

Local Mums

Be a more confident parent with NCT



NCT Antenatal courses

Our teachers will help you explore choices around labour, birth and parenting

- Small, interactive classes
- Share your experiences with other new parents
- Find out about local maternity services

Early Days courses

- Discuss life as a new parent with our qualified group leaders
- Explore issues from crying & sleeping to the reality of parenthood
- Meet other new parents in your area



Find your local branch

0300 330 0770
www.nct.org.uk

In your area

Your local NCT branch will provide great groups and services for you to enjoy:

- Make new friends
- Family fun with other parents
- Local support
- Nearly New Sales
- Bumps & Babies groups

BOUNCY CASTLE'S IN THE WINTER???



Our Bouncy Castle/Ball/Pool/ Sumo Suits/Obstacle Course/Bungee Run/Giant Space Hoppers etc.

CAN ALL BE USED INDOORS!!!

Contact us for your nearest Village/Town/Church/Sports Hall
Call **01684 562674** or **07956 026213** for details of your nearest indoor party location! (Ages 0 - 90!)

www.crazybouncers.co.uk

Charity Pamper Day at Sun Days

Mince Pie, Drink & a Blowdry
(½ proceeds going to MacMillans Charity)

Hunky Men Waxed
Come and have a fun day at their expense

- Recommend a friend discounts
- ½ Price Colours till 31st December
- Student Discount
- 10% OFF Spray Tan, Detox & Beauty Treatments
- Xmas Vouchers available
- FREE Trial on Toning Chairs, Cheap Sunbeds

01684 892390
7 Edith Walk, Malvern



PRACTICAL SKILLS TO HELP PARENTS

"Why do I have to say the same things over and over again? When should we tell children about sex and what do I say? What limits should there be on television viewing?"

Do any of these remarks sound familiar? If so, you are not alone! Help is at hand, as the FIVES TO FIFTEENS parenting programme is now available in the Malvern area.

This practical course of eight sessions helps to reduce squabbling and tantrums, create a framework of discipline and respect, establish sound parenting guidelines and make children and teenagers happier and more responsible.

Local parents are finding it relaxing and fun - and after Christmas we are holding two FREE Taster Sessions. Why not come along with a friend? You can book your place now by calling Charlotte Carver, local Family Caring contact, on

Tel: 01684 592179

A really great Christmas Present is the popular FAMILY DINNER GAME - it helps you listen and laugh over one special meal in the week, and build lasting memories for all the family. Normally £14.80, snap it up now for just £10!

Call us or email **charlotte@bidderscroft.com**



Support and friendship for families

If you know about being a parent and can volunteer 2-3 hours a week to help a local family

Call **HOME-START** now and join our next Preparation group.

Talk to Jess Holden on 01684 893125 or email **homestartmalvern@btconnect.com** **www.home-start.org.uk**

ROBIN HOOD INN

Beer Garden Children welcome
Children's Menu
Gloucester Road
Castlemorton
Tel: **01684 833212**

Treatments 'For Two'

There is no other time in a woman's life when she more deserves to be luxuriously pampered than when she is pregnant.



mama mio
mama's touch
spa treatments for supermamas

Mama Mio is specifically designed for women, offering both pre and postnatal luxury treatments and products.



Cleeve Orchard, Hereford, HRI 1LL
01432 370222 | **spa@holmerpark.co.uk**
www.holmerpark.co.uk

THE BARN DAY NURSERY & AFTER SCHOOL CLUB

Ofsted registered
Highly qualified staff
Safe, Stimulating Learning Environment
Home cooked fresh food
Catering for children 3 months to 8 years
Open 51 weeks of the year
Pre-school funding
Childcare voucher
Holiday club with planned day trips

OLD SOMERS ARMS, HEREFORD ROAD, LEIGH SINTON WR13 5DS
01886 833323 / 07855 817431



Hunters Moon, Bransford
Nurturing your child through play to reach their full potential
From 3 months to 5 years.
OFSTED registered for 37 places.
Open 8.00am to 6.00pm Mon to Fri.
Home cooked food.
Phone us on **01886 833379**
www.littlegrowbags.co.uk

Have an Allergy Free Christmas!

THE BRAN TUB
GLUTEN & WHEAT FREE: Christmas Cakes, Puddings & Mince Pies
SUGAR FREE! Christmas Cakes & Puddings, Rich, Fruity, Sugar Free Mince meat
ALL THE INGREDIENTS TO MAKE YOUR OWN: Dried & Glace Fruits, Whole Peels, Spices, Nuts, Marzipan
Wheat or Gluten Free Flour
27, Worcester Rd, Malvern
Tel: 01684 891191 **www.brantub.co.uk**

Make HUGE SAVINGS on everything you need for baby at **Next Generation** - Worcestershire's largest Mother and baby superstore!

10% with this advert if you spend over £200 in store & many more OFF huge savings to be made.
Open every Tuesday & Thursday 10-4 & Saturday 10-5
Orchard Cottage Farm, Croome Road, Dofford, Worcs. WR8 9AS
www.pramandnursery.co.uk
01386 750 888



Children's New Year Workshops "SNOWMEN & ICE QUEENS" 5th Jan 2009 £14 per child
Please Call **01531 633886**
To reserve a place email: **ADMIN@eastnorpottery.co.uk** **www.eastnorpottery.co.uk**

WILLS TRUSTS AND PROBATE

Security for your family. Provision for loved ones, friends and unmarried partners.

- Making/Renewing your Will
- Powers of Attorney
- Trusts
- Advice for the Elderly
- Home Visits
- Probate

Moore Brown & Dixon LLP Solicitors

- 69/70 High Street Tewkesbury Glos. Client Car Park Facilities and access for the disabled
- 4 High Street Upton Upon Severn

Visit our Website **www.mbdlaw.co.uk**

Call Us Now - 01684 292341 - Call Us Now

Just So Beautiful & Special Gifts for Babies



92 Barnards Green Rd, Malvern. WR14 3LY Tel: 01684 566866



KIDS GO FREE

Fantastic range of frames for boys and girls inc. character designs like Barbie, Action Man and even Spongebob Squarepants
And if your under 16 with an NHS optical voucher you can have a pair free, inc. standard PENTAX single vision lenses

01432 353464

Terms and conditions apply
Phone or see in store for details

FAMILY LAW PROBLEMS?

- Divorce and separation
- Disputes over children
- Property and Financial matters
- Fixed fee interview/Legal Services Commission Funding

PHONE NOW

Ask for Richard Evans
0800 619 1837

Gaynor-Smith Owen & Co Solicitors

133-135 Barnards Green Road
Malvern WR14 3LT

FREE LEGAL SURGERIES
Every Thursday
5.00 pm - 6.30 pm
Please call for an appointment