Caterham and Oxted Branch

Chatter

Spring 2019

The Support and Easter Issue

Inside:

- Support – tips for friends and family
- Local activities and NCT Information
- Ideas for Easter Activities and Gifts
# Contents

**Welcome** ........................................................................................................................................... 3

Branch Report ........................................................................................................................................... 4

**The Week at a Glance** ......................................................................................................................... 5

Children Centres – Spring Term 2019 ....................................................................................................... 7

**Baby Cafe** ........................................................................................................................................... 9

**Sling Library** ...................................................................................................................................... 10

**Support** .............................................................................................................................................. 12

  Support Tips for Friends and Family ....................................................................................................... 13
  Grandparent Support ............................................................................................................................... 15
  Supporting Your Partner .......................................................................................................................... 16
  What a load of Pants (and Bras)! ........................................................................................................... 18
  Let’s Talk About .................................................................................................................................... 20

**Birth Story** .......................................................................................................................................... 21

**Baby Massage** .................................................................................................................................... 23

**NCT Stars Awards 2018** ..................................................................................................................... 24

**Easter** .................................................................................................................................................. 25

  Easter Days Out ..................................................................................................................................... 26
  Activities to do at Home ........................................................................................................................... 28
  Easter Treats Recipes ............................................................................................................................. 30
  Alternative to Easter Eggs ....................................................................................................................... 33

**NCT Membership** .............................................................................................................................. 34

**Who’s Who** ......................................................................................................................................... 36

**Advertising Rates** .............................................................................................................................. 38
Welcome…

to the spring edition of Chatter!

2019 is flying by already and it will soon be the Easter Holidays.

In this edition of Chatter, the Caterham and Oxted NCT Branch magazine, you can find ideas of how to keep little ones entertained throughout the Easter break as well as alternatives to chocolate eggs if you’re trying to avoid the sugar rush!

We are looking at “support”. From how friends and family can support you, to how you can be supported (even through your underwear!).

As always, we bring you information and ideas about regular local activities including NCT branch groups and events, playgroups and what’s on at your local children’s centres.

We also have a new section for recipes and this edition includes some Easter recipes you can do with little ones.

Chatter is written and edited entirely by volunteers. Please get in touch if you are interested in contributing to the next edition of Chatter either with articles or ideas of themes at:

newsletter.caterhamandoxted@nct.org.uk

We hope you enjoy the read!

Thanks to our current advertisers:

<table>
<thead>
<tr>
<th>Little Fishes</th>
<th><a href="https://little-fishes-swim.co.uk/">https://little-fishes-swim.co.uk/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Sensory and Toddler Sense</td>
<td><a href="https://www.babysensory.com/">https://www.babysensory.com/</a></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.toddlersense.com/">https://www.toddlersense.com/</a></td>
</tr>
<tr>
<td>Water Babies</td>
<td><a href="https://www.waterbabies.co.uk/">https://www.waterbabies.co.uk/</a></td>
</tr>
<tr>
<td>Soper Hall</td>
<td><a href="https://soperhall.org.uk/">https://soperhall.org.uk/</a></td>
</tr>
<tr>
<td>Bright Horizons</td>
<td><a href="https://www.brighthorizons.co.uk/">https://www.brighthorizons.co.uk/</a></td>
</tr>
</tbody>
</table>
Branch report
Update from volunteer Deputy Branch Coordinator and local mum of two Caroline Kirkwood

Hello to 2019 and hello to our new online version of Chatter! We are launching online (rather than posting the magazine out to members) to hopefully reach more local parents – mainly due to the new GDPR rules which means it has become harder for us to email or send out hard copies.

Since the winter edition of Chatter, we have been focussing on launching our new ‘Let’s Talk About’ events. These are an opportunity for parents to share their experiences on various topics in a relaxed environment over a drink and some cake. Or parents can simply come along and listen to other’s experiences – no pressure to join in. Our first evening “Let’s Talk About…feeding your baby” was held on 14th March where there was a chance to talk about breastfeeding, formula feeding, combination, expressing and tube feeding. We welcome feedback to see how we can improve future events or what topics parents would find it useful to cover.

Our Nearly New Sale found a new location at Oxted School on 16th March. This is always a great chance for parents to pick up some bargains and for others to declutter so we will keep you posted when the next one will be!

Our branch Facebook page – [www.facebook.com/groups/nctcatoxt](http://www.facebook.com/groups/nctcatoxt) continues to be a great place to get tips and ideas from other parents about what to do with your children – playgroups, indoor activities or arts and crafts to try. Please free to post any questions on there.

This year we are as always very lucky to have some amazing volunteers who have already helped at the Let’s Talk About evening, at the Nearly New Sale, as well as putting this magazine together but we are always looking for new volunteers to join the team.

Please do get in touch if you are interested in being involved or if you know someone who can – you can give as much or as little of your time as possible – every little helps!

We want this magazine to be as informative and relevant as possible, so if you have any comments, ideas on future themes/articles or would like to get involved by contributing an article, please email us at: [newsletter.caterhamandoxted@nct.org.uk](mailto:newsletter.caterhamandoxted@nct.org.uk).

Take care and hope to see you at one of our events!

Caroline x ([membership.caterhamandoxted@nct.org.uk](mailto:membership.caterhamandoxted@nct.org.uk))
The Week at a Glance

Local baby and toddler groups

These are details of local drop in baby and toddler groups. Most ask for a donation to cover their costs and are run by volunteers so please check websites/Facebook groups for details.

Many are term-time only so again worth checking before you go.

**Bumps and Babies** (Thursdays) and **Toddle Waddle** (Fridays) are run by our NCT volunteers – we ask for donations to cover costs so please support where you can!

In addition to these groups – there is a **Bumps Blind Date** coffee morning that is held on the last Saturday of each month. Please check the Facebook group for more information.

