



Guide to planning a brunch

Let's say thank you to everyone who has supported parents during the last year. Join us in celebrating #ThankYouDay.

The impact of the pandemic on parents has been huge. Pregnancy, birth and early parenthood has been a million miles from what most new parents expect or hope for.

We want to say thank you to everyone who has helped and supported parents through this tough time. Help us by getting together with friends for an NCT Brunch and share your message of thanks.

Thank you!

“ I hadn't left the house at all. I want to say thank you to everyone I met at Walk & Talk who helped me feel less anxious and who have now become my friends.

Helen, East Anglia.

Planning your NCT Brunch

What? Give yourself the perfect excuse for a get together with friends. Host an NCT Brunch and invite everyone to bring some tasty food. Share photos and say thank you to the people who have supported parents in your community.

Where? Outside in a park or a local community space. Pick a venue that works for you.

When? #ThankYouDay is Sunday 4th July. Late for breakfast, early for lunch, you're always on time for brunch!

Why? Share your story. Even if they can't be with you on the day by sharing photos and messages you can make sure that the people who supported you get a thank you. Let them know the difference they made.

Who? Use the #ThankYouDay **invitations** to invite friends, neighbours, family or people you work or volunteer with.

Be social

We would love to hear about your event and see your photos. Don't forget to tag us on social media. If you have any questions just pop us a line at enquiries@nct.org.uk



@nationalchildbirthtrust



@NCTcharity



@nctcharity

#ThankYouDay

#NCTBrunch

Five top tips

- **Go online**
If you can't meet up in person why not enjoy a virtual brunch with friends online?
- **Tell others**
Use your network to share thanks, raise awareness and support.
- **Aim high**
Get motivated. Try some fundraising, set a target for how much you want to raise.
- **Ask your boss**
Some employers are happy to match fund. Ask your employer if they will give a donation to match whatever you raise.
- **Thanks**
Why not print one of the special Thank You Day [posters](#) and take a photo to share with the people who have supported you.



Be safe

No one wants to have an accident or get ill. That is why we need your help to make sure everyone is safe. Make sure you follow government COVID guidance on numbers and how to meet safely.

- **Avoid those bugs**
Make sure you follow [basic food hygiene rules](#) when preparing and storing any food.
- **Be allergy friendly**
Flag foods that contain nuts, dairy, eggs or gluten.
- **Be prepared**
Think about what you can do to prevent any accidents and if you need insurance for your event.
- **Say Cheese!**
Not everyone likes having their picture taken or it being shared on social media. Always ask before taking photos.
- **Every penny counts**
If you collect cash donations keep them safe by taking them straight to the bank. Or use this [link](#) to donate.

Remember



Hands

Wash hands



Face

Cover face



Space

Make space

“ I didn't see anyone other than my partner, my midwife and my baby for four months. I'm so grateful for online groups that helped me stay sane.

Seema, London.



Fundraise for NCT

- No parent should be isolated or feel alone. With your help we can make our vision of a world where all parents are supported come true.
- Make an online donation at www.justgiving.com/tnct.
- Or send a cheque made payable to 'NCT' to NCT Brunch, Brunel House, 11 The Promenade, Clifton, Bristol BS8 3NG.

“ Without NCT and the Bumps & Babies group I wouldn't get out of the house to talk to other people. The group is my lifeline and I'm so grateful to the volunteers who run it.

Alex, West Midlands. ”

Don't forget Gift Aid

We love **Gift Aid**. Don't forget to encourage anyone making an online donation to say 'yes' to Gift Aid, if they're a UK tax payer. With it we can claim an extra 25p on every pound.

Get involved

We could not do what we do without the support of our members and volunteers who believe in our work.

Every day we support parents across the UK. We do this by sharing evidence-based information, helping parents build support networks and being a voice to campaign on the issues that matter to them most.

We couldn't do any of this without people like you.

[Find out how you can get involved.](#)

Thank you

Donate to support new parents

£10 Could help provide essential kit for a Walk and Talk volunteer.

£25 Could reduce parent isolation by helping to start a new parent support group.

£100 Could help build a support network for local parents.

www.nct.org.uk

Call us: 0300 330 0700

