

## Antenatal Education

We are pleased to offer you antenatal parent education in partnership with the NCT, the UK's largest charity for parents. NCT's Preparation for Birth and Beyond antenatal education programme will be offered to you over a number of sessions at a convenient time and location.

To book on to your session, simply choose the location and time that is most suitable for you and your partner. **Course details can be found overleaf.**

Remember, expectant parents are now legally entitled to take time off work to attend antenatal sessions. Feedback suggests that everyone is much more alert during the day and therefore able to take in a lot more information. Please see the below link for more information on taking time off work:

[http://www.direct.gov.uk/en/Employment/Employees/WorkandFamilies/DG\\_10026556](http://www.direct.gov.uk/en/Employment/Employees/WorkandFamilies/DG_10026556)

You may book onto your course at any time, though we recommend you do not leave it after 26 weeks to avoid disappointment!

Unfortunately, we cannot provide refreshments so please feel free to bring something to eat or drink to these sessions.

If your circumstances change or you do not need/wish to attend, please could you contact the venue you have booked for your course.

For more information about the course and what it covers, please visit the website:

[www.nct.org.uk/pbb/walsall](http://www.nct.org.uk/pbb/walsall)

**Course details, next page**

## Antenatal Education NCT Preparation for Birth and Beyond Courses

To book on to your free course, simply choose the location and time that is most suitable for you and your partner. Ring the Children's Centre directly to book your place.

Course Type	Time of course	Location of course	Contact Details to Book
4 Week Antenatal	Tuesdays 1pm – 3pm	Palfrey Children's Centre South Street Palfrey Walsall WS1 4HE	01922 642382
2 Week Antenatal	1 Thursday evening 5.30pm – 7.30pm plus 1 Saturday 10am – 4pm	Blakenall Children's Centre 275 Blakenall Heath Walsall WS3 1HJ	01922 476698
2 Week Antenatal	Fridays 10am – 2pm	Darlaston Children's Centre Crescent Road Wednesbury WS10 8AE	0121 5265537
4 Week Antenatal	Wednesdays 4pm – 6pm	Midwifery Led Unit (MLU) Charles Street Walsall WS2 9LZ	Email: <a href="mailto:Walsall.Bookings@nct.org.uk">Walsall.Bookings@nct.org.uk</a>  07872 153715
Young Parents Antenatal Workshops (3 hours)	Wednesdays 1.00pm – 4.00pm  One workshop is held every other month	Blakenall Village Centre Thames Road Walsall WS3 1LZ	01922 443940