



Isn't it wonderful to see the sun and the spring flowers showing, it makes us all feel better and look forward to outdoor activities.

You will see that I have featured The Bee House in Newport Pagnell, an exciting new centre that has just opened, do pop along and have a look for yourselves. If you are pregnant you may be interested to know that I am running a Birth Preparation Workshop in April at The Bee House.

As usual there is lots of useful information for you which I hope you will find helpful.

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: 01525 385153



Buzz along to The Bee-House!

The Bee-House in Newport Pagnell is a place that offers child-friendly activities and facilities alongside adult space. So, at The Bee-House you will find: a gym, beauty and health therapy salon, a cafe with lots for your children to do, a crèche and an activity room hosting classes and course for the prenatal stage and well beyond for both parents and children.

Antenatal One Day Workshop

Particularly for first time parents, it can be quite daunting to tread the unknown path of pregnancy, labour and birth; even for second and subsequent pregnancies. Often hospital and clinic appointments are a little rushed and it is difficult to always get your questions answered. We are delighted to be working with the highly respected and well known independent midwife, Valerie Gommon, who is able to offer parents a one day antenatal workshop at the Bee-House.

£99 per couple



www.thebeehouse.net
Tel. 01908 299230

Courses planned include:

- 'Grown-Ups'
- ◆ Yoga
- ◆ Pilates
- ◆ 'Your Gym at Home'
- ◆ Stylist Advice
- During Pregnancy & Beyond**
- ◆ Antenatal Workshop
- ◆ Prenatal Yoga
- ◆ Hypno-Birthing
- ◆ NutriBaby (Nutrition for you, your bump and beyond birth)
- ◆ Antenatal & Postnatal Belly Dancing
- ◆ First Aid for Babies and Young Children
- ◆ Baby Weaning
- Parent & Baby Classes**
- ◆ Baby Massage
- ◆ Baby Yoga
- ◆ Music, Movement & Rhyme
- ◆ Baby Signing
- Toddlers to Pre-Teens**
- ◆ Help your Child to Read & Write
- ◆ Music, Movement & Rhyme
- ◆ Yoga
- ◆ Art & Craft
- ◆ Gardening
- ◆ Cooking
- Teenagers**
- ◆ Yoga
- ◆ Belly Dancing
- ◆ 'Finding your Style' Make-Up Workshop



For more information, do feel free to drop in for a look-see, or visit our website: www.thebeehouse.net

Stickers For mothers & baby

Hazel's Homegrown
[www.hazelshomegrown.co.uk](http://stores.shop.ebay.co.uk/Hazels-Homegrown)
<http://stores.shop.ebay.co.uk/Hazels-Homegrown>

Baby Shower Stickers



Christening & Naming day stickers



Stickers for birthdays & parties



Reward stickers for toddlers



And many more for all occasions!

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.

Rejuvenation

Wellness For Your Body & Mind



Neal's Yard Remedies Organic for Mother & Baby - the natural ingredients in the range help to keep delicate & sensitive skin soft, clean & glowing with pure health. NYR Organic offers safe, healthy skincare for baby & you, & the whole family. To find out more &/or to order go to www.uk.nyrorganic.com/shop/cecilia or contact Cecilia on 07793 938249 or 01908 233868.

Reflexology is a holistic therapy which can help to improve symptoms often experienced during pregnancy such as back pain, as well as bring about a sense of relaxation & calm too. Mention BirthIndex when you book & get 10% off your treatment. Please go to www.re-juvenation.co.uk for more information on reflexology & other treatments or contact Cecilia on 07793 938249

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



"Aqua Harmony runs **Exclusive Swim and Fitness classes** in **Bedfordshire**. From **Pre-natal classes to babies and adults**, there is a class that will **suit everyone**. Our main philosophy is **swimming should be FUN, everyone learns best this way**. Aqua Harmony's main goal is **to teach others to learn to love the water just like we do!** 10% discount when mentioning Valerie Gommon or www.BirthIndex.co.uk There has never been a better time to jump into the pool!"

<http://aquaharmony.co.uk>



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

Milton Keynes Hospital NHS Foundation Trust

NEWMPTON PAGNELL TOWN COUNCIL Middleton Swimming Pool

BLETCHLEY LEISURE CENTRE A partnership to deliver a healthy and engaged community

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?



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

karma birth - for pregnancy and beyond

ACTIVE BIRTH WORKSHOP

SUNDAY 20 MAY
at BIDDENHAM VILLAGE HALL (Bedford)
for babies due approx June/July/start August

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 snacks)

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



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.

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.

Come to our free Nappy Information Evening
Find out more about real nappies



Milton Keynes Council's Recycling Team invites you to attend a real nappy information evening to learn more about the benefits of modern washable nappies - including saving money and helping the environment. All welcome including parents, parents-to-be, midwives, health visitors, childcare workers and other interested parties.

Thursday 2nd February 2012, 7pm to 8pm
Thursday 24th May 2012, 7pm to 8pm
Thursday 19th July 2012, 7pm to 8pm
Thursday 25th October 2012, 7pm to 8pm

The evenings are all held at the Milton Keynes Materials Recycling Facility, Colts Holm Lane, MK12 5QD. To find out more and book your place visit www.milton-keynes.gov.uk/realnappies

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 Home Birth Support Group
Tel: 07716 017366
Email: kellymitchell1102@hotmail.co.uk

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

Leighton Buzzard & Milton Keynes Home Birth Support Group
Contact: Sarah 07947 188628

find me on facebook

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