<table>
<thead>
<tr>
<th>Monday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bay Pond Baby and Toddlers group</strong></td>
<td>09:30 – 11:30am</td>
</tr>
<tr>
<td>St Nicholas Youth Centre, Godstone RH9 8DT</td>
<td></td>
</tr>
<tr>
<td><strong>Tandridge Teddies</strong></td>
<td>09:15 – 11:15am</td>
</tr>
<tr>
<td>Tandridge Village Hall, Tandridge Lane, RH8 9NN</td>
<td>Birth to preschool</td>
</tr>
<tr>
<td><strong>Thelma’s Friends</strong></td>
<td>10.00 – 11.30am</td>
</tr>
<tr>
<td>Tandridge Heights Memorial Care Home, Memorial Close, Oxted, RH8 0NH</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Sparkling fishes</strong></td>
<td>9:30 – 11:30am</td>
</tr>
<tr>
<td>Eden Church, The Eden Centre, Four Elms Road, Edenbridge, TN8 6BY</td>
<td>Babies and toddlers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>123 Club</strong></td>
<td>09:30 – 11:30am</td>
</tr>
<tr>
<td>St Paul’s Church Room, Croft Road, Woldingham, CR3 7EN</td>
<td>Birth to preschool</td>
</tr>
<tr>
<td><strong>Toddler Group</strong></td>
<td>09.30 – 12.00pm</td>
</tr>
<tr>
<td>Caterham Community Church, Coulsdon Road, Caterham, CR3 5NF</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Storytots</strong></td>
<td>14.00 – 14.30pm</td>
</tr>
<tr>
<td>Oxted Library, 12 Gresham Road, Oxted, RH8 0BQ</td>
<td>Pre-school</td>
</tr>
<tr>
<td><strong>Storytots</strong></td>
<td>14.15 – 14.45pm</td>
</tr>
<tr>
<td>Caterham Valley Library, Stafford Road, Caterham, CR3 6JG</td>
<td>Preschool</td>
</tr>
<tr>
<td><strong>Little Angels</strong></td>
<td>08.45 – 11.00am</td>
</tr>
<tr>
<td>St Luke’s Church, Whyteleafe Hill, Whyteleafe, CR3 0AA</td>
<td>Babies to preschool</td>
</tr>
<tr>
<td><strong>Toddler Group</strong></td>
<td>09.30 – 11.00am</td>
</tr>
<tr>
<td>Sacred Heart Old Church Hall, Essendene Road, Caterham, CR3 5PA</td>
<td>Under 5’s</td>
</tr>
</tbody>
</table>
## Wednesday

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oakhall Church OPEN HOUSE parents &amp; toddler group</strong></td>
<td>181 Chaldon Road, Caterham, CR3 5PL</td>
<td>09.30 – 11.30am</td>
<td>Babies to preschool</td>
</tr>
<tr>
<td><strong>Yo-Yos</strong></td>
<td>St John the Evangelist, Church Way, Hurst Green, RH8 9EA</td>
<td>09:15 – 11:15am</td>
<td>Babies to preschool</td>
</tr>
<tr>
<td><strong>Buggy/Pram Walk</strong></td>
<td>Hurst Green &amp; Holland Children's Centre, Wolfs Wood, Hurst Green, RH8 0HJ</td>
<td></td>
<td>Walk leaves at 11.00am Buggy age</td>
</tr>
<tr>
<td><strong>Aggie's-on-the-Green Coffee Shop</strong></td>
<td>St Agatha's Hall, Hurstlands, Hurst Green, RH8 9DU</td>
<td>10.30 – 14.00pm</td>
<td>Any age</td>
</tr>
</tbody>
</table>

## Thursday

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bumps and Babies</strong></td>
<td>United Reformed Church, 21 Bluehouse Lane, Oxted RH8 0AA</td>
<td>09:45 – 11:45am</td>
<td>Babies under 1yr</td>
</tr>
<tr>
<td><strong>Pebble Rhymetime</strong></td>
<td>Caterham Hill Library, Westway, Caterham, CR3 5TP</td>
<td>10.30am</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Stay and Play</strong></td>
<td>St. Mary's Church, Church Hill, Caterham, CR3 6SA</td>
<td>09.30 – 11.00am</td>
<td>Preschool</td>
</tr>
</tbody>
</table>

## Friday

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Toddle Waddle</strong></td>
<td>Caterham Children’s Centre, The Pavilion, Guards Avenue, Caterham CR3 5ZU</td>
<td>09:30 – 11:30am</td>
<td>12 – 24 months</td>
</tr>
<tr>
<td><strong>St Marys’ Monkeys</strong></td>
<td>Oxted Community Hall, 53 Church Lane, Oxted, RH8 9NB</td>
<td>09:30 – 11:30am</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Hurst Green Stop ‘N’ Play</strong></td>
<td>Hurst Green Methodist Church Hall, 4 Hurstlands, Oxted, RH8 0HG</td>
<td>10.00 – 12.00pm</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Pebble Rhymetime</strong></td>
<td>Oxted Library, 12 Gresham Road, Oxted, RH8 0BQ</td>
<td>11.00 – 11.30am</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Pebble Rhymetime</strong></td>
<td>Caterham Valley Library, Stafford Road, Caterham, CR3 6JG</td>
<td>10.00am</td>
<td>Under 5’s</td>
</tr>
<tr>
<td><strong>Little Angels</strong></td>
<td>St Luke’s Church, Whyteleafe Hill, Whyteleafe, CR3 0AA</td>
<td>08.45am – 11.00am</td>
<td>Babies to preschool</td>
</tr>
</tbody>
</table>
Children Centres – Spring Term 2019

Health Drop Ins

Please check online or call for up to date information as the below may vary:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pavilion</strong> 09.30-11.30</td>
<td><em><em>St Piers</em> 09.30-11.30</em>*</td>
<td><strong>Hurst Green &amp; Holland 09.30-11.30</strong></td>
<td><strong>Hamsey Green 09.30-11.30</strong></td>
<td><strong>Marden Lodge 09.30-11.30</strong></td>
</tr>
<tr>
<td>Alternate weeks from 4th March</td>
<td>Every 4 weeks from 12\textsuperscript{th} March</td>
<td>Alternate weeks from 6th March</td>
<td>Alternate weeks from 7th March from 6th March</td>
<td>Alternate weeks from 1st March</td>
</tr>
</tbody>
</table>

*For other activities please look at the children centre’s websites/Facebook groups

https://childrenshealthsurrey.nhs.uk/categories/child-health-clinics-and-drop-ins

The 0-19 health team can be contacted on their advice line 01883 340922 which is open from 8am-5pm on weekdays (excluding bank holidays).

