

## What is the NCT?

The NCT is the UK's largest parenting charity, and campaigns as the voice for parents on the issues they care about.

The Huddersfield and Holme Valley and Emley Moor branches offer a range of activities and services. You will find friendship and support at our local coffee mornings, bumps and babies, baby and toddler groups, as well as social and fundraising events.

## Your NCT - why join us?

### NCT Antenatal courses

From where to give birth to knowing when your contractions are really getting underway, antenatal courses are a great way to find answers to all your questions about labour and birth. Why choose our courses?

- Reliable information that allows you to make your own decisions.
- Focus on what you want to know, with plenty of time for questions.
- Relaxed and informal, usually with no more than 8 couples.
- All teachers are trained by NCT to diploma level and have their educator's licence renewed every year.
- Birth partners are central to our courses, whether this is your partner, a member of your family or a friend.

To find out more or book, please contact [bookings7b@nct.org.uk](mailto:bookings7b@nct.org.uk) or 0844 243 6852. Concessionary rates and payment by instalments are available. Your information is treated as confidential

## NCT Early Days courses

Early Days courses help you to feel more confident and supported in your new life as a parent. We cover topics such as coping with a new baby, changes in your relationships, returning to work (or not) and much more.

- Courses are 6–8 weeks in length
- Explore issues from crying & sleeping to the reality of parenthood
- Discuss different approaches to parenting with our qualified group leaders

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## Breastfeeding Support

- The NCT actively supports breastfeeding because of its many advantages to both mother and baby.
- Support is also available to all parents regardless of how they decide to feed their baby.
- NCT trained breastfeeding counsellors provide information and support to help to overcome feeding problems.
- Breastfeeding counsellors also support mothers who move from breast to bottle-feeding or combine the two.

## Local parent and baby groups

Together, the branches offer:

- Open house coffee groups
- Bumps and babies
- Parent and toddler groups
- Locations all around the area
- See website for current details



## Newsletter

- The joint newsletter, 'Special Delivery', is produced 3 times each year.
- Contains details of the branch activities, birth reports, readers' experiences and articles relating to pregnancy and parenting.
- National NCT issues, recent relevant research and campaigns are also reported.



## Stepping Stones – sign up now for your free guide to life as a parent

Signup today to Stepping Stones, the NCT's free information service for parents. Covering pregnancy, your baby's development and life as a parent, Stepping Stones will take you from your third month of pregnancy to your baby's second birthday. Signup at [www.nct.org.uk/guide](http://www.nct.org.uk/guide)

## Also

### Valley Cushions

A safe way to give comfort and relief to the perineum after birth. Available to hire.

### NCT Bras

A trained volunteer fits and sells the award-winning NCT bras, which are specially designed for pregnancy and breastfeeding.

### NCT Shop

The NCT stocks a range of mail order publications, maternity wear and baby items available by catalogue and at [www.nctshop.co.uk](http://www.nctshop.co.uk).

### Nearly New Sales

Held twice a year, these very popular events are an ideal way to sell outgrown toys and clothes and find some bargains at the same time.

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

All our branch activities are operated by volunteers, usually parents with young children. Volunteering is fun, rewarding and doesn't take more time than you're willing to give. Volunteers can get involved in:

- Helping at Nearly New Sales
- Holding Coffee mornings
- Updating our webpage, newsletter and leaflets

Volunteering for NCT is not just for women or parents – everybody is welcome. If you feel that you want to support NCT to provide parents with a better experience of pregnancy, birth and early parenthood please consider taking a role on your local branch team.

NCT is here to support parents.

We give them accurate, impartial information so that they can decide what's best for their family, and we introduce them to a network of local parents to gain practical and emotional support. We are the UK's largest parenting charity, and campaign as the voice for parents on the issues they care about.

### Local contacts

[www.nct.org.uk/branches/holme-valley-emley](http://www.nct.org.uk/branches/holme-valley-emley)

[www.nct.org.uk/branches/huddersfield](http://www.nct.org.uk/branches/huddersfield)

General enquiries - Holme Valley/Emley Moor:  
0844 243 6171

General enquiries - Huddersfield: 0844 243 6342

Course bookings: [bookings7b@nct.org.uk](mailto:bookings7b@nct.org.uk) or  
0844 243 6852

### National helplines

#### Pregnancy & Birth Line

0300 330 0772

9am to 8pm, Monday to Friday.

#### Breastfeeding Line

0300 330 0771

8am–10pm, seven days a week.

#### Postnatal Line

0300 330 0773

9am-1pm, Monday to Friday.

#### Shared Experiences Helpline

0300 330 0774

Tuesday, Wednesday and Thursday, 9am – 3pm.

#### Enquiries Line

0300 330 0770

9am–5pm, Monday to Friday.



## UK's largest parenting charity

Huddersfield Branch

Holme Valley and Emley Moor Branch

**Baby on the way?**

**New mum or dad?**

**Just moved to the area?**

**Contact your local NCT branch**



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London, W3 6NH

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