

## **3shiresmidwife.co.uk celebrates 5th Birthday Party**

Valerie Gommon Midwifery Practice recently celebrated its 5<sup>th</sup> Birthday. Over the past five years Valerie has helped see nearly one hundred babies into the world and families gathered in Milton Keynes for a special party to mark the occasion. Several clients have now had two babies with Valerie as their midwife and two families have had three babies!

Valerie trained at Milton Keynes General Hospital and worked there for a number of years. She also worked at Northampton General Hospital both as a hospital and community midwife.

Valerie set up her Midwifery Practice in September 2004; Independent Midwifery is in effect a private midwifery service which allows for full continuity of caseload midwifery (where the same midwife sees the client at each visit from booking through the antenatal period, the labour and birth and for a month postnatally) – within the NHS a woman may see many different midwives. Independent care also offers a woman much more time – clients will be seen for regular and lengthy appointments, usually in their own home.

Valerie is a very pro-active midwife and has set up a new website [www.BirthIndex.co.uk](http://www.BirthIndex.co.uk) which aims to be a local resource for all things Pregnancy, Birth and Baby. For example expectant parents can find out What's On locally, where to look for cloth nappies or complementary therapists who specialise in pregnancy, yoga classes for pregnancy or nursery places; there is also a host of useful articles including "Planning a Pregnancy", "New Pregnancy Grant for Women" and an opportunity to sign up for a regular newsletter. She also runs the local Birth Information Group [www.mkbig.org.uk](http://www.mkbig.org.uk) which hosts regular lunches to enable expectant mothers to meet informally and co-hosts free Antenatal Exhibitions.

Contact Valerie Gommon [www.3shiresmidwife.co.uk](http://www.3shiresmidwife.co.uk) or 01908 511247 for more details.