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| **Marden Lodge Primary School**   | Croydon Road, Caterham, CR3 6QH | **Tel:** 01883 348641  
**Email:** linda.smith@caterhamchildrenscentre.org.uk  
**Website:** [www.mardenlodge.org/247/childrens-centre](http://www.mardenlodge.org/247/childrens-centre)  
**Facebook Group:** [https://www.facebook.com/groups/1668901826680358/](https://www.facebook.com/groups/1668901826680358/) |
<p>| <strong>The Pavilion</strong>  | Guards Avenue, Caterham, CR3 5ZD | <strong>As above</strong>                                                                    |</p>
<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| Hurst Green and Holland| Wolfs Wood, Hurst Green, RH8 0HJ | Tel: 01883 723496
Email: Contact via website
Website: [www.hurstgreenchildrenscentre.co.uk](http://www.hurstgreenchildrenscentre.co.uk)
Facebook Page: [https://www.facebook.com/hurstgreenchildrenscentre/](https://www.facebook.com/hurstgreenchildrenscentre/) |
| Hamsey Green           | Tithepit, Shaw Lane, Warlingham, CR6 9AP | Tel: 01883 625255
Email: centre@hamsey.surrey.sch.uk
Website: [www.hamsey.surrey.sch.uk](http://www.hamsey.surrey.sch.uk)
Facebook Page: [https://www.facebook.com/Hamsey-Green-Childrens-Centre-1007798909232803/](https://www.facebook.com/Hamsey-Green-Childrens-Centre-1007798909232803/) |
| St Piers               | St Piers Lane, Lingfield, RH7 6PW | Tel: 01342 831306
Website: [http://www.surestartlingfield.org.uk/](http://www.surestartlingfield.org.uk/) |
A Baby Café is where mothers can meet in a relaxed environment to get some support. Partners, and other family members are also welcome.

Baby Cafés generally open during term time only. You can find more information at [www.thebabycafe.org](http://www.thebabycafe.org).

Oxted Baby Café
King’s Centre,
33 Amy Road
Oxted,
RH8 0PW
Mondays (term-time only)
13.30-15.00pm

Caterham Baby Café
Caterham Children’s Centre Pavilion
Guards Avenue,
Caterham,
CR3 5ZD
Thursdays (term-time only)
10.00-12.00pm

Our breastfeeding counsellors are available to offer support – contact details below, and further information can be found on our branch page:


<table>
<thead>
<tr>
<th>Counsellor</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katherine Saunders</td>
<td>01883 723762</td>
<td><a href="mailto:Katherine.saunders@nct.org.uk">Katherine.saunders@nct.org.uk</a></td>
</tr>
<tr>
<td>Jo Doherty</td>
<td></td>
<td><a href="mailto:Joanna.Doherty@nct.org.uk">Joanna.Doherty@nct.org.uk</a></td>
</tr>
<tr>
<td>Kate Manvatkar</td>
<td>01883 370860</td>
<td><a href="mailto:rahulandkate@hotmail.com">rahulandkate@hotmail.com</a></td>
</tr>
</tbody>
</table>

Please see page 20 for more feeding support information.
Sling Library

We have a fantastic sling library run by our wonderful volunteers Jane and Laura. As there’s lots of types of slings and carriers, for a small charge and a deposit, you can hire one to ensure you find one that suits you. Jane and Laura can also help you with your own sling if you already have one to ensure it is fit correctly.

Please don’t worry if using a sling is not for you, it’s not a necessity, it’s just that some parents do find them incredibly helpful.

If you would like to help volunteer at the sling library so it could be run more often – please get in touch via the Facebook page!

The sling library is available at:

<table>
<thead>
<tr>
<th>Caterham Baby Café</th>
<th>Oxted Baby Café</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternate Thursdays (term time)</td>
<td>2\textsuperscript{nd} Monday of the month (term time)</td>
</tr>
<tr>
<td>10.00 – 12.00pm</td>
<td>13.30 – 15.00pm</td>
</tr>
<tr>
<td>14\textsuperscript{th} March</td>
<td>11\textsuperscript{th} March</td>
</tr>
<tr>
<td>28\textsuperscript{th} March</td>
<td>8\textsuperscript{th} April</td>
</tr>
<tr>
<td>25\textsuperscript{th} April</td>
<td>13\textsuperscript{th} May</td>
</tr>
<tr>
<td>9\textsuperscript{th} May</td>
<td>10\textsuperscript{th} June</td>
</tr>
<tr>
<td>23\textsuperscript{rd} May</td>
<td>8\textsuperscript{th} July</td>
</tr>
<tr>
<td>6\textsuperscript{th} June</td>
<td></td>
</tr>
<tr>
<td>4\textsuperscript{th} July</td>
<td></td>
</tr>
<tr>
<td>18\textsuperscript{th} July</td>
<td></td>
</tr>
</tbody>
</table>

To check for up to date information please follow the [https://www.facebook.com/NctCaterhamOxtedSlings/](https://www.facebook.com/NctCaterhamOxtedSlings/) Facebook page.

This details the UK Sling Consortium’s ‘TICKS’ checklist that may help you:

**Tight**: Slings and carriers should be tight enough to hug your baby close. Any loose fabric will allow your baby to slump down in the carrier, which can hinder their breathing and pull on your back.

**In view at all times**: You should always be able to see your baby’s face just by glancing down. The fabric of a sling or carrier shouldn’t close around your baby so you have to open it to check on them. In a cradle position your baby should face upwards, and not turned in towards your body.

**Close enough to kiss**: Your baby’s head should be as close to your chin as is comfortable. By tipping your head forward, you should be able to kiss your baby on the head or forehead.

**Keep chin off the chest**: A baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Make sure there is always a space of at least a finger width under your baby’s chin.

**Supported back**: In an upright carrier, your sling should carry your baby comfortably close to you to support their back in its natural position. Their tummy and chest should be against you. Test this by putting your hand on your baby’s back and pressing gently, they should not uncurl or move closer to you. If your baby is in a cradle carry or pouch, their bottom must be in the deepest part of the sling. This way, the sling doesn’t fold your baby and press their chin to their chest.
Support

In this section we’re going to look at ‘Support’.

We have handy tips you can subtly show to friends and family so they can support you with a new baby. One of our fantastic Grandmothers has written an article about how she supports her daughter and grandsons and an anonymous dad has written about how he supported his wife.

We also have an article on underwear (looking at all types of support 😊) for pregnancy and after birth!

In the next edition of Chatter, we want to focus more on partners and how they feel they were supported or wished they were. Also, we’d like to a focus on mental health and signs of postnatal depression and support available.

If you have a story to share please get in touch (it can be anonymous): newsletter.caterhamandoxted@nct.org.uk.

Not forgetting this week that it is Mother’s Day on 31st March – so to all you amazing Mums out there:

HAPPY MOTHER’S DAY!!!

