

# Local News sponsored by **KIDZONE** Mobile Creche

## NCT Nearly New Sale

Sunday 17th March 2013,  
Copleston High School  
Foxhall Road, Ipswich IP4  
5HD (signposted Copleston  
Centre)

**nearly new  
sale**

1pm for Members of NCT  
(Members only queue,  
please bring your current membership card with you. 1.15pm  
for non-members)

Entry £1 per adult and free after 2.15pm.

NCT sales are organised into sections, so you can easily  
find and buy clothes for babies and young children; baby  
equipment such as cots, Moses baskets, bouncy chairs,  
buggies, stair gates and washable nappies; toys, games  
and books, including outdoor ride-on toys and slides; and  
maternity clothing.

You can purchase many of the products you need for a  
new baby at very low cost. There are also lots of products  
suitable for toddlers and older children. Parents can feel  
proud of themselves for being environmentally friendly.

Many volunteers are needed to run the day successfully.  
Volunteers can attend a preview before we open to the  
public.

For further information or to volunteer, please email nearly.  
new.sale@nct-ipswich.org.uk or phone 0844 243 6174. To  
sell at the sale please email sellers.packs@nct-ipswich.org.  
uk or phone 0844 243 6174 (option 2) after February 11th.

## Baby Boogie Beats those Winter Blues!

Too cold for the park? Beat those  
'Winter Blues' with a fun, lively  
morning at 'Baby Boogie' the music  
class designed especially for babies  
0 to 18 months old. With action  
songs, instruments, puppets and  
parachute, a stimulating morning  
is guaranteed at a price that won't  
pinch either!



If your child is over 18 months, then join in the fun at the  
popular 'Sing & Stretch' class (open to all children 0-5years).

- Tuesday 10am: Sing & Stretch, Capel St Mary Methodist Church, IP9 2EP
- Wednesday 9.30 & 10.45: Sing & Stretch, URC Hadleigh, Market Place, IP7 5DL
- Thursday 10am: Sing & Stretch, 11am: Baby Boogie, East Bergholt, Lambe School Gaston St, CO7 6SD
- Friday 10am: Baby Boogie, Hadleigh Baptist church, George Street, IP7 5BE

To find out more call **Rebecca: 01473 828490** or  
**07749791479** or visit [www.suffolkkidsparties.co.uk](http://www.suffolkkidsparties.co.uk)  
- No need to book. **First session free!**

## Snakes and Ladders Toy Amnesty

Start the New Year by supporting a worthy cause whilst at  
the same time making  
room for your children's  
new presents.

Why not take unwanted  
good quality toys to the  
East Anglia's Children's  
Hospices donation station  
at Snakes and Ladders,  
Cavendish Street, Ipswich. The donation station will be on  
site from 2nd to 31st January. All toys donated will be sold  
by East Anglia's Children's Hospices in their shops to raise  
funds and everyone that donates will receive 15% off child  
entry to Snakes and Ladders if they then go in to play. Toys  
must be good quality (worth a minimum of 50p to the charity  
shop) and cannot include electrical items. In the event of  
a dispute the management's decision is final. There is no  
charge to go in and donate toys. A 20% discount on child  
entry applies for a play session in the play centre when you  
donate (during the same visit).



[www.snakes-and-ladders.co.uk](http://www.snakes-and-ladders.co.uk)

## Pampering, Rest and Relaxation



Image Beauty Salon, Old Foundry Road, Ipswich have had an exciting  
and incredible last seven months, they have new treatments, new  
events and lots of good news. Image are pleased to be able to offer  
their clients the opportunity to take part in yoga classes at the salon.  
Ensuring you are relaxed and feeling good on the inside is as much  
of a priority for Image as helping you to look your best on the outside  
and yoga is a proven way to retain fitness, balance and harmony.

Mothers to be, new at Image is a comfortable save support couch for  
pregnant women. Now it is possible for pregnant woman to relax in a  
face down position during a massage for the breasts and one large recess for the bump! See page 13 for the  
chance to win a treatment on this couch.

