



### Forth coming events for the Halstead & Sudbury branch

The next NCT Nearly New Sale will be held on Saturday 29<sup>th</sup> November @ Bures Village Hall, Bures. The sale is open to NCT members from 9.45am and the general public 10 – 11.45am. Admission - £1 by donation. 0870 423 0255 or email [nns@halsteadnct.co.uk](mailto:nns@halsteadnct.co.uk)

Baby First Aid courses: Learn how to resuscitate a baby or child whose heart has stopped beating and also how to deal with choking incidents. Run by NCT in conjunction with LifeSavers, the Royal Life Saving Society UK. Classes cost £7.50 and are held in Halstead & Sudbury Contact 0870 421 4825 or [aid@halsteadnct.co.uk](mailto:aid@halsteadnct.co.uk)

#### NCT New Parents Group

We offer a unique chance for all new mums where you can meet and get support from each other and our student Postnatal Leader, pre-crawling babes can relax and have fun with one another too. The group was established in January 2008 and has proved so successful that we hope to expand!

Come along for a coffee and a bickie! Admission £1.50

■ St. Andrews Hall, Parsonage Street, Halstead Every Thursday 10 – 12.00

#### NCT Baby and Toddler Group

The Sudbury group is aimed at all parents who want to meet others in a baby-friendly environment with refreshments and toys provided, admission is £1.50 and the group will continue running throughout the year including school holidays. Refreshments and bickies included.

■ The Catholic Church Hall, The Croft, Sudbury every Wednesday 10 – 11.30am

NCT Antenatal Classes and Labour days: We are now taking bookings for our antenatal classes with due dates of Dec/Jan/Feb/March/April. Classes take place in central Halstead & cover topics including pregnancy, labour, birth, relaxation techniques, breastfeeding and the needs of the new baby. The classes are taught by a fully qualified NCT antenatal teacher and NCT breastfeeding counsellor, and are highly regarded as preparation for the birth of your baby.

They are also a great way to make lasting friendships with other new parents.

For further information or to book a place, please contact

08700 666 410 or by email: [antenatal@halsteadnct.co.uk](mailto:antenatal@halsteadnct.co.uk)

Free Maternity and Breastfeeding bra fitting service. By a trained NCT Bra fitter, no obligation to buy, please call to view our wide range of pretty bras and matching pants, strap extensions and Lanowool breast pads. Gemma [bras@halsteadnct.co.uk](mailto:bras@halsteadnct.co.uk) or 0870 0669 311

\*Are you experiencing pain whilst sitting after giving birth?

\*Would you like to hire a Hospital grade breastpump?

For more information contact Gemma on 08700 669311 or email [info@halsteadnct.co.uk](mailto:info@halsteadnct.co.uk)

Would you like to improve your local Antenatal services, organise an event or make a difference to new families?

Are you interested in finding out about your local branch of the NCT? You may like to volunteer and choose between taking on a specific role or become a general committee member, try new things and you could improve your CV, make new friends and help the committee improve parent and child services. Our Committee meeting is on Wednesday 29th October 8pm The Bell, Castle Hedingham – Women *AND* Men welcome! Please call 0870 0666 410 for a chat.

Free coffee mornings also run on a regular basis and anyone can attend: contact 08700 666 410