

### **Who are we?**

Winchester & District NCT is an active, friendly, volunteer-run branch of the largest charity for parents. Our membership covers Winchester, Andover, Alresford, Stockbridge and the surrounding villages. We offer a wide range of support, information and opportunities to meet other local parents.

We are always looking to meet new parents who want to help us run the local branch. If you are interested in volunteering then please get in touch via [coordinator@winchester-nct.org.uk](mailto:coordinator@winchester-nct.org.uk)

### **Breastfeeding Support**

Free breastfeeding support and help to all new mothers in the Winchester and Andover area.

### **B.A.B.I.E.S**

Babies And Breastfeeding: Information, encouragement, Support).

Tuesdays 9.30am – 12pm  
The Corners, Bereweke Rd, Winchester

### **Free breastfeeding support in Winchester please contact:**

Janine Moffett on 07824 375871  
Lorraine Gavin on 07502 213811

### **Andover Breastfeeding Drop-in**

Tuesdays 10-11.30am  
Spring Meadow Children's Centre  
Mannell Road, Andover, SP11 6JP

### **Free breastfeeding support in Andover please contact:**

Julia on 07867 535099  
Michelle on 07771 824343,  
Lorraine on 07724 122237

### **Social Events**

Bumps & Babies Coffee Mornings - Winchester Mondays (excl bank holidays) 10.30am-12.30pm  
The Theatre Royal, Jewry St, Winchester.

We are always looking for new hosts to join our team - if you are friendly and outgoing and can come along once a month (or more!) please email: [coordinator@winchester.nct.org.uk](mailto:coordinator@winchester.nct.org.uk)

### **Tea Dates**

Tea dates are meet-ups in members' houses, in areas outside of Winchester, and give local parents contact and support from others nearby. If you would like to connect with local parents in your area please email: [Branch.winchester@nct.org.uk](mailto:Branch.winchester@nct.org.uk)

### **NCT Nearly New Sales**

The cost of kitting out your child for the first five years can run into thousands of pounds so NCT Nearly New Sales are the perfect solution – we run a sale twice a year, please check our website for the latest date.

### **Nappy Library**

Our library is stocked with several types of nappies and can offer advice to parents who are interested in using them. To make an appointment to view the library or if you have any questions please contact: [nappylibrary@winchester-nct.org.uk](mailto:nappylibrary@winchester-nct.org.uk)

### **Valley Cushion Hire**

Postnatal cushion, to help with discomfort after a natural delivery including episiotomy, tearing and haemorrhoids. Contact the Valley Cushion Volunteer, Claire, on 01962 885670 for more information.

### **Breast Pump Hire**

Contact Caroline (01962 620228) or Melanie (01962 884939)

### **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.

### **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 5 weeks in length
- Explore issues from crying & sleeping to the reality of parenthood
- Discuss different approaches to parenting with our qualified group leaders

### **NCT Relax, Stretch & Breathe**

Safe, gentle exercise for pregnancy and birth preparation. The aim for the course is to have an enjoyable and relaxing time, through yoga based exercises whilst improving your physical and emotional wellbeing, and increasing your chances of a positive birth experience. To book, please contact 0844 243 6912. Concessionary rates and payment by instalments are available.

### Get Involved

Many people don't realise that branch activities are operated 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're willing to give. Volunteers can get involved in:

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

### Much more...

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.  
Email: [Branch.winchester@nct.org.uk](mailto:Branch.winchester@nct.org.uk)



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.

#### Become an NCT Member

You can help support the Winchester and Andover Branch and join our community of over 110,000 parents nationwide by becoming a NCT Member. For further details please visit [www.nct.org.uk/membership](http://www.nct.org.uk/membership)

#### How to contact us

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

Facebook:

[www.facebook.com/groups/nctwinchester](https://www.facebook.com/groups/nctwinchester)

Email: [Branch.winchester@nct.org.uk](mailto:Branch.winchester@nct.org.uk)



**UK's largest parenting charity**

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

**Winchester & Andover District Branch**

- Breastfeeding Support
- Social Events
- Nearly New Sales
- NCT Antenatal Courses
- And much more...

*Baby on the way? New mum or dad?  
Just moved to the area?  
Contact your local NCT branch*