

# Baby Babble

*Mother's Day*  
Special Issue

Bays North Harbour 99

April - May 2016



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## PUBLISHER'S MESSAGE

### Mish Ryan

Editor

Big congratulations mummas! In a few weeks you are going to be celebrating your first Mother's Day! Woohoo!

I hope you are enjoying this motherhood journey that is actually harder than we thought! It is also time to say a big thank you to your own mother with a big hug, if you are lucky enough to be able to.

As the baby is too young to say thanks to its mother, Dad's make sure you step it up and make your partner or wife's first Mother's Day one to remember! For this reason, I have an article to inspire dad's to create a special day for you new mums! Make sure you give the magazine to him to have a read too!

I have carried out some research and went to many baby activities in our area. And in the next few issues, I will showcase some fantastic activities that you can do locally with your baby. In this issue, I will cover off the Baby Sensory classes. There is also a very interesting article from Pinky McKay that will help you with your sleep deprivation. Now sit back and relax and have a good read - it's almost Mothers Day!

From the Parents Centre Committee, we wish you all a happy Mother's Day! Enjoy your beautiful day, make memories and look forward to all those yet to come.

*Mish Ryan*

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Editorial  
Michelle Ryan

Committee Meetings:  
We hold our meetings  
every second  
Tuesday of every  
month at 7.15pm. If  
you would like to join  
us please contact

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Cover Photo:  
Mum Laura & baby  
Wynter  
born 7th November  
2015.

## PARENT EDUCATION

Courses of the Month



### Moving & Munching with Joanie Bartels & Cath Conlon

For parents of 4-8 month olds, this course is held over two afternoons.

In the first session, 'Moving,' we give you practical tips for physical play with your baby to help with their development. The second session, 'Munching,' covers introducing solids and appropriate nutrition for your infant (from 4 months old), signs of readiness, and food allergies.

Both sessions are practical, down-to-earth and questions are welcome.

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## *My Mother*



BY JANE TAYLOR

- My Mother  
Who fed me from her gentle breast  
And hushed me in her arms to rest,  
And on my cheek sweet kisses prest?  
My mother.
- When sleep forsook my open eye,  
Who was it sung sweet lullaby  
And rocked me that I should not cry?  
My mother.
- Who sat and watched my infant head  
When sleeping in my cradle bed,  
And tears of sweet affection shed?  
My mother.
- When pain and sickness made me cry,  
Who gazed upon my heavy eye  
And wept, for fear that I should die?  
My mother.
- Who ran to help me when I fell  
And would some pretty story tell,  
Or kiss the part to make it well?  
My mother.
- Who taught my infant lips to pray,  
To love God's holy word and day,  
And walk in wisdom's pleasant way?  
My mother.
- And can I ever cease to be Affectionate and kind to thee  
Who wast so very kind to me,  
My mother
- Oh no, the thought I cannot bear;  
And if God please my life to spare  
I hope I shall reward thy care,  
My mother.
- When thou art feeble, old and gray,  
My healthy arm shall be thy stay,  
And I will soothe thy pains away,  
My mother
- And when I see thee hang thy head,  
'Twill be my turn to watch thy bed,  
And tears of sweet affection shed,  
My mother.

## BABY & YOU CLASSES

Courses of the Month



Baby and You classes are free for Parents Centre members. If you're not a member, enrolment in our Baby and You Membership Package is \$100 and includes the following:

- One year Parents Centre membership
- One year subscription to Kiwi Parent magazine
- Four Baby and You classes - covering infant feeding, health & growth, touch (baby massage) and child development. See the full description below.

### When are our next courses?

BY1602  
10th April - 2nd April 2016

BY1603  
23rd May - 13th May 2016

All courses are held on Wednesdays from 10am to 11:30am at Sunnynook Community Centre.

To book your place register online [baysnorthharbourparentscentre.org.nz](http://baysnorthharbourparentscentre.org.nz) or email Bridget: [baysnorthbabyyou@gmail.com](mailto:baysnorthbabyyou@gmail.com)

# THE IMPORTANCE OF MAKING 'MUM' FRIENDS

BY Department of Education and Early Childhood Development - Victoria

Motherhood can be highly tough. From whether you are breast-feeding or bottle feeding, home pureeing baby food or buying store jars, swaddling or not swaddling, whether you have your baby in a routine, or you're up all night feeding on demand – every aspect of parenting brings advice and opinions – all of them varied and all of them thrust upon you. There is so much information for us mums and the pressure we are under can actually be really hard on us.

