

Helping you prepare

Our **Antenatal classes** are designed to help you through the last part of your pregnancy. They not only aim to inform you and your partner about choices for birth, but also to help prepare you for early days parenting, as well as giving you an opportunity to meet other local parents-to-be. Many of our groups are still friends years later. Our courses are taught in informal, comfortable surroundings by local teachers who have close links with midwives and the hospital and who are there to support you whatever type of birth you are planning.

The courses will cover many topics, including:

- Choosing where to have your baby
- Body awareness, relaxation, breathing and massage
- Home births and water births
- What happens in labour and how the baby is born
- Pain relief - natural and medical methods
- Your labour and the role of the partner in labour
- What complications might arise e.g. caesarean birth
- Looking after and feeding your newborn baby
- Early parenting, lifestyle changes

We believe that good preparation for birth and early days parenting makes all the difference to your experience. Discounted rates of up to 90% are available for parents on lower incomes.

For more information or to book please contact:
bookings7c@nct.org.uk or call 0844 243 6851

Birth & Beyond

Breastfeeding support

Breastfeeding can be a close and enjoyable experience for both you and your baby, but it can sometimes be challenging, particularly in the early days.

NCT breastfeeding counsellors provide practical information to help you breastfeed.

Our branch has a qualified breastfeeding counsellor. She can provide local mums with advice and support and can be contacted via the branch number 0844 243 6289.

The NCT National Breastfeeding Line can be contacted on 0300 33 00 771, 8am - 10pm seven days a week.

Postnatal support

We offer new mums their own 'support mum', another local more experienced mum for you to call to give you some support during those early days, and attend a coffee group with you if you are unsure about attending alone.

Contact the branch on 0844 243 6289 or nct Sunderland@hotmail.com.

NCT postnatal counsellors provide help and information about life with your new baby and can be contacted on 0300 330 0773, 9am - 1pm Mon - Fri.

Shared Experiences

Speaking to someone else who understands what you are going through can be a lifeline. The NCT Shared Experiences Line can be contacted on 0300 330 0774, 9am - 3pm, Tue, Wed, Thurs.

What's On

We are a small branch that covers a large area including Sunderland, Washington, Houghton-le-Spring, South Shields, Hebburn, Jarrow, Cleadon, Whitburn, Boldon and everywhere in between. Our events are an ideal place to meet and chat with other parents in a safe and friendly environment.



Bumps & Babes

A great way to meet other parents, share information, swap experiences or just relax and make friends for you and your children. Whether you are pregnant, or have a baby or toddler, we meet every week at volunteers' houses or at local venues. Contact us for the latest rota.

Nearly New Sales

We hold quarterly sales that offer the chance for you to pick up a bargain. From clothes, toys, baby equipment and maternity wear, at a fraction of the new cost. Even better, once you have finished with items you can become a seller to pass your stuff on. Early admission for NCT members.

Great Escapes

A much needed night out without the children. This could be a shared supper at a volunteer's house, going out for a meal, bowling, or whatever suggestions we get.

Please contact the branch for more information on the above or visit our website.

About the NCT

The NCT is the leading charity dealing with pregnancy, birth and early parenthood in the UK. We support and provide information for all parents through our network of branches, services, training and evidence-based information. We also represent parents and influence government and local policies throughout the UK.

Get involved

If you have been supported by the NCT and want to make a difference for other parents, why not think about volunteering with us?

Good reasons to get involved with our branch

- Make new friends
- Have fun while supporting a worthy cause
- Host a coffee
- Let your little ones make new friends
- Help out at a Nearly New Sale
- Keep our branch running



Support & Information

Antenatal classes

bookings7c@nct.org.uk or call 0844 243 6851

Sunderland and South Tyneside branch

nct Sunderland@hotmail.com

0844 243 6289

www.nct.org.uk/branches/sunderland-south-tyne

Nearly New Sale enquiries

nnssunderland@hotmail.co.uk

Branch breastfeeding counsellor

0844 243 6289

National NCT Contacts

National NCT Enquiries Line 0300 330 0770

Pregnancy & Birth Line 0300 330 0772

Breastfeeding Line 0300 330 0771

Postnatal Line 0300 330 0773

Shared Experiences Line 0300 330 0774

Membership (join/renew) 0844 243 7000

www.nct.org.uk



Sunderland & South Tyneside branch is now on Facebook

facebook.com/SunderlandNCT

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NCT, Alexandra House, Oldham Terrace,
London, W3 6NH

Registered charity no. 801395

Registered company no. 237053 (England and Wales)

Registered charity no. OSCR SC041592 (Scotland)



Sunderland & South Tyneside Branch



Supporting you to become the parent you want to be

- Do you have a baby on the way?
- Already have young children?
- Are you a new mum or dad?
- Have you and your family just moved to the area?



Your friendly local NCT branch is here to help

We aim to provide support, information and friendship during and after pregnancy to all parents and their children.

Non-members welcome at all our groups and events.