



Happy New Year to you all.

My gosh, where does the time go? I've been busy with my midwifery clients. January is proving to be a particularly busy month, but I've still made time to get this newsletter out as I've got lots of exciting things to tell you about.

Have you been following "One Born Every Minute" or "Call the Midwife"? I am loving "Call the Midwife" which is on BBC1 on Sunday evenings at 8pm.

You can read topical issues by following @midwifevalerie at www.twitter.com/MidwifeValerie or by following [Valerie's blog](#)



Valerie Gommon
Independent Midwife
www.3shiresmidwife.co.uk
Tel: 01908 511247

Pregnancy Support In Your Area

Milton Keynes Birth Information Group
Next meeting
info@mkbig.org.uk

Milton Keynes Home Birth Support Group
Sarah: 07947 188628
email: phoebusflea@hotmail.co.uk
Kerry: 07958 453131 email: kez_campbell@hotmail.com

Bumps and Babes – Milton Keynes
Are you pregnant or do you have a young baby? Join us for our new Bumps & Babes sessions. Make new friends. Exchange hints and tips with other parents. Play with your baby in a fun and safe environment. Robins Sure Start Children's Centre, Heelands School
Fridays 11am - 12pm
[click here for more details](#)

Northampton Baby Café
Northampton Friends Meeting House,
Wellington Street, NN1 3AS
Every Friday except Bank Holidays
From 10:30 am to 12:30 pm
Contact: Carolyn Markham 01604 790496
Ann Davison 01604 843288
ann@babyways.org

STOP PRESS: Baby Café under threat of closure—see www.facebook.com/groups/308929855812633/310130662359219/

Northampton.
Home Birth Support Group
First Thursday of month
7.30pm - 9.30pm
Whitehills Nursery School
Acre Lane,
Kingsthorpe
Northampton
NN2 8DF
Tel: 07716 017366
Email: kellymitchell1102@hotmail.co.uk

Bedford Home Birth Support Group
01234 / 325104 or 218441
charsmith@btinternet.com or
anna_spyropoulos@hotmail.com

Leighton Buzzard & Milton Keynes Home Birth Support Group

New! Pregnancy Pilates Classes
by Chartered Physiotherapist
Leighton Buzzard Theatre
Mondays 10 – 11 am
Starting Monday 23rd January

Pregnant and want to keep fit and healthy? Had a baby and want to safely get back into shape? Stay in shape safely, relax and keep aches and pains away with Pregnancy Pilates from St Judes.

Suitable from 12 weeks of pregnancy. You can re-start the class following delivery after your 6 week post-natal check with a GP letter to say that you are ok to exercise.



mama calm
hypnotherapy and massage for a calmer pregnancy and positive birth

Mama calm offers exciting new sessions packed with information, practical skills and talks from experts relevant to pregnancy, birth and beyond. With a holistic approach, there is a strong emphasis on the benefits of massage and hypnotherapy in pregnancy, labour and birth.

The course is organised and led by Helen Hart, a qualified nursery nurse, massage therapist and certificated infant massage instructor and Sarah Leonard, Cognitive Hypnotherapist and Neuro-Linguistic programming Master Practitioner. Both Helen and Sarah see pregnancy and birth as a very natural process and offer sessions that will give you the opportunity to experience your body and your pregnancy and explore the changes your body and mind might go through.

Research shows the numerous health benefits of massage to both the mother and the developing foetus. Pregnancy massage helps to ease your health and to feel comfortable for giving birth. During labour, our birth partner can utilise the massage techniques to help you relax and encourage blood to flow to the uterus enabling your body to work at its optimum during the birthing process. When the delivery time has come, help the mother to relax, regulate her breathing, relax her pelvic floor and encourage the baby to move freely and ease its passage through the birth canal.

Cognitive Hypnotherapy helps the parent to increase confidence and remove fear of labour by learning to breathe what our bodies are telling us and being able to communicate this to those around us. One of the problems of fear is that it can overwhelm people. When giving birth, if the mother loses control it can have effects to her control and confidence in her own body. By removing the fears of the mother it means that she can keep control of her own birthing process. Her own awareness of the mother's concerns and subconscious fears with techniques and a positive approach to the birth process can be invaluable. By working through our fears and anxieties, supporting each other we can release negative thoughts that we hold around childbirth.



Mama calm classes are the perfect opportunity to meet new people and learn skills which will be useful not only in your pregnancy but beyond the birth also. Groups are friendly and informal and numbers are kept small to ensure a high standard. You and your birthing partner can attend mama calm classes either as a 5 week course or a one day workshop. please contact Sarah or Helen for further information and course dates.