Having an extra team of support outside the family barriers can make it easy. The support of other mums has been proven to help a lot! Researchers have shown that coffee groups for first time mums can improve maternal mental health and cut depression rates by reducing anxieties and increasing self-esteem. It can also improve the emotional and psychological well-being of children as well as mothers.

Having a nice group of mums can significantly improve mothers' psychological health by building their confidence and improving the parent-infant relationship. This group aims



to ease the transition into parenthood by giving/ sharing first-time parents information relating to pregnancy, birth, immunisations, weaning, accident prevention and more. Groups strive to develop parents' knowledge and skills and promote the well-being of both parents and infants. It also provides social support with the aim of reducing social isolation. Through the group, parents have the opportunity to ask questions and discuss concerns with each other. Creating an additional support is to allay fears and build their confidence, which is important as confidence can contribute significantly to first-time mothers' psychological well-being and is also important for a positive relationship between mother and child.

CONGRATULATIONS MUMS!!!

Happy  
Mother's Day



Mum Rachel & baby Asher



Mum Sarah & baby Grace



Mum Jessica & baby Asher



Mum Laura & baby Wynter

A large, semi-transparent photograph of two babies swimming in water. One baby is in the foreground, looking towards the camera with arms raised, while another baby is partially visible behind them.

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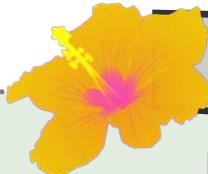
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The Buoyant Babies programme at The Swim Centre is amazing, it is so much fun and personal. They truly care about my baby's development and everything is so warm, clean and private for mums like me.

-Sarah



## FACTS ABOUT MOTHERHOOD

### Babies gave them their name

In English she's mum; in Mandarin Chinese, mama. To Spanish kids, she's mama too, though with slightly different accents on the syllables. "Mum" is translated as mamma in Iceland, ma in punjabi, em in Hebrew and me in Vietnamese. Noticing a trend? No coincidence — one of the first word-like sounds babies typically vocalise is a "ma" sound, and almost every language across the globe has taken that baby talk as the basis for the word for mother.

### Babies may change mum's brain

Pregnancy may cause permanent brain changes in women, according to research published in 2011 in the journal Current Directions in Psychological Science. Most of the research on pregnancy brain has been done in rodents, which develop new smell-related brain cells during pregnancy. Humans aren't rats, of course, but at least one brain imaging study has found that new mums have more gray matter four months after birth. Some scientists suspect that the hormones that flood the brain during pregnancy could lead to permanent alterations, just as teenage hormones contribute to adolescent brain development.



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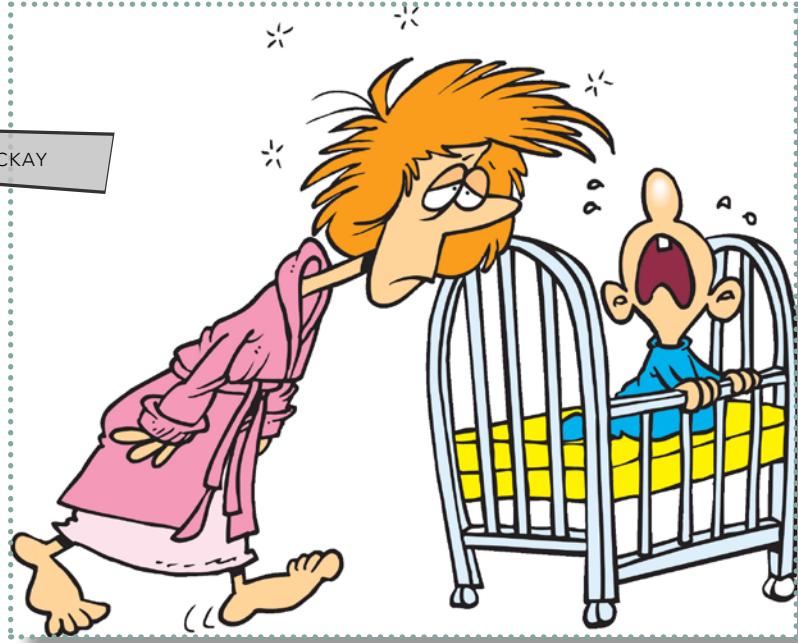
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# DESPERATELY SEEKING SLEEP! HOW YOU CAN GET MORE SLEEP, EVEN IF YOUR BABY DOESN'T

