop-in group for parents-to-be and parents/carers of 0-2 year olds**

**Every WEDNESDAY 10am—12pm**

**Above Palmers Coffee Shop, Claremont Street,**

**Shrewsbury SY1 1QG**

Suggested donation of £2 per parent

Come along, have a chat and a cuppa and get to know others in your area. Plenty of toys and we often have talks and taster sessions from local baby activities.

**Please see Facebook for details of what’s on each week**

**NCT Walk with Baby**

**SHREWSBURY**

**Join us for a gentle walk with your baby**

**or bring your bump!**

**Every FRIDAY at 10:30am, meet outside the Stop Cafe**

**by the St. Julian Friars car park in Shrewsbury**

Around 45 mins/ hour walk finishing with coffee, cake and a chat at a nearby café.

**Look on Facebook to check where we’ll be walking each week.**

**NCT Coffee Meet-Up**

**OSWESTRY**

**Coffee meet-up for parents-to-be and**

**parents and carers of 0-2 year olds**

**The First & Third Friday of every month 9am—11:30am**

**Baby Bird Café, 23 Cross Street**

**Oswestry, SY11 2NF**

Drop-in to this baby-friendly Café for a coffee and a chat with other parents in the area. Check Facebook to make sure of the dates.

**NCT Nearly New Sales**

**SHREWSBURY**

Three rooms full of quality baby and kids clothes, outdoor and indoor toys, books, dvds, buggies, slings, highchairs, cots, maternity clothes, basically anything and everything you might need, all at bargain prices. We even have the Andiamo coffee van to get a cuppa to keep you going!

**\*\* NEXT SALE \*\***

**Saturday 1st April 2017**

1pm—3pm

Priory School, Shrewsbury

Longden Road, Shrewsbury, SY3 9EE

Early entry at 12:30pm for NCT members and sellers

Entry: £1

**We will advertise on our Facebook page when sellers packs are available.**

**NCT Baby First Aid Classes**

**Bespoke 2 hour courses taught by British Red Cross**

Would you know what to do in an emergency?

Gain confidence in vital first aid skills

for babies (0—1 years) and children (1—12 years).

**Open to all, no need to be a member.**

£25 per person or £40 for per couple (concessions available)

The course covers:

 Unconscious baby or child (breathing or not breathing)

 Choking

 Bleeding

 Burns

 Raised Temperature

 Meningitis

**See Facebook page for course dates and details**