



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](http://www.twitter.com/MidwifeValerie) or by following [Valerie's blog](#)



**Valerie Gommon**  
Independent Midwife  
[www.3shiresmidwife.co.uk](http://www.3shiresmidwife.co.uk)  
Tel: 01908 511247

## Pregnancy Support In Your Area

**Milton Keynes Birth Information Group**  
Next meeting  
[info@mkbig.org.uk](mailto:info@mkbig.org.uk)

**Milton Keynes Home Birth Support Group**  
Sarah: 07947 188628  
email: [phoebusflea@hotmail.co.uk](mailto:phoebusflea@hotmail.co.uk)  
Kerry: 07958 453131 email: [kez\\_campbell@hotmail.com](mailto: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](mailto:ann@babyways.org)

**STOP PRESS: Baby Café under threat of closure—see [www.facebook.com/groups/308929855812633/310130662359219/](http://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](mailto:kellymitchell1102@hotmail.co.uk)

**Bedford Home Birth Support Group**  
01234 / 325104 or 218441  
[charsmith@btinternet.com](mailto:charsmith@btinternet.com) or  
[anna\\_spyropoulos@hotmail.com](mailto: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 23<sup>rd</sup> 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 certified 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 calm and relaxed during the pregnancy process. When the delivery time comes, you will be able to help the process by relaxing, releasing any stresses and fears, and focusing on the new baby and your pregnancy.

Cognitive Hypnotherapy helps the parents to increase confidence and reduce fear of labour by learning to breathe what you breathe and being able to communicate to the baby in utero. One of the problems of fear is that it can make you panic. When going into labour, if the mother loses control, it can have effects to the control and confidence in the baby. By removing the fears of the mother it means that the baby can be in control of her own birthing process. Her own awareness of the mother's concerns and relaxation from birth with techniques and a positive approach to the birth process can be maintained. By working through our fears and worries, 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](mailto:pippa@karmabirth.co.uk) - [karmabirth.co.uk](http://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](mailto: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](mailto: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](http://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](http://www.nutribaby.co.uk) is under development, please get in touch to learn more: [sheila@nutribaby.co.uk](mailto: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](http://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.

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