BY PINKY MCKAY



Sleep deprivation can play havoc with your mind your body and your soul. You know that, right? You know this because you are the mum of a new baby or an older baby or a toddler or perhaps a baby and a toddler. So how exactly are you meant to get sleep when your kids don't – sleep, that is?

You know that baby sleep studies define 'all night' as five hours. Five hours in a row would be a dream come true, if it ever came true! You have heard all the clichés about sleeping when the baby sleeps – but when do you actually get anything done like the endless damn washing that one tiny baby creates or the food the rest of the family, including

you, needs to eat.

And, even when the little ones sleep, how do you quieten that mummy brain stream of consciousness of all the 'to dos' that race through your head? What about the crazy spinning voice in your head that does maths all night? If I get to sleep right now, I'll get 2 hours and 45 minutes sleep before she next wakes.

You are so busy doing the mental arithmetic as the clock clicks over that eventually you are in a total panic because you know your baby will be awake in less than half an hour – so you just lie there frozen, frustrated and angry, waiting for the yell that says, she's awake.

Relief: I can feed her and get back to sleep – I'll still get a couple of hours before the sun comes up. Better check the phone to make sure. Oh, I'll have a quick look at face-book first – half an hour later..... hell, the room is getting lighter, I can hear the traffic.... Damn!

Sarah, mother of a four month old says, "I am utterly exhausted and it is making me more anxious during the day. It's not my baby – she is sleeping pretty well, mostly only waking for one or two feeds – it's me. I find I no longer know how to 'switch off'. And it's a vicious cycle: I am so overtired that my mind won't let me sleep. I sometimes can go to sleep okay and get a block of 2-3 hours but once woken for the first feed, I am unable to go back to sleep."

Sarah's experience seems to be fairly common to mums with young babies. However, not being able to sleep while your baby is sleeping peacefully can be a red flag that you may have a treatable medical illness such as postnatal depression, especially if your wakefulness is accompanied by other symptoms such as anxiety, teariness, mood swings and feelings of hopelessness. Of course some decent sleep may be all you need to make a difference to how you feel – it's a vicious cycle, isn't it? It is worth having a health check, especially your vitamin D, Thyroid and iron levels: Leah, a mother of two says, "I found I couldn't sleep after both of my babies, even when they were sleeping. It turned out that my iron and vitamin D levels were low. Taking a liquid iron twice a day made a huge difference."

Once you have ruled out any underlying

medical reasons for your mummy insomnia, here are some things to try to get those essential zzzs:

Prepare your sleep environment: switch off screens an hour before bed – and banish them from the bedroom. The light from devices and computer screens affects the brain's production of melatonin, your natural sleep-inducing hormone. Dim lighting as you read or relax before bed will help trigger some melatonin production.

Banish clocks from the bedroom: or place them where you can't see the time, to avoid midnight mathematics (or, how long have I been awake?).

Create a gentle bedtime routine for yourself: Have a nice warm bath or shower – one trigger for sleep is a slight drop in core body temperature so after a warm bath, as your body cools, you will naturally begin to feel drowsy and more relaxed (works for kids too). Make a warm drink and take it to bed to sip. A snack of carbs will help release tryptophan (bananas are rich in tryptophan), a precursor to serotonin, a relaxing hormone.

Practise deep breathing and/or a guided relaxation to help you switch off and enter more relaxed sleep. Download a talking book or some podcasts to listen to. If you find yourself awake after you have fed your baby, instead of focusing on sleep, pop in earplugs and listen to your download. This will distract your busy mind and over-ride your anxiety.

Rather than keeping yourself awake, you will actually find you 'miss the plot' because you dozed off. This is much better than missing sleep!

