

BirthIndex.co.uk



Your Local Guide for all things Pregnancy, Birth and Baby
Volume 2 Issue 1 January 2010

Welcome to the first edition of www.Birthindex.co.uk newsletter for 2010. This issue is packed with information about forthcoming events in the area - you will see that we are very lucky to have a bumper few months ahead of us. If you are pregnant and enjoy swimming have a look at www.ukswimstore.com who have all maternity swimwear in their sale. In the next issue I hope to have news of a very special offer for you all ... until then enjoy the events many of which are free to attend.

Valerie



Valerie Gommon
Independent Midwife

www.3shiresmidwife.co.uk

tel: 01908 511247

Forthcoming Events

FEBRUARY 2010

Baby and Child Show

FREE ENTRY

Sunday 7th February

Towcester Race Course, Towcester

11am - 4pm, Contact:

Samantha.vaughan@informexhibitions.co.uk

John Lewis Nursery Department

FREE ENTRY

John Lewis, Central Milton Keynes

Saturday 13th February

1-am - 4pm

Contact: info@3shiresmidwife.co.uk

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

Baby And Toddler Show

FREE ENTRY

Sunday 7th March 2010

Stadium MK

11am - 4pm

Contact: info@centralexhibitions.co.uk

Pregnancy Support In Your Area



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
Contact: Sarah 07947 188628

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

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

Entertainment
**SUNDAY 21ST
MARCH 2010
STADIUM MK**



Advance tickets on sale now!

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**



Photograph by www.lumierevrai.com

FREE ANTENATAL EXHIBITIONS 2010

Sundays 2.00 pm - 4.30 pm

21st February

20th June

24th October

At

Church of Christ the Cornerstone
300 Saxon Gate West, Central Milton Keynes, MK9 2ES

Exhibitors include:

Midwifery advice, Breast feeding, Waterbirth,
Complementary Therapies, Maternity Bras, Cloth Nappies,
Baby Massage, Yoga, Aquanatal, Ultrasound Scans

Free: admission, refreshments and parking at rear of building



**LATTE
& MIELE**
CHILDRENS EMPORIUM

OPEN EVENING

Odells Yard
Stony Stratford.
28th January 2010
6pm—8pm

Lette & Miele Clothing Emporium hosts Open Evening with an opportunity to meet local midwife Valerie Gomon, 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:-

Contact:
info@lattemiele.co.uk

Michelle Twiselton
07852 100 484
michelle@mk-midwife.co.uk
www.mk-midwife.co.uk

Valerie Gommon
01908 511247
info@3shiresmidwife.co.uk
www.3shiresmidwife.co.uk

UKswimstore.com
swimwear fit for you



Maternity Swimwear
SALE

www.ukswimstore.com

2010 – Your Best Year Yet!



Going for Gold

Will 2010 be your best year yet?
What is it that **you** really want?

Take your first step to making 2010 a
ground breaking year sign up now to get:

- ✓ morning interactive event in MK,
- ✓ FREE personal coaching session,
- ✓ 5% discount on all CWC products
- ✓ End of year review

£75 per person.

Contact Clare
01908 368607
changes@clarewildmancoaching.co.uk to
book your place
23rd January or 6th February 2010.



**the BABY and
CHILD show**
from bump to 10
7 February 2010 • Towcester Racecourse

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

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

