



Want to make new friends?

Miss using your skills?

Volunteer with NCT Chester

The NCT (National Childbirth Trust) is a registered charity and has been established in Chester for over 35 years. We are an active and thriving branch which works with expectant parents and young families, in the CH1 – CH5 (Chester and Deeside) areas.

The Chester branch currently has a strong core team of volunteers who organise Nearly New Sales, Social Events, produce a newsletter for local families, campaign for local health services to be improved and organise and host parties and events for the little ones. The events that we run are generally busy and successfully raise funds that are used locally and nationally to provide services, train specialist workers and fund research. We enjoy what we do but there are always plenty of opportunities to get involved in the branch. This would then enable us to look at an enhanced level of service by volunteers for the Chester area – ideas that we would like to take forward at the moment include coordinating the delivery of First Aid classes and engaging with our local economy through holding a Baby Fair.

We have plenty of volunteer opportunities and you can choose to do as much or as little as you want (You do not need to be a parent or a member of the NCT to volunteer):

Assisting with the Branch Magazine –NatChat (30 mins – 1 hour)

NatChat is published 3 times per year with a total circulation of 600 copies. Articles are always needed for NatChat so if you are inspired at any point to put pen to paper to share your experiences of being a parent or parent-to-be this would be greatly appreciated. Other ways in which you could contribute is by letting us know of not for profit services that you have appreciated that we could feature or generally agreeing to be a point of contact that we could ask for advice/opinions when we are writing articles. We also need a couple of people to proof read each edition for us. All of these tasks can of course be undertaken at home in your own time.

Breastfeeding Friendly Chester (1 hour every couple of weeks)

We're always looking for volunteers to help us sign up new venues to our Breastfeeding Friendly scheme. Signing up venues is very simple, all it takes is a visit to the venue, chat with the manager, and 5 minutes to complete a registration form. So if you know of a venue in Chester you think should sign up to the scheme, or if you'd like to contact a few venues about the scheme, please get in touch. One of the Breastfeeding Friendly team will happily meet with you to have a chat if you'd like to find out more.

Welcoming New Mums at our Bumps and Babes group (1 – 2 hours every couple of weeks)

We currently run a Bumps and Babes group at Kingsway Children's Centre, Newton (Thurs 10 – 12) and have a rota of volunteers who make coffee and welcome Mums to the group but we desperately need more helpers to make sure this vital service continues.

Children's Parties (1 – 2 hours: 2 x a year)

We currently hold a Christmas party in December but would also like to run an event in the Summer. Our aim is to get enough volunteers to create a rota which will enable each person who volunteers to only need to commit for an hour either pre, during or post event.

Nearly New Sales (3 - 6 hours: 3 x a year)

We currently hold 3 sales a year which help families to recycle and cut down the cost of having a young family. To run each sale we need approximately 50 volunteers on the day and there are so many ways that you can contribute to the sales this includes tasks that can be completed before, during and after the sale date some of which at a time to suit you.

Events Team (2 hours or more a month)

We host a number of events periodically throughout the year and are looking to broaden what we do to reach more parents. Over the next 12 months we would like to coordinate the delivery of a First Aid Course with a known provider and hold a Baby Fair. As you can imagine both events will require quite a lot of volunteer time to plan and run but the more people we have who can help the greater our chances of success. This might be an idea for an ex-antenatal group to take on - what better way to cement a friendship and we have tools, planners and templates all ready to get you started.

Attendance at Volunteers Meetings (2 hours every month)

If you have ideas or observations that you would like to share with the local branch please do come to the meetings. New faces are always welcome, we are always looking for inspiration on how we can further improve the work that we do locally and there is only one place that inspiration comes from – you! If you would like to join us please check our facebook page “NCT Chester”, NatChat newsletter or Website “NCT.org.uk/Chester” for details of the next meeting. If you don't fancy walking in on your own please contact the yahoo email address and one of the committee will arrange to meet you on arrival at the venue.

Over to you

If you feel that you would be able to help us in any of the above activities please let us know by emailing nctchester@yahoo.com. Letting us know that you are interested does not mean that you will be obligated in anyway for an event but will help us with planning and assist us to keep in touch with you as a volunteer.

Do you want to help out in other ways? We'd love you to help spread the word about NCT Chester! You could tell your friends about us, share our Facebook updates, retweet us on Twitter - every little bit helps us to reach more parents.