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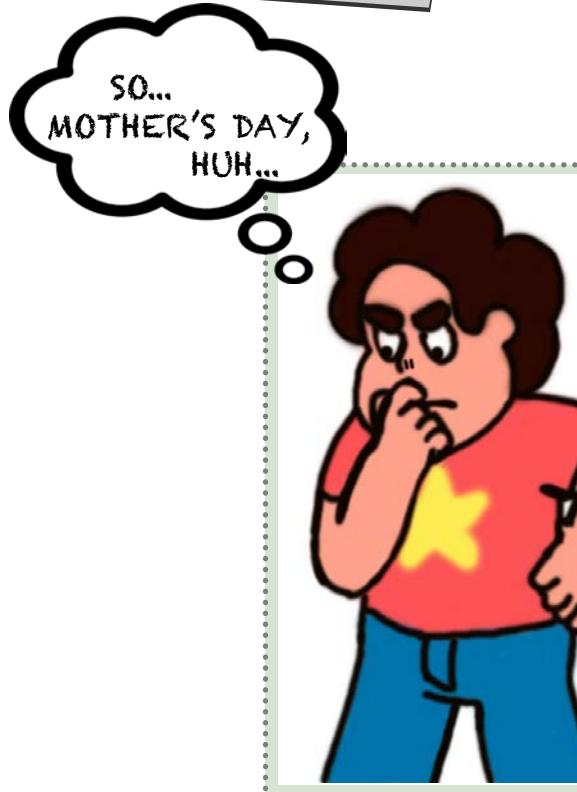


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# A DAD'S GUIDE TO HER FIRST MOTHER'S DAY

BY MEGAN MATTES



With your wife's or partner's first Mother's Day only a blink away, it's time to come up with a game plan to wow her in a major way. After all, she's braved pregnancy, childbirth, and countless sleepless nights in her first year as a mum. We've pulled together some of our favourite ideas to help inspire you.

## Create a Culinary Escape

Breakfast in bed always goes over well. We're not sure whether it's the blueberry pancakes or the fact that she gets to sleep in (that's part of the deal!), but serving her yummy food in bed is always a good move. Even better, pick up her favourite meal from that fancy restaurant you haven't been to since your little one was born and treat her to a romantic dinner at home after the baby is asleep.



## Get Crafty

Don't let the word "crafty" scare you. You don't need a lot of time or creativity to whip up a heartfelt gift for your sweetie this Mother's Day. A cute frame with a favourite photo of her and your baby is a sweet gesture, but if you have time to take it up a notch, make a photo book filled with pictures of your new family. If you own a Mac, it's easy to create a book using iPhoto -- simply click on "create book," drop images and captions into the slots, then hit "buy book." You'll have it on your doorstep within a week. You can also make photo books on user-friendly Websites such as Snapfish. If your baby is a newborn and you're lacking enough baby pictures, you can still make a great book. Chronicle your partner's pregnancy; from the moment she discovered she was pregnant to the arrival of your little one.



## Set up a Spa

Being a new mum is physically and emotionally tiring. Help her wind down and de-stress with a relaxing massage at home. "Touch can be very powerful and loving, especially when you have your wife's physical and emotional needs in mind," says Gretta Monahan, owner of a Spa. Setting the scene is almost as important as the rubdown itself, says Monahan, so keep the room dim, light some aromatic candles, and make sure the space is free of clutter. If you can, opt for massage oil (lavender is ideal for relaxation) instead of lotion; it feels more luxurious and you won't need to reapply it as often. Worried that you don't know the first thing about massage? Don't be. The key to a pleasurable massage is to use smooth, flowing strokes.



## Make a Sweet Card

It may be a year or two until your child is drawing Mother's Day cards, but that doesn't mean your little one can't give Mum his very own card. Pick one out at the store; then write a message as if it's coming from your baby. For instance, it could say something like: "Mum, this has been the best year of my life (well, the only year!) Thank you so much for taking me with you wherever you go, rocking me to sleep when I'm tired, and always making me laugh. I love you."

## Give the Gift of Sleep

There are few things a mom wants more than sleep, so why not give her some much-needed uninterrupted snooze time? "My wife has gone over five months without one interrupted night of sleep," says blogger Nick Shell, dad to 5-month-old Jack. "For her first Mother's Day, I came up with an idea to create a 'sweet sleep certificate' that entitles her to a full night of sleep in the bedroom while the baby and I sleep out of hearing range in a different room." If you think your wife/partner could benefit from a solid eight hours in dreamland, steal Shell's idea and create your own sleep certificate on the computer, then tuck it into her Mother's Day card.



