

**Expecting a baby?
New to Parenthood?
New to the area?**



The NCT are here to help, from bump to baby and beyond.

The Cotswold South Branch of The National Childbirth Trust (NCT) covers Wotton, Thornbury, Berkeley, Dursley, Cam, Uley and all the villages in between. The branch is run by a small number of volunteers, who have had or are expecting a baby and offer support and friendship to other local parents.

Why not come along to one of our friendly local Bumps and Babies groups to meet other parents and carers? Lots is on offer! Toys for babies and creative activities for toddlers plus tea, coffee and biscuits for the grown-ups. This is a great opportunity to make new friends and share your experiences of parenthood.

W-u-E Bumps and Babies is held every other Friday morning, 10am - 12pm at Wotton United Church Hall, Bradley Street. (April dates are 9th and 23rd).
Thornbury Bumps and Babies is held every Friday morning, 10 - 11.30am, at the Thornbury Baptist Church Centre, Gillingstool.

Not had your baby yet?

Try our NCT antenatal classes. They are led by local NCT trained teachers and give parents the chance to find out about all aspects of labour, choosing the birth you want and life with a new baby. Classes are small, informal and relaxed and cover a range of subjects. They are a great place to meet new friends and develop a support network ready for life with a new baby! (Reduced prices offered to low income families)

Nearly New Sales

Currently the branch offers two Nearly New Sales a year. The next one is at **Kingswood Village Hall on the 24th April, 10.30am – 12pm**. Tables are now on sale if you want to clear out your unwanted baby and toddler items and make some extra pocket money, or come along on the day and grab yourself a bargain.

For more information about antenatal, postnatal classes, breastfeeding counsellors, events and activities call 0844 243 6095 or log on to www.nct.org.uk/cotswoldsouth

Get involved with your branch – help needed!

The branch is run purely by volunteers. If you have a fresh outlook and new ideas and you are looking to get involved, please come along to a special meeting on the **14th April 8pm at The Star in Wotton-under-edge**. The meeting is informal and there is no obligation to join.