



NCT Bumps Social @ the Secret Garden

Expecting a baby? Come along to our bumps social, partners and friends welcome!

Find out more about what NCT services are available locally:

- Antenatal classes
- Equipment hire
- Sling library
- Groups
- Learn more about real nappies
- Free mini Indian head, neck & shoulder or hand & foot massages
- Full drinks menu, cake and light snacks at the Secret Garden cafe

And most importantly, meet other local expectant mums!

**Tuesday 7th October, 6pm to 8pm,
Secret Garden, 10 Sun Street, Hitchin**

Admission free but please email coordinator.hertsnorth@nct.org.uk to book your place as places are limited.

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