## Think Outside the Box

Some of the best gifts don't cost a pretty penny, but if you want to invest in a splurge-worthy gift, take some time to think about what would hold meaning for her, and her only. "Last year for Mother's Day, my husband, Peter, did something really sweet. He gave me an iPod shuffle engraved with 'Go Mommy Go,' because I was training for a marathon," says Robin Immerman Gruen, mom to Charlotte, 4, and Frank, 1. Need an idea? Surprise her with an activity she wanted to do while pregnant but couldn't, like wine tasting or tennis lessons. Whatever the gift, the most important part is that it shows you put thought into it.



# Stay'n'Play

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# RECIPES



DAD! IT'S TIME TO HIT THE KITCHEN FOR MUM'S SPECIAL DAY!

BY MYFUSSYEATER.COM

## Two Ingredient Pancakes



### Ingredients

- 1 ripe banana
- 1 egg
- butter or coconut oil for frying

### Method

Mash the banana. In a separate bowl beat the egg with a fork. Add the banana and mix until well combined. Or if you are lazy like me you can just bung it all in a blender and blitz for a few seconds!

Heat a little butter or coconut oil in a frying pan over a medium heat. Add one tablespoon of the mixture to make each pancake. It will depend on the size of your frying pan but you should be able to cook 5 pancakes at a time.

Fry for approximately 2 minutes on either side or until the pancakes start to brown.

Serve immediately with some chopped fresh fruit.

## Strawberry Shortcake Overnight Oats



### Ingredients

- 12 strawberries (fresh or frozen)
- 2 cups rolled oats
- 1.5 cups milk
- 0.5 cups greek or plain yogurt
- 1 tbsp strawberry jam
- ¼ tsp vanilla extract

### Method

Chop the strawberries into small pieces. If you are using frozen strawberries defrost them quickly by placing them in a bowl of boiling water for 2 minutes.

Place the chopped strawberries in a bowl and mix in all the other ingredients. Stir well, cover the bowl and place in the fridge for a minimum of one hour.

When you are ready to eat them, simply remove from the fridge and decorate with your choice of toppings. The oats can be eaten cold or else heated in the microwave for 30-60 seconds.

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# BABY SENSORY

BY MISH RYAN



It's no secret that New Zealand is the greatest place for families. And no matter where you are looking, there are always plenty of fun things for our babies to do.

While our little babies aren't ready for ballet or rugby classes, babies at this age can really benefit from taking part in recreation and learning programmes in the community.

Activities for babies and toddlers usually involve their parents or caregivers. And, since babies this age are rapidly developing in their physical, emotional and social areas, activities are an excellent way to help them hone these skills. Research shows that the most important time for development is in the first year. At such a young age, all their learning takes place through their senses.

The Baby Sensory classes utilise this research to provide opportunities for babies (aged 0 to 24 months) to actively engage in sensory play, allowing them to develop, grow and learn about the world they are in.

Baby Sensory helps babies to develop whilst having fun, using a combination of original and traditional songs and rhymes to develop early communication skills.

The programme aims to build up a vocabulary of sensory experiences such as visual, auditory, and tactile. It does this by enhancing physical contact through touching, cuddling and rocking between the parent/caregiver and the baby.

Different activities are presented every week. These activities are engaging and encourage participation, interaction and connection.

It also aims to boost the development of speech through the use of sign language and music, encouraging communication between the baby and parent, which is great as many parents experience frustration in understanding their babies.

A great point of the class is the use of sign language that the parents and caregivers learn to use with their babies.

We would like to say a big thank you to Belinda Coles Photography.

# WE NEED VOLUNTEERS!



We NEED You

Have you thought about volunteering a couple of hours of your time each week or each month for Bays North Harbour Parent Centre? We currently have several vacancies and would love you to join our team!

