



Do you have a baby on the way?  
Are you a new mum or a dad?  
Have you just moved to the area?



**NCT Peterborough Branch**

**Supporting you to become the parent you want to be**

### We offer... friendship and support

**Parent to parent support** Bumps and Babies is an informal group for those with babies aged 0-1. Come for a coffee and chat, make friends, share experiences and hear new ideas. Volunteers are always on hand to give everyone who comes a warm welcome. St Jude's Church Hall, every Friday during term time 11am-12.30pm.

**Making friends and having fun** We also run social and fundraising events to help you meet other parents with similar aged babies and older children. Both daytime and evening events. See our website for event details.

**Low cost baby and child equipment** NCT Nearly New Sales are great places to buy high quality baby and children's equipment, clothes and toys at much reduced prices - straight from their loving owners. Local sales are held twice yearly in spring and autumn.

**Finding you more support** Wondering how to cope with twins or more? Have a baby with additional needs? Considering a homebirth? Experiencing a specific difficulty? We can point you towards other parents in similar situations for mutual support – sometimes locally, sometimes nationally through NCT's helpline (0300 330 0700).

### We offer... resources and information

**Equipment hire** We hire out breastpumps to those who need to express their milk. We also hire valley cushions, to help if sitting down is sore after a vaginal birth. Short or long term hire, reduced prices with proof of benefits.

**Bra fitting service** Our trained bra fitter volunteer will check your size and help you choose the most suitable maternity or breastfeeding bra from NCT Shop's wide range. Fittings are free and all profits go to NCT charity.

**Branch library** Pop along to our Bumps and Babies group and borrow one of our branch books. We have a wide selection of pregnancy and parenting titles which have been donated to the branch.

**Newsletter** This is posted direct to members, with some spare copies left at Peterborough City Hospital and other public places. We can email you a screen-readable version on request. It is crammed full of news, birth stories, useful features, diary dates, and more.

### We offer... help from trained specialists

NCT Practitioners are professionally qualified and skilled in supporting parents. They offer locally:

**Antenatal courses, first time and refresher** Small, friendly classes help pregnant mums and dads to explore choices about labour, birth and early parenting. Branch volunteers host post-course events to help the new parents keep in touch. Classes are charged, with up to 90% discount if on low income. For info call 0844 2436886

**Babyfeeding support** NCT breastfeeding counsellors offer free support and information to help you make informed decisions. Local contacts are: Abigail: 07785 913675, Sarah: 01733 331382, Trina: 01733 563989. The national NCT helpline is: 0300 330 0700. You can meet one of them weekly at some local Baby Cafés.

### How you can help us!

We are part of the UK's largest charity for parents. We are run by local parent volunteers and we need your help!

**Spread the word...** Bring a friend to an event, share our website on social media, put one of our posters up, give a copy of this leaflet to a new parent. We rely on word-of-mouth!

**Become a member** All NCT activities are open to both members and non members. But we encourage you to join because your fees help fund our charity as well as give you benefits. For more info see [www.nct.org.uk/join](http://www.nct.org.uk/join).

**Volunteer** We are always looking for new people to get involved. Both members and non members can volunteer, and everyone is valued no matter how much or little time they give. Contact us to ask how to get involved.



**Life with babies and young children is more fun with supportive friends around you... So get in touch!**

[www.nct.org.uk/peterborough](http://www.nct.org.uk/peterborough) [www.facebook.com/nctpeterborough](https://www.facebook.com/nctpeterborough) [nctpeterborough@gmail.com](mailto:nctpeterborough@gmail.com) 0844 2436 240