YOU ARE DOING A BRILLIANT JOB

Hurrah For Gin
Support Tips for Friends and Family

Offer Help
Some parents would really appreciate offers of cooking, cleaning, holding baby whilst they have a shower or a sleep. However don’t force it upon them – some may just be happy with your company and wouldn’t want anyone touching their mess or interfering in their household!

Bring Food
Drop round full meals/batch cooking they can easily heat up (ideally in containers you don’t need back). Or just pop round with some snacks and drinks they can nibble especially when holding baby.

Don’t Be Pushy
It’s great if new parents ask your advice or for your experiences but every baby is different and what worked for you may not for them. Don’t force your opinions or advice or make them feel as though they’re doing it all wrong!

Don’t Forget Them
Many new parents have visitors in the first couple of weeks but often they could still do with help weeks or months down the line. Keep offering that help!
Encourage and Compliment

Offer words of encouragement “you’re doing brilliantly”, “you’re looking fab”, “baby is gorgeous”. No new parent needs to hear how tired they look or they look like they’re struggling. They certainly don’t need anyone to point out the unsightly milk spots or flat heads on baby!

Listen

Ask new parents how they are really doing. New Mums may want to talk in great detail about their birth experience so ask. And look interested when they’re telling you all the details of their beautiful new baby ;-)

Don’t Compare

No new parent needs to hear how easy you found your baby. Nor how your baby slept through the night from an early age or fed easily! Appreciate they may be finding it tough and be sympathetic.

Don’t Be Needy

Don’t get offended if your calls go unanswered or if txts/emails aren’t responded to. Just send another letting them know you’re there if they need you. But try not to pester them and realise how busy the first few months are.
Grandparent Support
By Dee Dee Morgan

I had always felt that my daughter would be fulfilled when she became a mother. She was always a child who enjoyed role playing, especially playing with dolls and animals, and loved helping with her younger cousins. So it came as no surprise when the year after her wedding, our first grandson was born and a second grandson two years later.

I have had the privilege of being closely involved with my daughter and grandsons, and, although I don’t live close to them, am able to keep in regular touch through FaceTime between visits.

As a parent, life is generally hectic. Juggling so many demands on one's time, so that precious time spent just playing with the children can often be very scarce. As a grandmother, I’ve found that during my frequent stays with my daughter and family, I have quality time to spend with the boys and can give my daughter some time to herself. She has kindly trusted me with the boys’ care while she and her husband had a well-earned holiday!

Of course, looking after them is not without its challenges! In thirty years, technology has changed greatly and presents many puzzles to a gadget and technology phobic sixty year old!

As a baby, my daughter travelled in a carrycot strapped into the backseat of the car, and the Fisher Price cassette player she had for her first birthday was simple to operate by just pressing a button! Thirty years later, as a grandmother, getting a child wearing a puffy jacket into a car seat is a challenge, especially if you want to ensure the child can move! Assembling and collapsing the buggy or attaching a buggy board is not for the faint hearted. While attaching the tray to the high chair quickly, while finding the right game on the iPad, or the correct channel on a complex television to find Mr Tumble, are all new skills to be learnt. And not forgetting to ensure that the sun doesn’t appear too early on the GroClock to avoid an even earlier wake up call! However, it’s always reassuring to have a three year old to show you how things are done, and to give advice!

Having grandchildren has added a new dimension to my life. It is a real joy to be a part of their young lives and to see the great pleasure and delight they take in all their new experiences as they grow. While I hope I can help them learn new things, they are certainly able to help me with technology, and I have no doubt, will continue to do so!
Supporting Your Partner

By anonymous Dad

I’ve been asked the question ‘how did you support your wife in the first few weeks after having a baby?’ Blimey. What a question. Where do I start?! I’ve only got 400 words so I’ll keep it brief ... rather than blowing my own trumpet. Very loudly.

If the Mummy is breastfeeding, this is something that only she can do. Obviously. So I brought snacks and water to her. And made sure that the tv remote was in easy reach.

We were blessed with a night owl. We didn’t get much sleep but I tried to help during the nights with winding and nappy changing. There’s nothing quite like a poonami at 2am (from the baby....not me).

My wonderful mother-in-law had packed the freezer with shepherd pies, fish pies and casseroles. All easy to eat with one hand. Or easy to feed to New Mummy if she’s feeding the baby.

Once New Mummy was feeling strong enough, we would go for a short walk to get some air. Sometimes she didn’t want to go but I gently encouraged her and she was so glad that I did. Air is good for the soul!

I took the lead on paperwork for the new baby. Registering the birth, health insurance etc. This gave New Mummy one less thing to think about.

Leaving baby and New Mummy after paternity leave was hard. Hard for all of us. I called New Mummy throughout the day and asked what I could bring home for supper. When I got home from work, I had cuddles with baby and let New Mummy have a bath and some ‘me time’.
Birth is like a marathon. I was exhausted at the end of it so goodness knows how a woman feels!

My top tips to support her would be:

1) Listen to her. And actually listen to what she’s not saying too. If she’s death staring you, there’s probably a reason.
2) Do some impromptu niceties. Buy chocolates. Provide biscuits. Run her a bath. Make her a cuppa.
3) Offer to go to playgroups/classes with her in the early days so she feels confident to go alone.
4) Tell her she’s beautiful. As she is.
5) Enjoy your new family!

If you need support about any aspect of parenting, please speak to your Health Visitor, Midwife or GP. Or reach out to friends and family. Do not try and do it all alone, there is help and support out there.

The NCT helpline offers practical and emotional support: 0300 330 0700.

There are also a number of articles on the NCT website which you may find useful:

https://www.nct.org.uk/life-parent
What a load of pants (and bras)!

Wearing the right underwear when pregnant and after your birth can help you feel comfortable. However, no one wants to spend lots of money on a completely new underwear set, when it may become too big or too small quickly! We’ve summarised some tips from an NCT Matters article to try and help.

**Knickers**

When pregnant, some women find their current knickers are fine – especially if they fit underneath the bump. Others find it necessary to buy maternity knickers that have an elasticated band and fit over your bump, or some prefer to buy the next size up. It may be best to see how you feel throughout pregnancy rather than rush out and buy as soon as you find out you’re pregnant. One mum found for example she couldn’t wear any knickers that went across her bump as it made her sickness worse (randomly!) so she stuck to same size and they fit under the bump ok.

Cotton is usually the best material for knickers when you’re pregnant or after the birth. This is because it’s breathable and doesn’t retain moisture which can be a breeding ground for bacteria. In fact NICE guidelines say in particular that women who’ve had a caesarean should be encouraged to wear cotton underwear.