Did you know that Parent Centre is a volunteer organisation run by parents for parents? Volunteers are the lifeblood of our Centre. We wouldn't exist without the extraordinary enthusiasm and energy of so many generous and proactive people. It's heartening to see the wide range of benefits that volunteering brings. These include friendships, a sense of belonging, personal and professional growth, the ability to expand a CV for returning to the paid workforce and, often, the overall satisfaction that comes from being able to contribute to others parents and their families.

### Vice President

This role provides support to the President and other committee members when required. The hours required vary depending on the support the committee and President need.

### Baby and You Co-ordinator

The Baby & You Co-ordinator contacts the class prior to the sessions, liaises with speakers and class host, organises and makes up the info packs for each class. This role requires 1-2 hours per course.

All roles will require you to attend as many as monthly committee meetings as possible. These meetings are held on the 2nd Tuesday of the month.



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# Baby Babble

## New Arrivals



Wynter Poppy Aisher  
Born 7/11/15



Morgan John Welch  
Born 1/01/16

Sarah & Bradley Eyes  
welcomed Grace

Stoyanka & Brandon  
welcomed Spencer

Shreya & Sam Patel  
welcomed Shania

Bridget & Stuart Lipshaw  
welcomed Marcus Darcy

Cathy & Louis Van der Walt  
welcomed Nina Barbara

Jennifer & Nick Pearce  
welcomed Grayson Isabelle Alty

Laura & James Andrew  
welcomed Summer

Lilly & Steve Watkinson  
welcome Sebastien Steven

Sarah & John Lewis  
welcomed Morgan Jack

Monique Barros & Anthony Coughlan  
welcomed Christian Tony

Lianne & Nick Brown  
welcomed Madeline Aubrey

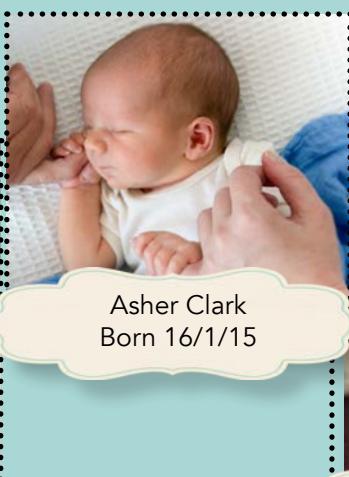
Katie & Mitchell Stubbs  
welcomed Madison Charlotte

Kiri & Dieter Smith  
welcomed Zoe Smith

Sarah & Bradley Eyes  
welcomed Grace Olivia Eyes



Jacob Paul Tutty  
Born 29/02/16



Asher Clark  
Born 16/1/15



Annalise Janet Verrall  
Born 12/02/16



Quinn Kalsi  
Born 15/02/16



Grace Olivia Eyes  
20/12/15



Abir Mittal-Prasad  
Born 26/2/16



Ivy Elizabeth Adams  
Born 5/02/16



Sebastien Steven Watkinson  
Born 4/02/16



Lilly Brooke Jensen  
Born 3/02/16

# EVENTS

## APRIL

**3. SUNDAY 10AM & 11.30AM**

APO 4 Kids @ Bruce Mason Centre

Action! Percussion! Orchestra!

Introduce your baby to instruments of the orchestra through a vibrant interactive concert featuring the colour and variety of the percussion section – and the rest of the orchestra as well.

**16-23 SATURDAYS 9AM**

Browns Bay Laughter Club @ East Coast Bays Community Centre

At Laughter Clubs we use a combination of laughter exercises, breathing, gentle stretches, and relaxation to bring more fun, good health and less stress into our lives.

**17-24 SUNDAY 9AM**

Shake Your Booty, Browns Bay @ Browns Bay Beach

Zumba at the Beach, join in for the free fun dance exercise. It's something for the whole family, come along and see for yourself.

**10 - 24 WEDNESDAY 10AM**

Bébé French @ The Rose Centre

Sensory French workshops for ages 0-5.

Explore French language through rhymes, songs, games, music and movements. No previous knowledge of French necessary, fun and relaxed atmosphere \$7 per session.

## MAY

**16 TUESDAY 10AM**

Sleep & Settling with Dorothy Waide @ Rawene Centre

Learn more about attachment parenting in the first few months with a plan to transition to nurturing within boundaries.

## SHOOTING STARS PHOTOGRAPHY

Are you looking for an affordable, friendly photographer on the North Shore? Melissa Karu from Shooting Stars Photography (Northcote) would love to capture your precious family on camera.

