

2. PARENT GROUPS

National Childbirth Trust (NCT)

Pregnant? A new parent? The NCT Oxford branch could be useful to you. With your bump or your baby, meet up with other new parents in your area through **NCT coffee groups** For details: www.oxfordnct.org.uk

For **NCT postnatal courses** contact Tel: 0844 243 6887 or email bookings5p@nct.org.uk

Postnatal Line - 0300 330 0773 (9am-1pm) Mond - Friday
You can call our Postnatal line to speak to one of our postnatal leaders if you have any questions about life with a new baby.

On maternity leave or a stay at home mum and looking for adult conversation? Why not join your local NCT Committee? Come along to our meetings.

New Parent Network (NPN) NPN is a self-help group of local parents. NPN has published the invaluable handbook, *Oxford for Under Eights*. For more info go to www.new-parent-network.info.

Attachment parenting. Monthly meetings for information and support about parenting issues: including breastfeeding, babywearing, co-sleeping, baby-led weaning, natural hygiene and gentle discipline. <http://kangaroo-playgroup.wordpress.com/>

3. DROP IN CENTRES/BABY GROUPS

Rainbow House at the Wesley Memorial Church Hall, New Inn Hall St (tel 243216 between 9.30-3pm) provides a welcome haven when shopping in the city centre. Wed.-Fri. 10.30 to 2pm (term times). Changing facilities, toys, highchairs, good cheap food.

Children's Centres There are 44 children's centres all over the county. They are a place to play & have fun with your children, get information, advice & support. Go to www.oxfordshire.gov.uk/childrenscentres or call 08452 26 26 36 to find your nearest centre.

If you are a **member of the Oxford NCT** you will receive together with the newsletter an up-to-date list of playgroups within Oxford.

4. ACTIVITIES

Music Groups Music groups are a sociable way to introduce babies to music and songs – and to expand your repertoire of nursery rhymes and lullabies.

Baby College Fun first class for parents and babies to enjoy together. You benefit by gaining an insight into your child's development, whilst both enjoying well structured and stimulating games and exercises designed to give you ideas for developmental play including music, signing, parachute, bubbles and much more.

Sing and Sign is a programme of songs and rhymes teaching simple gestures parents can use to enhance communication. Baby signing is really very easy - you only need to learn a few signs to make a significant difference to your child's communication.

5. ADVICE AND SERVICES

Doulas in Oxford 0871 4333103 www.doula.org.uk Practical and emotional support after birth.

Postnatal home visiting service. Full details available on www.BlenheimPostnatalServices.com

Breastfeeding support

NCT Breastfeeding Helpline Support from NCT qualified breastfeeding counsellors is free and also available to non-NCT members. Call **0300 3300 771** (8.00am to 10.00pm, 7 days a week).

JR Breastfeeding Clinic You can also get help for free from Chloe Fisher and Sally Inch at the JR Hospital. It is usually open 2 days a week – ring 221695 to check.

Baby Café and Baby Café Bus Breastfeeding support. Cafes run in different locations around Oxford. Check www.thebabycafe.org for details.

La Leche League (www.llloxford.org.uk) provide further support, including monthly meetings as well as telephone support. Contact Jayne (557405) or Ceri (436309) or Guin (770434)

Oxford Sling Meet provide advice to use baby carriers. Meetings are held once a month and run a sling library. Check <http://oxfordslingmeet.wordpress.com/>

Tumbebe Baby carriers : demonstrations and workshops to find a carrier to suit you and your baby or learn how to carry your child on the back. www.tumbebe.co.uk

Nappy Free Baby, Create a unique bond learning how to recognise and respond to babies' toileting signals. Free monthly workshop. Contact Amber on ox 249087 www.oxfordnappyfreebaby.co.uk

Valley Cushion Hire Valley cushions are available to hire to any mother experiencing problems sitting after birth. Contact Nicky Scott on 725661

Birth Afterthoughts A confidential service run by midwives to help any woman feeling concerned or confused by her birth experience to come to terms with what happened. There is no time limit after the birth. Contact tel. 220605.