Loose styles are a good idea as you may be feeling sore after the birth, particularly if you had a caesarean.

It’s also worth having some old knickers on hand, which you don’t mind throwing away, for after the birth – or for the end of pregnancy when your waters may break or you might have a show which is the mucus plug coming away. You can also get disposable knickers to take to the hospital with you.

Remember you’ll need knickers that you can use maternity pads with because of the bleeding (or lochia) after birth which can last for several weeks.

You can also buy specialist caesarean underwear that offers support and light compression, which is said to support weakened tissue, reduce swelling, help with...
itchy skin and protect the area around the incision, though research is needed into its effectiveness.

**Bras**

It’s common to go up a cup size or two during pregnancy but everyone is different. Many women notice they are broader across the back as well because your rib cage will be expanding to make room for your baby.

Rather than struggling on in your old bras for as long as possible, it’s a good idea to get professionally measured for a bra when you’re pregnant. Depending on how much growth you’ve noticed, you may want to do this in the first trimester.

You may want to get measured a few times throughout the course of your pregnancy as your breasts will continue changing. Most highstreet shops offer a free measuring service. It’s a good idea not to buy lots of bras, if you do need new ones, as you may not be wearing them for very long before your breasts change again.

If you’re intending to breastfeed, nursing bras are a good idea. They have clips on the strap so you can pull them down easily for feeding. It’s worth practicing doing this one handed so you’ve got the hang of it before your baby arrives.

Let’s Talk About...  
Feeding Your Baby

Our ‘Let’s Talk About’ evening on 14th March was a chance for parents to share their experiences of feeding babies. Or they could just come along and listen to our volunteer’s experiences over a glass of wine and some cake!

Our volunteer’s experiences covered breast, formula, combination, expressing and tube feeding. The suggestions of further sources of support below are from what our volunteers found useful.

Baby Cafes: please see page 8 for details.

Burstow Babies: Feeding support service for families. To book an appointment call 01737 768 511 x5316 / x6317 / x1653.

Online information: on Breast (B), Formula (F), Expressing (E), Combination (C) and Tube (T) feeding:

https://www.nct.org.uk/baby-toddler/feeding  (B,F,E,C)

https://www.nhs.uk/conditions/pregnancy-and-baby/?tabname=your-newborn  (B,F,E,C,T)

https://www.bliss.org.uk/parents/about-your-baby/feeding  (B,F,E,T)

https://kellymom.com/category/bf/  (B, E, C)

https://www.thebcs.ca/factsheets.html  (B,E,T)

http://www.fearlessformulafeeder.com/  (F)

https://www.ilca.org/why-ibclc/falc  (B)

www.breastfeedingnetwork.org.uk  (B)
Birth story

Caroline K writes about the births of her daughters

My husband had clearly watched too many films so thought he was going to be fully prepared when my due date arrived with our first daughter. He was all ready for my waters to break on the day, contractions to start and baby would arrive within minutes. In reality it wasn’t quite like that!

When I was about 7 days late, I started to have contractions on and off which then eventually got bad enough to go into hospital on the 8th day.

I was absolutely gutted that after a few hours I was still only a few centimetres dilated. I hadn’t eaten or really drunk much and my sickness had returned so felt exhausted.

I demanded an epidural and although they were reluctant at first as they said it would slow things down further, I stuck to my guns and was given one!

In honesty this felt like an anti-climax as I thought it would be easier after that but they insisted on a mobile one so I could still feel contractions. However it did allow a few hours’ sleep eventually after a few top ups!

The following morning, I was finally fully dilated and after a while a consultant arrived due to concerns with baby’s heartbeat. I agreed to an episiotomy and had a ventouse delivery.

Luckily my beautiful daughter arrived safely!

Immediately after the birth I fainted a couple of times with my husband looking terrified and literally left holding the baby.

The doctors were fantastic and although I had to stay in hospital overnight so they could monitor me – it was just down to lack of food, sleep and general exhaustion.

Physically I struggled a lot after the birth as one of my stitches didn’t heal properly, bruising was awful from the ventouse and I generally felt a bit battered.

I think I was completely unprepared for how my body would feel after
giving birth and in hindsight didn’t ask for (or accept) enough help. I couldn’t sit or walk properly (for what felt like ages but was probably only a week or so) and I honestly couldn’t imagine going through that again!

But my stitches did eventually heal and my husband was brilliant with pretty much doing everything (apart from the feeding!) before he had to go back to work.

My experience with my second daughter was completely different.

My waters broke a week early but I wasn’t having any contractions. After a check up at the hospital and going home for a bit, my contractions eventually started about 16 hours later.

It took about 8 hours before they got to a few minutes apart and until that point they had felt quite manageable!

We went back to hospital and after an hour and half in the antenatal ward, we were transferred to the delivery suite.

This time I had gas and air which I think I sucked the supply out of the hospital 😊. After another hour and a half, my gorgeous youngest daughter also arrived safely.

This time I felt so much better after birth. I could have a shower straight away which made such a difference.

Although I did have to have stitches for a tear, they healed quickly and this time I had no issues with walking round after.

I had to stay in hospital due to waters breaking over 24hrs before birth but staff were lovely and I felt very well looked after.

Every birth is different, but I do think it’s important to talk about your experience – I felt it quite therapeutic to discuss my births – especially the first one!

There is help out there if you need it. If you’d like to discuss your birth, have concerns over anything that happened or feel like it’s taking you longer to come to terms with your experience, please speak to your midwife, health visitor or GP.

The NCT support line also offers practical and emotional support: 0300 330 0700.
NCT Baby Massage courses in the Oxted and Caterham area are led by Jane Williams, our local fully-qualified NCT practitioner who has undergone special training in teaching baby massage.

The sessions are friendly and interactive and offer the opportunity to take time out to enjoy bonding with your baby.

Whilst there are no set guidelines regarding the minimum age for when to start baby massage, many parents prefer to wait until their baby is about six weeks old when their routine is more settled and their behaviour is sometimes more predictable. It can also be helpful to start baby massage after your baby’s six week check so any issues with development, such as hip dysplasia, might be identified.

It would be great to see you there!

To book a course go to bookings@4n@nct.org.uk
NCT Stars Awards 2018

The annual NCT Stars Awards recognise and celebrate the achievements, hard work and dedication of our volunteers, practitioners and staff. They all make a fantastic contribution to the charity’s work by providing services and supporting parents across the UK at an incredibly important time in their lives.