Receive your photos beautifully edited in digital form in colour and black & white to share with family & friends.

Mention 'Parents Centre' and receive one **FREE** 5 x 7 inch print.

### Photo sessions:

- Pregnancy
- Newborn
- Toddlers
- Families
- Glamour
- Corporate head shots

**Don't delay, make your booking today!**

Melissa Karu. (021)706-054,  
Email: karuphotos@gmail.com



[www.photographersauckland.co.nz](http://www.photographersauckland.co.nz)



**Insurance Design**  
*the right design makes the difference*

## **What does Life Insurance mean for your young family?**



**At the request of Parents Centre we speak to every Baby and You class about the insurance needs of new families. We can design a tailored insurance solution providing advice for your family's specific situation, maximizing benefits while minimizing premiums. We have helped over 30 Parent Centre families recently (and can provide testimonials) with all new business from Parents Centre families resulting in a donation, helping Parents Centre to fund the excellent service they provide.**

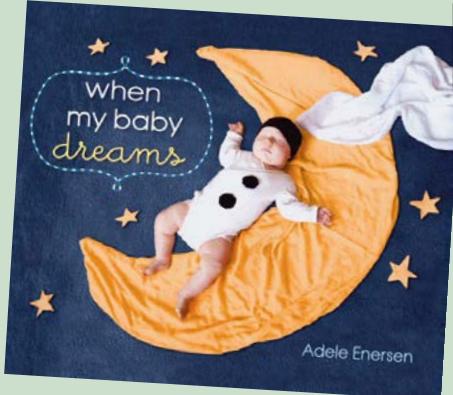
**Brady Arblaster**

**Tel: 09 447 3260   Mob: 021 979 106**

**email: [brady@insurancedesign.co.nz](mailto:brady@insurancedesign.co.nz)**

**A Disclosure Statement is available on request and free of charge.**

## WHEN MY BABY DREAMS BY ADELE ENERSON



This book showcases an ingenious mother's photography of 'dreamscapes' involving her sleeping baby. Adele Enerson began a blog once her daughter Mila was born, to share with friends and family. With a former career as a concept designer in advertising, you can imagine the popularity of her blog spread beyond her original audience and the publication of this book is a continuation of that.

I would describe the images as 'photographic DIY Anne Geddes-esque sleeping baby collages'. The storyline meanders along, basically just as a device to tie together her creative vision. For the purpose of reading to your own baby, my 18 month old is a little too impatient to sit still for the whole book. There are a lot of images to get through. However, reading just part of the book at a time seems to work just fine. Small children seem to love reading about other babies.

If you have a hankering to take some unique photos of your own baby (sleeping or awake), check the book out for inspiration. Enerson's inventiveness is a treat. One of my favourites is an image of a sheep she created using a sheet and some black and white socks.



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**Big Thanks for  
the support from**



*Happy  
Mother's  
Day*

## ADVERTISE WITH US

Reaching expectant and new parents in the Bays North Harbour and the Hibiscus areas, advertising with us will remind your existing customers that you're still around, or attract new customers who may be in need of your products or services.

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Full Page (Inside)	\$90	\$459
Full Page	\$80	\$402
Half Page	\$65	\$340
Quarter Page	\$45	\$235

### Special Positions

Flyer Insert	\$110
Advertisorial	\$80 - Must purchase advert.

Do you have a product or service you would like to include in our membership discount scheme? Get 1 half page advert when offering a discount of 10% or more to our members. To find out more or to book your ad, email [baysnorthpcadvertising@gmail.com](mailto:baysnorthpcadvertising@gmail.com)

From the BNHPC Team



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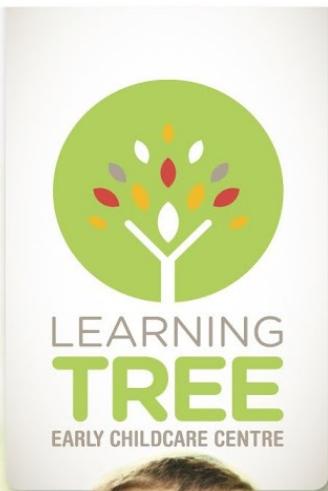
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