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Your Local Guide for all things Pregnancy, Birth and Baby

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INDEPENDENT MIDWIFERY PRACTICE CELEBRATES 5TH BIRTHDAY

Valerie Gommon Midwifery Practice recently celebrated its 5th 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 acting as midwife and two families have had three babies!

Valerie Gommon set up her business in September 2004; she left the NHS because she wanted to provide a different kind of service for pregnant women, she is able to care for her clients from the beginning of pregnancy until the baby is a month old.

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.

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, labour and birth and for a month postnatal – clients will be seen for regular and lengthy appointments, usually in their own home.

Contact Valerie Gommon
www.3shiresmidwife.co.uk or
01908 511247 for more details.



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Valerie Gommon

Independent Midwife

www.3shiresmidwife.co.uk

tel: 01908 511247

**Parents with Prams Walking
Group Tuesdays at 10.30am
for about an hour**

Meeting in the Car Park At
the Junction of Pattison
Lane and
Marshalls Lane, Woolstone
Free Of Charge
Contact Siobhan
07818 078828

Forthcoming Events

January 2010

Latte&Miele Open Evening
Special Offers, Nibbles,
Goody bags
Odell's Yard, Stony Stratford
Thursday 28th January 2010
6pm—8pm
Contact info@lattemiele.co.uk

February 2010

MK Antenatal Exhibition—
FREE Entry
Sunday 21st February 2010
2pm—4.30pm
Church of Christ The Cornerstone
Central Milton Keynes
Contact info@3shiresmidwife.co.uk

March 2010

Precious Memories

is proud to present their new collection of luxury 3d hand & feet miniatures.

Stunning Hallmarked Sterling Silver 3d Baby Hand & Feet Cufflinks, & Bespoke Gifts. Imagine your baby's hand & foot reduced from the original size and transformed into a unique keepsake. Only company in the UK to offer you this priceless service. www.precious-memories.co.uk or call 07779325160



Free Dental Consultation and Hygiene Voucher



At Odells Yard, Stony Stratford.

28th January 2010
6pm—8pm

Lette & Miele Clothing Emporium hosts Open Evening with an opportunity to meet local midwife Valerie Gommon, Babybond Ultrasound, Maternity Wear by Jilly Sanders and Hair and Beauty. Music, Nibbles, Special Offers and Goody Bags. An evening not to be missed. Contact

March 2010

[Baby and Toddler Show](#)
Sunday 7th March 2010
Stadium MK
11am—4pm
Free Admission

Free Dental Consultation and Hygiene Voucher



evening not to be missed.
Contact-
info@lattemiele.co.uk

[Click here for your 10% discount voucher.](#)

PREGNANCY SUPPORT IN YOUR AREA

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

Milton Keynes Birth Information Group
Next meeting Friday 4th September
12 – 2 pm
01908 511247
info@mkbig.org.uk

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

Home birth support group in **Northampton**.
First Thursday of month between 7.30pm - 9.30pm
Whitehills Nursery School
Acre Lane,
Kingsthorpe
Northampton,
NN2 8DF
Tel: 07716 017366
Email: kellymitchell1102@hotmail.co.uk

Milton Keynes Baby & Toddler Show
at
MK Dons Football Stadium
Stadium Way, Milton Keynes, Bucks, MK1 1ST

Sunday 7th March 2010

**11am—4pm,
FREE ADMISSION**



FitBack & Bumps is a new Ante and Postnatal Educational Exercise Programme run by Chartered Physiotherapists. It brings mums and mums-to-be together to:

- Exercise safely during and after your pregnancy
- Reduce bladder problems by strengthening your pelvic floor muscles
- Improve your posture
- Reduce back and pelvic pain by strengthening your core muscles
- Flatten your tummy after pregnancy
- Make new friends
- Discuss relevant topics and ask questions

Local instructor Jo Pitts, a Specialist Women's Health Physiotherapist.
jo.pitts@fitbackandbumps.co.uk or 077290187939
www.fitbackandbumps.co.uk



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

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