We are incredibly proud that we had not only two nominations in the awards, but also the winner of the Prunella Briance Award for Making it Happen 2018.

Jo Doherty – Nominated
Jo demonstrates how Prunella Briance’s vision and work ethos is continuing at NCT today. During her training as a volunteer breastfeeding counsellor, she became aware of vulnerable women who had escaped modern-day slavery or state sponsored torture and rape. She decided someone had to do something and approached various organisations including Home Start Croydon, which helped her set up the Happy Baby Community drop in. Here they offer hot food, antenatal and postnatal information, breastfeeding support, English classes, baby clothes and equipment. Many of the women are struggling with loneliness and despair and live in fear of being moved on. What Jo and her team do to support them is little short of wonderful.

Sally Hogg – *Winner*
Sally has been a real champion for parents in the area. Until recently Sally volunteered as NCT branch coordinator for Caterham & Oxted, helping to run a range of groups and services for new mums and dads. She also successfully campaigned for change – Sally was aware of local mums with mental health problems not getting the care they needed. She collected over 230 local mum’s experiences in a survey and used this to influence local services including organising events with parents, professional and the local MP. This resulted in a number of changes, including training for local GPs and a leaflet for parents. Sally also successfully campaigned to allow partners back onto the postnatal wards at East Surrey hospital. She is now working with Tandridge District Council to try and save some of the children’s centre spaces and services.
Easter

In this section we’ve got some ideas of how to keep your little ones entertained over the Easter holidays.

You may not have school age children so think half term doesn’t matter, but we’ve quickly learnt most groups and classes are term time only so thought it would be useful to have some suggestions for either details on days out or some activities you can try at home!

We also have some alternatives to Easter Eggs in case you want to limit sugar intake for children – or in case you need those eggs more than your children do. 😊
Easter Days Out

**Oxted Town Centre:**

**Flower Farm, Godstone:**

Keep an eye out on Facebook for further local events and we will try and keep the Facebook page updated with any free events suitable for children.

St Marys, Church Lane, Oxted, RH8 9NB

St Agatha’s Hall, Hurstlands, Hurst Green, RH8 9DU
National Trust – Cadbury’s Easter Egg Hunts:

Chartwell

*Randolph the Rabbit trail*
6th – 22nd April 10.00 – 16.00
Follow the adventures of Randolph the Rabbit. If you look hard enough, you may even meet Randolph the Rabbit himself and get a chocolate prize at the end.

Quebec House

*Beehive Trail 2019*
19th – 22nd April 11.00 – 16.00
Explore the garden to help Mrs Wolfe find all the beehives hiding the eggs, honey and spices she needs to make her traditional Easter treats.

Emmetts Garden

*Tree trumps trail*
6th – 22nd April 10.00 – 16.00
Take a stroll through the garden in the tree trump themed hunt to earn your chocolate prize.

Local Activities:

<table>
<thead>
<tr>
<th>Godstone Farm</th>
<th>Priory Farm</th>
<th>Hever Castle</th>
<th>Bocketts Farm</th>
<th>RSPCA South Godstone Animal Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wiglet’s Easter Eggstravaganza</td>
<td>Spring Trail</td>
<td>Easter Trail</td>
<td>Easter Eggstravaganza</td>
<td>Easter Fair</td>
</tr>
<tr>
<td>6th – 22nd April</td>
<td>6th – 29th April</td>
<td>6th – 22nd April</td>
<td>6th – 23rd April</td>
<td>13th April 11.00 – 16.00</td>
</tr>
</tbody>
</table>
Activities to do at home:

- Egg Hunts
- Make Easter Egg Hunt Bags
- Scratch Art
- Egg and Spoon Race
- Bake (or make non-bake treats)!
- Easter Craft (see next page)
- Guess Number of Eggs in a Jar
- Egg Bowling
- Bunny Tag (instead of Duck, Duck, Goose!)

Colouring pages to print out
http://www.freefuneaster.com/easter-coloring-pages/

Chick Drawing with Fork
Simple but effective idea, use a fork to make the feathers effect on your chick drawing.

Paint Bunnies and Chicks
Create little bunnies and chicks from finger and thumbprints for Easter cards.

Egg Dye
Add 1 tsp of vinegar and drops of food colouring (amount depends on how dark you’d like the colour to be) to a bowl of water. Put cool hard boiled eggs in the water mixture for about 5 minutes. Add stickers to the eggs before to make patterns!

String eggs
Use small balloons and wool dipped in glue and wrapped crisscross across the balloon. When the glue has set, burst the balloon and remove it, leaving pretty string eggs

Easter mosaics
Using old magazines cut out shapes and stick onto an egg shaped card. You could make a hole at the top of the egg and thread the ribbon through for a decoration for Easter!
Easter Treats Recipes

**Classic Chocolate Nests**
Get your children to help with the mixing and let them fill the nests with eggs!

**Ingredients**
- 225g/8oz plain chocolate, broken into pieces
- 2 tbsp golden syrup
- 50g/2oz butter
- 75g/3oz cornflakes
- 36 mini chocolate eggs

**Method**
Line a 12-hole fairy cake tin with paper cases.
Melt the chocolate, golden syrup and butter in a bowl set over a pan of gently simmering water, (do not let the base of the bowl touch the water). Stir the mixture until smooth.
Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.
Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest.
Chill in the fridge for 1 hour, or until completely set. **Source:** [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

**No Bake Easter Mini Egg Cheesecake**
A crumbly biscuit base, topped with whipped cream and cream cheese. No Baking so children can help with the mixing and can finish off by decorating with eggs on top!

Full recipe can be found at:
[https://www.tamingtwins.com/mini-egg-cheesecake/](https://www.tamingtwins.com/mini-egg-cheesecake/)
Easter Egg Brownies

Ingredients
185g unsalted butter, cut into small chunks, plus extra for greasing
185g best dark chocolate, broken into pieces
3 large eggs
275g golden caster sugar
85g plain flour
40g cocoa powder
5 fondant filled eggs (e.g. Cadbury's creme eggs) and 150g mini eggs (e.g. a mixture of Cadbury's and Smarties mini eggs)

Method
Heat oven to 180C/160C fan/gas 4. Grease a 20cm square tin with butter and line with baking paper.
Melt the butter and the chocolate in a bowl over a pan of simmering water, stirring occasionally until melted. Leave to cool to room temperature.
Break the eggs into a large bowl and tip in the caster sugar. Whisk the eggs and sugar until they look thick and creamy and have doubled in size. Pour the cooled chocolate mixture over the egg mixture, then gently fold together. Sieve the flour and cocoa into the wet ingredients then continue to fold the mixture gently with a spatula just until everything is fully combined, try not to over-mix. Pour the mixture into the prepared tin and bake for 20 minutes. After 20 mins take the brownie out of the oven and press in the fondant eggs, cut chocolate side up. Scatter over half of the mini eggs too then put it back in the oven for a further 5 mins.
Once baked, top with the remaining mini eggs, leave to cool completely then place in the fridge for about 1hr to firm up. Lift it out of the tin using the strips of baking paper and cut into squares to serve.