Image were awarded the 'Favourite Independent Business  
for 2012' from the Ipswich Central/Ipswich Star 'All About  
Your Independents' campaign in October last year plus have  
been short listed by Professional Beauty Magazine as one of  
the top 5 Best salons in the country.

So to experience pampering Image Beauty salon style  
give Sue or her team a call and enjoy some well-earned  
downtime.

01473 222 188 - [www.imagesalon.co.uk](http://www.imagesalon.co.uk)

## The Dame Vera Lynn Trust Suffolk

Do you have any spare time during office hours on  
a Monday or a Friday?

If so why not volunteer to help your local charity that

- supports children 0-5yrs  
• with cerebral palsy  
• and other physical  
• disabilities and their  
• families at their school  
• based in Sproughton,  
• Ipswich.
- The Dame Vera Lynn  
• Trust need help to raise  
• the profile of the charity  
• in Suffolk by encouraging individuals, organisations and  
• businesses to get involved with fundraising campaigns  
• and events.

If you are friendly and outgoing, enjoy a challenge and  
would like to join the team at this wonderful local charity  
then please contact **Sara White on 01473 652880** to  
discuss the opportunities further.

## New 'Baby Body' Post Pregnancy Diet Delivery Plan

- Leading diet delivery company
- MY Food has launched the  
• first nationwide fresh food  
• 'diet to your door' for new  
• mothers. Baby Body has been  
• designed to help new mothers  
• when they need it most. They  
• won't need to worry about shopping and time-consuming  
• preparation of healthy meals, as the Baby Body plan will take  
• care of everything, allowing them to enjoy this precious time  
• with their newborn baby safe in the knowledge that they both  
• are being nutritionally catered for.



- The post-pregnancy plan has been designed by BANT  
• registered nutritionists for both breast-feeding and bottle-  
• feeding mums
  - Eating a balanced nutritious diet after childbirth can:
    - \* Promote the healing of sore tissues
    - \* Help restore the abdomen and uterus to its former size
    - \* Replenish stores of nutrients
    - \* Ensure nutrient rich breast milk
  - **Baby Body Breast Feeding Plan includes:**
    - \* 3 meals per day\* totalling approx 1200 calories
    - \* Freshly prepared meals, ready to "eat" or "heat & eat"
    - \* A weekly delivery in a chilled hamper
    - \* 3 delicious "Essential Fat Snacks" providing 200 calories of  
goodness As mothers need to consume an extra 500 calories to  
feed their newborn
    - \* Herbal tea, as hydration is vital whilst breast feeding
- [www.myfood.co.uk](http://www.myfood.co.uk)

**NEW**

**medpac**

**Does your child  
have to carry  
medication?**

**Medpac® - practical bags for  
carrying medicines with photo ID**

Ideal for asthma inhalers, Epipens,  
epilepsy & diabetic medicines and more

**0845 073 9430**  
[www.medpac.co.uk](http://www.medpac.co.uk)

*Love is Sweet*

**Sweet tables for weddings,  
parties, proms and more!**

**A mouth watering selection of  
sweets for your guests to enjoy!**

**It's the perfect addition to your  
wedding or celebration, appealing  
to both adults and children.**

**Available throughout Suffolk and  
North Essex.**

Call Sherry on  
**07732 791646**  
[www.sweet-tables.co.uk](http://www.sweet-tables.co.uk)

## Hypnotherapy

**YOU CAN...**

- Lose weight and stop food cravings**
- Stop smoking forever...in 90 minutes**
- Stop living with fears and phobias**
- Control anger,**
- Stop obsessive symptoms and OCD**
- Stop being anxious and nervous**
- and much more.....**

**Help your child to stop being  
anxious with the 'Blowaway'**

[www.melaniecollingshypnotherapy.co.uk](http://www.melaniecollingshypnotherapy.co.uk)  
**Call: 07855 798 789**