

Supporting you to become the parent you want to be

Regular Events

“Mothers and Others” Baby & Toddler Group

Mondays 1-2:30pm at Orpington Methodist Church (except Bank Holidays). Dedicated baby area, ride on toys for all ages, refreshments.

Breastfeeding Counsellor for free support and advice 1-2pm. No need to book.

Activities for little ones

Meet ups at the playground, soft play or parks. Suitable for children of all ages, days/times vary.

Annual Events

Cheeky Monkeys Tea Party

Annual fundraising children’s party in spring/summer

Children’s Parties (eg Christmas / Easter)

Regional Training Days

Learn more about the NCT

**Join us at
Orpington &
District NCT
Branch**

**All events open to members and
non-members!**

Volunteer

We always welcome new volunteers. Roles of various sizes are available, allowing you to maintain skills while on maternity leave or develop new skills. All roles can be shared. Volunteering does not need to be time consuming, is very rewarding, and gives you the opportunity to meet new people. Contact Hannah (branch coordinator) for more information.

FOR MORE INFORMATION

Email: orpington@nct.org.uk
Web: www.nct.org.uk/Orpington

‘Like’ us on Facebook:
www.facebook.com/OrpingtonDistrictNct
Follow us on twitter: [@OrpingtonNCT](https://twitter.com/OrpingtonNCT)



Nearly New Sales

- Good quality goods at bargain prices
- Sell unwanted baby clothes, toys and equipment
- Held 2-3 times per year
- Members get early entry into sale

Social Events

Bumps* in the Pub

New members can get together with other parents-to-be. *Partners too.

Welcome to the world

Regular coffee groups in members’ houses to meet parents with new arrivals of a similar age

Evenings out

Meet other parents, have a meal or drink and chat!

First Aid Courses

- Run in conjunction with the British Red Cross, covering key first aid issues for babies and toddlers