Cinnamon Bunny Cookies
These are a gluten free, vegan option. Children can help with shaping the cookies, or choosing how to decorate with icing or using a stamp or even a toy to make patterns.

Full recipe can be found at:
50 FUN THINGS TO DO WITH YOUR CHILD AT EASTER

1. Make an Easter Wreath
2. Hold an Easter Egg Hunt
3. Make Easter Cookies
4. Make Chocolate Nests
5. Create an Easter Mosaic
6. Hold an Egg Race
7. Play Bunny, Bunny, RABBIT!
8. Have an Egg Toss
9. Make Easter Cards
10. Easter Colouring
11. Read Some Classics
12. Make an Easter Pinata
13. Watch some Easter Movies Together
14. Tell some Easter Jokes
15. Go For a Cycle
16. Make an Easter Garland
17. Play Board or Card Games Together
18. Make Finger Print Bunnies
19. Go Bowling
20. Attend an Easter Parade
21. Create an Easter Play
22. Go Horse Riding
23. Host a Teddy Bear's Picnic
24. Head to the Zoo
25. Make Cards or Gifts for Teachers
26. Go on a Scavenger Hunt
27. Fly a Kite
28. Play Bunny Tag
29. Make an Easter Chocolate Cake
30. Play Easter Egg Balance
31. Make an Easter Newsletter
32. Take a Trip to the Woods
33. Make Egg Shakers
34. Go to the Playground
35. Play Laser Grid
36. Make a Photo Album
37. Skim Stones
38. Go Swimming
39. Pin the Tail on the Bunny
40. Plant Some Flowers
41. Have Playdoh Time
42. Have an Easter Writing Competition
43. Go Camping
44. Take a Day Trip to a New Place
45. Make Easter Masks
46. Blow Some Bubbles
47. Go Easter Grocery Shopping
48. Play Let's Pretend
49. Have Fun!!
Alternative to Easter Eggs

Want to avoid the sugar rush at Easter? Are your children inundated with chocolate eggs? How about suggesting some alternative gifts. We've pulled together some suggestions for under £10.

Activities

- Easter Scratch Art - £3.75 (Baker Ross)
- Novelty Easter Stickers - £3.00 (John Lewis)
- Box of Chalk Eggs - £6.50 (Not on the High Street)
- Paint Your Own Egg Kit - £1.50 (The Works)
- Easter Egg Colouring Fun - £1.50 (The Works)

Egg Cups

- Easter Egg Cups - £7 (Not on the High Street)
- Egg-Splode Egg Cup and Toast Cutter – £7.99 (Prezzy Box)

Toys / Games

- Easter Bingo Cards and Calling Cards - £3.98 (ebay)
- Chirping Chick Plush Toy - £9.00 (John Lewis)
- Beatrix Potter Peter Rabbit Puzzles - £8.50 (Amazon)
- Inflatable Bunny Ears Ring Toss - £4.99 (Amazon)

Other

- Letter from The Easter Bunny – £5.99 (Not on the High Street)
- Bonnie Bunny Hair Clips - £4.00 (Monsoon)
- Easter Dress Up Set - £3.60 (The White Company)
- Large Hatch and Grow Unicorn Egg - £10.00 (The Works)

Books

- Beatrix Potter Peter Rabbit ‘My First Library’ £4.00 (John Lewis)
- Mr Impossible and the Easter Egg Hunt. £3.13 (Amazon)
- Peppa Pig: Peppa's Easter Egg Hunt £3.94 (Amazon)
- That's not my chick... £4.00 (Amazon)
NCT Membership

Become an NCT member and you’re part of a community of over 100,000 new parents, all experiencing pregnancy, birth and early parenthood together. Plus now you can save yourself a bundle of cash too!

As a member you also get exclusive access to:

- Priority entry and bags of bargains at our famous NCT Nearly New Sales where you can easily save the cost of membership and more in just one visit!
- NCT Matters, our inspiring and informative digital magazine.
- Access to NCT Members Club

Introducing NCT Members Club

NCT Members Club is our collection of money-saving rewards, discounts and services covering everything from maternity clothes to shoes for toddlers, from cinema tickets to laptops, and household bills to holidays (with or without the kids).

Want to save money on your weekly shopping at leading supermarkets? That’s OK. How about at JoJo Maman Bebe, Bamboo Mama or T.M. Lewin? Save up to 15%, plus many more. Or how about a discount on a meal out or a night at the cinema? No problem. There’s even a free legal advice line… just in case.

For further information and details how to join or renew your membership please see: https://www.nct.org.uk/get-involved/membership
toddle waddle.

A fun and friendly group for toddlers aged 12-24 months and their grown ups.

Friday morning 9:30-11:15
Caterham Children’s Centre
Pavilion Site, Guards Avenue (near Tesco)
Toys for little people, a cuppa and company for their grown ups.
We ask for an optional £1.50 donation towards refreshments etc.

Bumps & Babies

Make new friends with other parents & mums-to-be
We are a social group for expectant and new parents, with refreshments, chat and toys for the kids

Bumps and Babies is appropriate for babies under 1 year.

Every Thursday between 09.45 – 11.45am. Drop in anytime! You don’t have to be an NCT member to attend.

United Reformed Church, 21 Bluehouse Lane, Oxted, RH8 0AA
Refreshments available – we ask for a £1.50 donation to help cover costs of hall hire

1ST 1,000 DAYS
NEW PARENT SUPPORT
# Who’s Who?