The Birth Crisis Network help line in Britain that women can ring if they want to talk about a traumatic birth. Check www.sheilakitinger.com/BirthCrisis.htm website for contact details:

The National Childbirth Trust

Registered Charity No. 801395
www.nct.org.uk

The NCT wants all parents to have an experience of pregnancy, childbirth and parenting that enriches their lives and gives them confidence.

THIS LEAFLET IS ALSO AVAILABLE TO VIEW OR PRINT OFF FROM THE OXFORD NCT WEBSITE

POSTNATAL Support in Oxford

Exercise Classes
Parent groups
Activities
Advice



To join the NCT go online at
www.nct.org.uk/join

For further copies of this leaflet or to suggest amendments, please call Peggy Cheyo on **01865 370464** or Emma Rhodes on **01865 841730**

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Details correct at time of going to press

**Compiled and produced
by the Oxford Branch**

Please note: inclusion in this leaflet in no way constitutes a recommendation by the NCT.

The aim of this leaflet is to introduce new parents to the wealth of postnatal support in Oxford.

1. EXERCISE CLASSES

In general postnatal exercise can begin 6 weeks after the birth (8 weeks after a caesarean delivery).

The aim of this leaflet is to introduce new parents to the wealth of postnatal support here in Oxford.

NHS Class + Exercise Group

These are held at the Women's Centre at the JR Hospital and are run by obstetric physiotherapists. The group offers advice on postnatal exercise, an abdominal muscle check, together with posture and pelvic floor advice.

Postnatal Pilates mat class A specially designed mat class to improve core stability and fitness with an abdominal muscle check. The class is run by Stephanie Taylor a Chartered Physiotherapist and Pilates teacher. The class is followed by refreshments, babies welcome.

Postnatal Exercise to Music Group (P.E.G.) Half an hour of gentle aerobic exercise followed by half an hour of pilates strengthening exercise.

Personal Training/Postnatal pilates Includes gentle warm up, stretching, faster walking and upper and lower body toning exercises where you will be able to involve your baby. Angela Lockwood.

Postnatal Pilates Pelvic stability using flexibands and 2lb toning balls to get mums back on the right track. Improve posture and ease back pain. Babies welcome.

Pushy Mothers Buggy Workout is a fun class using a mix of walking at different speeds (but not running), and toning exercises to target specific muscles that have been affected by pregnancy/birth.

Baby Massage This special way to communicate with your baby is easy to learn & babies love it! Massage can also help with colic, teething, blocked noses, and sleep problems.

Yoga for You and Massage for Baby with Kay Millar: a yoga session for mums with yoga massage, songs + games for babies up to 6 months.

Acupuncture for Childbirth Team (ACT) Oxfordshire, Acupuncture and acupressure for pregnancy, labour and the post-natal period. www.actoxford.co.uk

Mums & Babies Osteopathy Clinic

Individual care for mums and babies, in pregnancy and beyond. Hands on treatment, exercises, advice and support. Gentle, safe and effective. Getting mums and their families back to good health.

