



## York NCT

Run by parents for parents

Friendly support for you  
and your baby

Enjoy a mug of tea and a  
chat while you watch your  
children play

Meet friends who  
understand what it is to  
be a parent



National Enquiry Line  
**0870 444 8707**  
Pregnancy & Birth Line  
**0870 444 8709**  
Breastfeeding Line  
**0870 444 8708**  
Website: [www.nct.org.uk](http://www.nct.org.uk)

National Childbirth Trust Registered Charity no: 801395  
Registered Company no: 2370573 (England)  
Registered Office:  
Alexandra House, Oldham Terrace, London W3 6NH

## York NCT

**Local Networks:** *For parents, babies and small children.* Over 10 local network groups offer friendship and support through a variety of activities, coffee mornings in people's homes, picnics, days out and social evenings. A chance to share the ups and downs of parenthood!

**Bumps and Babes:** A weekly group for parents to be and parents with babies up to 12 months old. Offering friendship and support throughout that first year of parenthood.

**Antenatal Classes:** *To help you prepare for birth and the days that follow.* Classes for expectant parents are held evenings and weekends, all year round. **Fees apply.**

**Breastfeeding Support:** *For a healthy start which lasts a lifetime.* Our counsellors offer **FREE** information and support to enable mother and baby to breastfeed for as long as they want.

**Nearly New Sales:** Sales of good quality clothes and equipment are held 2-3 times a year: look out for local press adverts and posters for further details, or contact York NCT.

### Contact York NCT

Tel: 07005 801243

Email: [york.nct@tesco.net](mailto:york.nct@tesco.net)

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

Antenatal Classes: 07005 801843

Breastfeeding Support: 01904 797944