



## Who we are

We are volunteers, predominantly parents, with experience of pregnancy, birth and parenthood. Our services include:

### Antenatal Classes

Why choose our classes?

- Reliable information that allows you to make your own informed decisions
- Focus on what you want to know, with plenty of time for questions
- Teachers trained by NCT to diploma level with annual renewal of their educator's licence
- Birth partners are central to our courses- partner, family member or friend

### Early Days (Postnatal) Classes

Early Days courses help you to feel more confident and supported in your new life as a parent. Explore issues such as include crying, sleeping and the reality of parenthood, discuss different approaches to parenting with our qualified group leaders and meet local parents with similar aged babies

### Breastfeeding Counsellor

Here to give breastfeeding support at all stages of the journey- pop in to see Margaret every Wednesday at Bumps and Babies or contact her on [bf.nctglasgow@gmail.com](mailto:bf.nctglasgow@gmail.com) for one to one advice and support.

### Breast Pump Rental

Hospital grade Ardo breast pumps available for hire, contact [pumphire.nctglasgow@gmail.com](mailto:pumphire.nctglasgow@gmail.com)

## Our Regular Events

Please follow us on Facebook, NCT Glasgow, and check our events page for full details [www.facebook.com/NCTGlasgow/events](http://www.facebook.com/NCTGlasgow/events)

### Bumps and Babies

If you are pregnant or have a baby and would like to meet new people, learn how NCT can support you or just get out of the house, please drop in and see us.

### Coffee Group

An informal meeting place for those with a bump, baby or toddler to chat with other local parents.

### Baby Cafe

Friendly drop in sessions for breastfeeding mums with peer supporters and a health visitor on hand for any questions!

### Sling Library and Hire

We have a selection of baby and toddler slings to try and hire- see what works for you & get advice from one of our babywearing peer supporters.

### NCT Nearly New Sales

Top quality prams, toys, equipment and clothes at bargain prices! We host sales twice a year and are always looking for volunteers, sellers and most importantly, shoppers! Contact [NNS.Glasgow@nct.org.uk](mailto:NNS.Glasgow@nct.org.uk)

### Baby & Child First Aid

NCT work with British Red Cross to offer you the chance to learn skills that could save a life. We host courses quarterly. Contact [FirstAid.Glasgow@nct.org.uk](mailto:FirstAid.Glasgow@nct.org.uk)

## Volunteering

### Join us as part of your local NCT Branch Team

Many people don't realise our branch activities are run by volunteers, usually parents with young children, who want to help other families. Volunteering is fun, rewarding and doesn't take more time than you are able to give.

Volunteers can get involved in

- Helping at NCT Nearly New Sales
- Hosting Coffee Groups
- Running our website, facebook page or newsletter
- Co-ordinating social events
- Leading fundraising events

Everyone is welcome. If you would like to support NCT and local parents please consider joining us! Contact [Coordinator.Glasgow@nct.org.uk](mailto:Coordinator.Glasgow@nct.org.uk)

## NCT Helpline

**Practical and emotional support from the NCT helpline, staffed by qualified NCT practitioners**

For practical and emotional support in all areas of pregnancy, birth and early parenthood including help with feeding

**0300 330 0700**