Class/Group	Contact	Course/Day/Time	Cost	Venue
NHS Class and Exercise group	Ox 221530 – Book asap, space limited	Mon 2-3 advice Tues or Thurs 10-11	Free Free	Parent Ed. Rm, Level 1 Women Centre, JR
Specialist Physiotherapy Care	Jane Newman Ox 221530	Monday and Tuesday evenings	To check on booking	Women's Centre, JR Hospital
The Baby Café and Bus Breastfeeding Drop In	Julie Osborne Ox 764952 www.thebabycafe.org	Various	Free	Various check website
Breastfeeding & PN support from birth on	Caroline Naish 07876 532016 www.tinyhands.org.uk	Private 1:1 service, flexible hours	£35/hr plus travel expenses	Hospital or home visits
Breastfeeding support	Lisa Mansour Ox 375516 www.cunningwoman.co.uk	Private 1:1 service, flexible hours	£30/hr Concessions avail.	Hospital or home visits
Postnatal Home Visit Service	Alison Lovett 0758 30 35 118 www.blenheimpostnatalservices.com	Private 1:1 service Flexible hours	Check website for details	Home visits
Postnatal Exercise to music Group P.E.G	Ferry Sports Centre 01865 467060	Mon 10.30-11.30	£4.90 per Class	Ferry Sports Centre
Personal Training/ Postnatal Pilates	Angela Lockwood 07766 984381 www.physically-fit.co.uk	Check website or phone for details.	Phone for details	Cassington and Cowley
Postnatal Pilates Mat Class	Stephanie Taylor Ox 764984 sctx2@yahoo.co.uk	Friday afternoons	£42/6 sessions	Mortimer Hall, Marston Village
Postnatal Pilates	Ivana Starkova 0781 8062351 www.ispilates.co.uk	Tuesday 11.45-12.45	£54/6 wk course	West Oxford Community Centre Botley road
Postnatal Yoga with Baby yoga Massage & songs + T&Biscuits	Kay Millar Ox 554 743 www.activebirth-oxford.co.uk kay.millar@virgin.net	1. Mon 11.30 -1.00 Ongoing through year. 1-1 or Private groups	£45 per 5 weeks By arrangement	NOA @ Summertown Ferry Centre Summertown/ parent's home
Pushy Mothers Buggy Workout	Natalie nataliel@pushymothers.com or 07956-636086	Thursday mornings	£5.50 per class	University Parks www.pushymothers.com
Baby Massage & Baby Yoga (4+ months)	Rosalind Jones Ox 778064	Tues 11.30 -12.45 Tues 10-11.15	£35 per 5 wks	Teacher's home or parent's home
Postnatal massage & Baby massage	Lizzie Ruffell Ox 515025 lizzieflow@hotmail.com	Private classes or individual sessions	Massage £35, Baby massage	Teacher's home or client's home
Baby Massage with Pauline Hutton	Pauline Hutton Ox 373919	Various 3 wk course	£10 per session	Phone for details
Sing and Sign	Karen Bisp 01993 774781 oxfordsingandsign@googlegmail.com	Various	£5.50 per class paid termly	6 venues around Oxfordshire www.singandsign.co.uk
Salt Box Music Co (0-8 years)	01993 704207 www.saltboxmusic.co.uk	Various	£4.50 per session Free trial available	7 venues around Oxfordshire
Oxford Twins Plus	Elizabeth Ox 377858, Nicky Ox778488	Please call to check days and times	Chat & meet with other mums	Kaleidoscope Family Centre, Kidlington, Roundabout Centre, Headington
Monkey Music (0 – 6 years)	Liz Ox 326746 www.monkeymusic.co.uk	Various	Free trial available £72 per Term	Every day in Oxford plus Thame, Witney and Abingdon
Busy Bees Music Group (from 2 months)	Rachel Shearer 01235 521039 www.busybeesmusic.co.uk	Tues, Wed, Fri	£2.70 per family incl. Coffee	Headington, Cumnor, Harwell
Baby College	Bea 436920 or Donna 421879 www.babycollege.co.uk	Various	£6 per class paid termly	8 venues around Oxfordshire
Mums & Babies Osteopathy Clinic	Sara Scrivener 07974 647124 01865 715615	Individual sessions Free spinal checks	Check on booking concessions available	Natural Health Centre, East Oxford
Tumbebe baby carriers workshops	Peggy Ox 370464 www.tumbebe.co.uk	Various	Check website	Teacher's home/Client's home
Oxford Monthly Baby Fair	Monthly shop where you can get advice on Cloth nappies, Slings, and more ... Also collect your Free Nappy trial bucket kit (from the Oxfordshire County Council).		Last Saturday of the month 2-4pm	North Oxford Association (next to Ferry Pool) Summertown
NCT Nearly New Sales	To sell good quality clothes, toys & equipment email nearlynewsale@oxfordnct.org.uk	Twice a year – see NCT website for details	Entrance £1 per adult	St Clements Family Centre, Cross Street, Off Cowley Rd
Oxford Brookes University Babylab	Oxford Brookes University is looking for parents of babies and children between 4 and 14 months and 2 and 5 years to take part in their child development research studies. See website for further details www.brookes.ac.uk/babylab or contact Laura Baldock on 01865483676			
Infant and Child Resuscitation Courses	St. John's Ambulance 0870 0104950	Oxford NCT no longer run these classes but phone St John's Ambulance for information and booking.		