ACTIVE BIRTH WORKSHOP

SUNDAY 22 JANUARY
at BIDDENHAM VILLAGE HALL (Bedford)
for babies due approx February/March



Increase the possibility of an easier, shorter, less painful, calmer and more relaxed experience (for you and your baby)

Enhance you & your partner's understanding of:

- birth instinct and empowerment to birth your baby
- physiological and hormonal process of birth
- how to optimise the environment for easier labour
- active birth positions and the use of props
- partner support - practically, physically and emotionally - and what to expect
- harmless, non-medical ways to ease labour including massage, water, and more
- how yoga and breathing methods can greatly help prepare for labour and birth
- continuing the ethos into the days following birth, with instinctive parenting

£85 per couple (includes information document and healthy refreshments)

More details on website or on request, and private sessions also available

Pippa Moss - Active Birth Teacher - 07903 838 006
pippa@karmabirth.co.uk - karmabirth.co.uk

It is an awful thought that we might not be around to care for our children, but it is something parents should consider and make provision for. Clive Morgan from The Will Partnership has kindly written some thoughts for this [Guest Blog](#). Clive can be contacted at clive.morgan@willpartnership.co.uk

Baby Basics is a service run by the Milton Keynes Pregnancy Crisis Centre they offer new baby packs and baby clothes to those in need, people are referred to this service by health care professionals. Their contact is 01908 230508 email: miltonkeynes@confidential.com They would welcome donations of baby clothes/equipment.

Baby Steps Belly Dance
New to Milton Keynes, and Northamptonshire for new mums & mums to be!!! Loads of fun & fantastic exercise for ante/post natal
For more details contact: Imogen: 07801 966198

Miss Baby Shower is a new service in the UK offering expectant and adoptive parents the chance to celebrate their pending arrival. Enjoy pregnancy and parenthood with friends and family.
Packages suited for everyone and at competitive prices. Indian/Asian inspired, American Inspired or Pamper type baby shower packages. Enabling expectant mum to put her feet up and enjoy. Organising, supplying and hosting the event especially for you.
For more information find us on Facebook or at www.missbabyshower.co.uk

Whitespace Yoga Studio
Stony Stratford
Pre Natal Pregnancy Yoga
Our Pre-Natal Pregnancy course is a great way for you to connect with your baby, and you will leave each class feeling deeply relaxed and take with you relaxation techniques you can use during your pregnancy, birth and beyond.
Mummy & Baby Yoga
Baby bumpkin classes are Yoga inspired classes, which encourage movement, development and feelings of calm for new-borns to babies up to about 12months.
Contact us on 01908 566610 for more information or book your place [online](#) today via our website.

Milton Keynes Hospital NHS Foundation Trust
NEWPORT PAGNELL TOWN COUNCIL Middleton Swimming Pool
BLETCHLEY LEISURE CENTRE
Aquanatal Classes
Classes are weekly, throughout the year on:
Middleton Pool
Mondays
Time 14.00 - 15.00
Lisa Fox: 07709 417010
Woughton Leisure Centre
Mondays
17.45 - 18.45
Tracy Rea: 07833 482243
Bletchley Leisure Centre
Wednesdays
09.30 - 10.30
Jill Peet: 07917 173301
Fridays
13.30 - 14.30
Tracy Rea: 07833 482243
Price £2.00 per session
Any females over 14 weeks pregnant interested in joining us?
Please ring before attending for the first time.

nutribaby
nourishing our next generation
Every mum wants to give her baby the best start in life naturally!
Joining a NutriBaby Weaning Course will give you the knowledge & confidence to choose the foods your baby needs for excellent health, growth and development.
We also advise on Healthy Eating for Pregnancy plus Best Foods for Breastfeeding.
Our small informal group sessions are run by a qualified nutritional therapist (mum of twins, with 7 grandchildren), Sheila Sheppard
While the website www.nutribaby.co.uk is under development, please get in touch to learn more: sheila@nutribaby.co.uk & 07799 132999

Bump Baby and Beyond are running some new events this year please take a look at the website www.bumpbabyandbeyond.co.uk for the latest on 2012 events.

For lots of interesting articles visit [Valerie's online Blog](#)
Click here

La Leche League North Bucks
Offering support and information on all aspects of breastfeeding. Comprehensive list of meetings and toy sale [click here](#) for details.

FOLLOW ME ON [twitter](#)
[find me on facebook](#)

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at info@birthindex.co.uk

Advertise your business on Birthindex by visiting our site here. www.birthindex.co.uk/list.htm