



NCT Bumps & Beyond Social @ Redcoats

Expecting a baby or had one in the last couple of months? Come along to our bumps & beyond social, partners and friends welcome!

- Find out more about what NCT services are available locally, including: antenatal and postnatal classes; baby massage; yoga for pregnancy; sling library; equipment hire; groups; nearly new sales; and baby first aid courses.
- Hear the benefits of reflexology from two local practitioners.
- Learn about the local real nappy library.
- And most importantly, meet other local new and expectant parents!

Saturday 21st November

**9.30am to 11am, Redcoats Farmhouse Hotel,
Redcoats Green, Nr. Hitchin, SG4 7JR**

Admission free but please book online to reserve your place as numbers are limited, although you may attend for as much or as little of the social as you wish! Go to

www.nct.org.uk/branches/herts-north/ and select 'Bumps Social' in the right hand menu.

Everyone is welcome. you don't have to be a NCT member.



Redcoats

F A R M H O U S E
HOTEL & RESTAURANT