## Branch Team

<table>
<thead>
<tr>
<th>Branch Role</th>
<th>Name</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Branch Co-ordinator</td>
<td>Emma Cousins</td>
<td><a href="mailto:Coordinator.caterhamandoxted@nct.org.uk">Coordinator.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Deputy Branch Co-ordinator</td>
<td>Caroline Kirkwood</td>
<td><a href="mailto:Membership.caterhamandoxted@nct.org.uk">Membership.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Membership Coordinator</td>
<td>Caroline Kirkwood</td>
<td><a href="mailto:Membership.caterhamandoxted@nct.org.uk">Membership.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Heidi Lukes</td>
<td><a href="mailto:Treasurer.caterhamandoxted@nct.org.uk">Treasurer.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Parent Support</td>
<td>Kellie Woodward</td>
<td><a href="mailto:Parentsupport.caterhamandoxted@nct.org.uk">Parentsupport.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Nearly New Sale</td>
<td>Jane Williams</td>
<td><a href="mailto:Nns.caterhamandoxted@nct.org.uk">Nns.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>Anita Killick</td>
<td></td>
</tr>
<tr>
<td>Webmaster</td>
<td>Audrey Dunne</td>
<td><a href="mailto:Web.caterhamandoxted@nct.org.uk">Web.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Advertising coordinator</td>
<td>Charlotte Hammond</td>
<td><a href="mailto:Advertising.caterhamandoxted@nct.org.uk">Advertising.caterhamandoxted@nct.org.uk</a></td>
</tr>
<tr>
<td>Sling library</td>
<td>Jane Williams</td>
<td><a href="http://www.facebook.com/NctCaterhamOxtedSlings/">www.facebook.com/NctCaterhamOxtedSlings/</a></td>
</tr>
<tr>
<td>Chatter Editor</td>
<td>Caroline Kirkwood</td>
<td><a href="mailto:newsletter.caterhamandoxted@nct.org.uk">newsletter.caterhamandoxted@nct.org.uk</a></td>
</tr>
</tbody>
</table>

Website: [www.nct.org.uk/branches/caterham-oxted](http://www.nct.org.uk/branches/caterham-oxted)

Facebook: [www.facebook.com/groups/NCTcatoxt](http://www.facebook.com/groups/NCTcatoxt)

Class information and bookings: [bookings4n@nct.org.uk](mailto:bookings4n@nct.org.uk)
National NCT Contacts:

Support line, including breastfeeding, pregnancy, birth and postnatal support 0300 330 0700

www.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.

Registered Company Name: National Childbirth Trust

Registered Address: Alexandra House, Oldham Terrace, London W3 6NH

Registered Company No: 2370573

Registered Charity No (England and Wales): 801395

Registered Charity No (Scotland): SC041592

© NCT maintains copyright on all content included in this magazine.

Reprint or reproduction is not permitted without prior consent.

The information in this newsletter is for the benefit of NCT members and beneficiaries. It may be used only in connection with NCT activities and may not be used for any commercial purposes. The views and opinions expressed in this newsletter are not necessarily those of NCT.

The appearance of an advertisement in this newsletter does not imply endorsement of the company or its products by NCT, nor does it constitute a recommendation. However, it is always worth mentioning when replying to an advertisement that you saw it in an NCT newsletter.

NCT cannot be held liable for loss, damage or injury arising out of goods sold through any advertisements in this newsletter.

Any discount offered to NCT members by any advertisement is done so entirely at the discretion of the advertiser.

The newsletter does not necessarily reflect the views of the NCT nationally, nor of the Oxted and Caterham Branch, but rather the views of each individual contributor.
Advertising Rates

The Chatter is published three times a year. It goes out to our members and is made available to our ~1.6k Facebook members.

<table>
<thead>
<tr>
<th></th>
<th>1 issue</th>
<th>3 issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full page colour</td>
<td>£50</td>
<td>£120</td>
</tr>
<tr>
<td>Half page colour</td>
<td>£25</td>
<td>£60</td>
</tr>
</tbody>
</table>

If you want to discuss placing an advert, please contact: Advertising.caterhamandoxted@nct.org.uk

All rates are inclusive of VAT

Advertorials:
An advertorial is considered to be an extension of an advert and can be submitted by any advertiser who has committed and paid for 3 consecutive adverts. The cost is £30 for a full page.

Flyer Insert at Nearly New Sale Bags
For just £30 for 200 flyers, your companies’ details can be put straight into the hands of the buyers, parents and mums to be at our quarterly nearly new sales.
Baby & Children Swimming Lessons In Oxted And Westerham

Parent & Baby
With songs and games, our professional baby instructors will work with you and your baby on basic swimming and water safety skills through our curriculum.

Parent & Toddler
We have two toddler groups – Junior and Advanced Junior for toddlers between 3 and 4 years of age.

UNDERWATER PHOTOGRAPHY

50% OFF Parent & Baby Level 1 Classes

To book a course contact:

📞 07834737211
✉️ info@little-fishes-swim.co.uk
📍 www.little-fishes-swim.co.uk
Baby Sensory

Our multi-award winning classes will introduce you and your baby to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

Classes run in Oxted, Coulsdon & Caterham
Contact Sandra Fensom on 07762 716579 or email purleyregion@babysensory.co.uk

Toddler Sense

It’s time for Toddler Sense. A place where structured play goes hand in hand with imagination, the freedom to explore and adventure!

Classes run in Caterham, Sanderstead & Coulsdon
Contact Katie Stanton on 07900 802757 or email eastsurrey@toddlersense.co.uk

Available from 0 - 13 months.

Available from 13 months - 5 years.

We’ve done the research; so you can enjoy the fun...
Fun and skills that could save your child’s life

We feel incredibly proud that we’ve helped save a number of very young children’s lives after they’ve fallen into water and survived – thanks to the skills they learned with us.

Our world-class teachers could have trained as private pilots – five times over – in the time it takes to fully qualify with us. You can trust us to take the very best care of you and your little one.

To give your baby a splashing start call

01293 279229

Let's teach your baby to swim!
The Heart of Caterham's Community

Licensed for Civil Wedding Ceremonies
Halls & Meeting Rooms for hire
Weekly Classes
Comedy Nights - first Friday of month
Music Nights - third Friday of month
(See website/Facebook for further details)

01883 340678
www.soperhall.org.uk
www.facebook.com/caterhamsoperhall
admin@soperhall.org.uk
Discover how we can support and nurture your child’s development

With over 300 nurseries located across the UK, Bright Horizons have been a leading provider of high quality childcare and education for over 30 years. Our highly qualified staff are dedicated to meeting the individual needs of your family, and by partnering with the NCT, we aim to further support the NCT’s mission to provide fantastic support to all parents.

Contact us for more information or to book a personal tour at your nearest nursery.

0330 134 7108
brighthorizons.co.uk/nct

in partnership with Bright Horizons