

## Join the NCT

As a member of the NCT you will:

Meet new friends; receive quarterly local newsletters; receive NewGen - the membership magazine, four times a year; be represented in local and national campaigns; vote at the AGM and know that the membership is helping the NCT – to continue to deliver services and support other parents.

### Bumps & Babies Magazine

You can order the free *bumps and babies* magazine from the website or Enquiry Line.

The NCT, *bumps & babies* magazine is designed to help you find your way through some of the information you'll receive while you're pregnant. *bumps & babies* is packed with useful in-depth articles to help you understand more about the choices you face during pregnancy, labour and the early days of parenthood.

### NCT Sales

50 years of expertise and experience as parents have been used to bring you a broad range of tried and tested products for you and your baby through pregnancy, birth and early parenthood. The selection includes nappies, breastfeeding and maternity bras, educational toys, books & information, breast pump & valley cushion hire.

### NCT House Swap Register

This is the way to a cheap holiday in a family-friendly home. For an annual fee you will receive two registers a year with over 200 locations on the list. Just find a destination, propose a swap, and then go on a comfortable, cheap holiday.

The NCT offers information and support in pregnancy, childbirth and early parenthood, and aims to enable every parent to make informed choices.

This leaflet aims to introduce you to the Southport, Formby and Ormskirk branch of the NCT.

For more information about Southport, Formby & Ormskirk NCT, please ring 0844 243 6969, e-mail: [bookings2c@nct.org.uk](mailto:bookings2c@nct.org.uk)

or visit our local website [www.nct.org.uk/in-your-area/southport](http://www.nct.org.uk/in-your-area/southport)

which also has a link to join or renew your NCT membership

#### National Contacts

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

Enquiries 0300 33 00 770

Breastfeeding Line 0300 33 00 771

Pregnancy and Birth Line 0870 444 8709

Membership 0870 990 8040

NCT Sales 0845 8100 100



Our antenatal teachers, breastfeeding counsellors and postnatal leaders undergo a thorough training with the NCT although they are not required to be medically qualified. All teachers, counsellors and leaders are expected to keep up to date with the latest developments in maternity care and must register with us every year. Their role is to offer support, information, practical skills and resources to help parents make informed choices for themselves and their babies. They do not offer medical advice and parents are asked to take any questions about the medical care of mother and baby to their midwife, health visitor or doctor. Attendance at a complete set of NCT antenatal classes is important as courses are designed to cover all aspects of preparation for birth.



## Welcome to the Southport, Formby & Ormskirk NCT



### The National Childbirth Trust

The NCT offers information and support in pregnancy, childbirth and early parenthood and aims to enable every parent to make informed choices. The NCT is working towards ensuring that its membership, services and activities are fully accessible. Donations to support our work are welcome.

Registered no. 2370573 (England).

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

Registered charity no. 801395

## What can the Southport, Formby & Ormskirk NCT branch do for me?

The Southport, Formby and Ormskirk branch of the NCT is a support group for parents and their children. If you're a new parent, you may be feeling quite tired and perhaps a bit isolated, so why not wrap your baby up and come for a coffee and meet some other new mums and dads with babies of a similar age?

From first-hand experience, NCT members know that coping with a new baby can be a daunting as well as an exciting time. We can put you in touch with other new parents living nearby who are willing to offer friendship and the chance to meet socially and share experiences.

There are **Bumps and Babes and toddler-friendly open houses**. These are all held in members' houses in all three areas - where the kettle is on and the biscuit tin is open - just drop in, no need to ring first. They are an ideal way to meet other parents and make friends for your children. Everyone is welcome so why not phone and find out when there's a meeting near you?

### We run a parent, baby and toddler group: Creative Play

**Monday 1.15pm - 2.45pm**  
at St James' Church Hall,  
Lulworth Road, Birkdale

Activities vary from week to week. Previous sessions have included card making, collage, playdoh and painting.

We publish a quarterly **newsletter** that lets you know what is going on in the area. It offers a varied and lively presentation of members' news and views. It details creative plays, nights out, fundraising events as well as keeping you updated on the latest parenting news.

## Antenatal Classes

The classes, given by a NCT trained teacher, prepare couples or individuals for labour and early parenthood. They provide plenty of opportunity for discussion of all the choices available at every stage including pain relief, positions for labour, relaxation techniques and breastfeeding. The emphasis is on helping parents to approach the birth with confidence. We recommend you book as early as possible. The group sessions are informal and generally held in the evenings. They are great for those people who work during the day. This is another great way of meeting people expecting their babies around the same time.

*If you are an unwaged family or are on income support, reduced class fees and membership are available - just ask.*

## Birth Choices Group

If you have any questions or want information about the options for your birth, we have a Birth Choices Group.

We have Home Birth and Caesarian Reps, to support you.

Disappointed or upset by a caesarean birth or the prospect of one? Wondering about the chances of a vaginal birth next time? Take heart - you're not alone. We meet informally to offer support and reassurance. Books and leaflets are available to browse through or borrow. For more information just give us a call.



## Breastfeeding

NCT breastfeeding counsellors are available by phone to any parents for information and support. They have all breastfed their own babies and appreciate the realities of life with a small baby offering practical suggestions and encouragement. They aim to help mothers enjoy breastfeeding their babies for as long as they wish and can also provide information when weaning or stopping breastfeeding. We are lucky to have a breastfeeding counsellor who can visit you at home. We have booklets on all aspects of breastfeeding including early days, expressing, weaning and returning to work.

We have three Ameda Egnell SMB electric breast pumps for hire for a minimum of one week. You will need to purchase a milk collection bottle and associated tubing, which you keep.

## Self Help

We have a lending library with books about conception, pregnancy, birth, breastfeeding, health, sleeping, weaning, child development and parenting.

