



*Hands off those biscuits bub  
- they're for the mums!*

## Newham NCT

*NCT is the largest charity for parents in the UK.*

The Newham branch of NCT is run by volunteers – all local mums and dads. Being a parent can be lonely. Meet others and get that emotional support you need. Our groups and events are open to everyone!

### Our groups

**Bumps & Babies** pregnancy stage to 1yr Make friends and share experiences at these home-based and community meet-ups. Why not host in your part of Newham?

**Mums2be** pregnancy stage For parents-to-be to meet others, get information and support.

**The Milk Bar** A 'meet-to-feed' drop-in. Get support breastfeeding, bottle/mixed feeding, weaning and introducing solids from our breastfeeding counsellor and trained peer supporters.

**Peer Support** We provide non-judgemental mum-to-mum peer support in locations around Newham (*see overleaf*).

**Movers & Cruisers** 1-5yrs Weekly meet-ups for parents and children on the move!

**Parties** Local parties and family events all year round. Meet and have fun with other Newham families.

**MenCT dads & kids** Have fun with other dads at evening and weekend monthly meet-ups.

✉ [newham@nct.org.uk](mailto:newham@nct.org.uk)

Facebook [NewhamNCT](#)

Twitter [@NCTNewham](#)

Instagram [nct\\_newham](#)

Join our mailing list to hear about this week's meet-ups and follow us on social media.

**nct**  
1ST 1,000 DAYS  
NEW PARENT SUPPORT



*Volunteer with us.  
We need you!*

Our branch team are a dynamic, energetic, diverse and friendly bunch. Join us! We'd love to hear from you.

## Fundraising

**Mini Rave** Our sell-out first party of each year! Glowsticks, giggles and dancing for babies, tots and their grown-ups.

**NCT Nearly New Sale** Twice yearly sales of good quality used baby kit, clothes and toys for 0-5yrs. Sell, volunteer, bake and bag a bargain [nns.newham@nct.org.uk](mailto:nns.newham@nct.org.uk).

**The Big Push** Sponsored buggy push to raise awareness of postnatal depression and combat loneliness in parents.

## Support services

**Buddy scheme** Having a new baby can be an overwhelming experience. Volunteer buddies give local knowledge and friendship in the early days.

**Breastfeeding** Receive peer support at drop-ins running most days of the week. You can even call our breastfeeding counsellor on 07541 009 213 and leave a message.

**Mental/emotional health** Parents in Mind supports new mums feeling low, anxious or alone during pregnancy to two years post birth with 1:1 or group support [parentsinmind.newham@nct.org.uk](mailto:parentsinmind.newham@nct.org.uk).

## Courses & classes

**NCT ante/postnatal classes** Expert led classes held locally to prepare you for birth and beyond.

**Baby massage courses** Learn a sequence of fun and soothing massage strokes to help improve bonding and attachment.

**Introducing solids workshops** Excellent information and discussion about starting your baby on solid food.

**Infant first aid courses** To give you the skills and confidence you might need in an emergency with your child.

## Equipment hire

Hospital grade breast pumps available to all parents to hire. Email [newham@nct.org.uk](mailto:newham@nct.org.uk) for rates and availability.

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