

# Doula UK Conference

January 21st - 23rd 2022



**Doula UK**  
Positive birth.  
Supporting families.

#DoulaUKconference22

# EVENT SCHEDULE

## DOULA UK CONFERENCE

Friday 21st January

### **WELCOME**

**Saima Kara - Doula UK**

**2:00PM**

**Dr B.J. Woodstein**

'Supporting LGBTQ+  
Families'

**3:00PM**

**Hilary Lewin**

'Community for Better  
and for Worse'

**4:00PM**

**Jo Rhys-Davies**

'Rights Matter in Maternity'



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# EVENT SCHEDULE

## DOULA UK CONFERENCE

Saturday Morning 22nd January

### **WELCOME**

**Alison Ogier - Doula UK**

**10:00 AM**

**Laura Godfrey-Issacs**

'Maternal Journal'

**11:00 AM**

**Charlotte Edun**

'Who Holds the Knowledge Controls the Body: Birth Knowledge Redistribution'

**12:00 PM**

**Dr Mari Greenfield**

'How to Support Clients in a Pregnancy Following a Traumatic Birth'



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# EVENT SCHEDULE

## DOULA UK CONFERENCE

Saturday Afternoon January 22nd

### WELCOME

**Leila Baker - Doula UK**

**2:00PM**

**Lyndsey Hookway**

'The 10 Biggest Myths in  
the Child Sleep World'

**3:00PM**

**Victoria Greenly**

'Raising Awareness of and  
Elevating the Postnatal  
Period'

**4:00PM**

**Dr Ria Clarke**

'Why Doulas are Ideally  
Placed to Push Back  
Against Racial Injustice in  
Maternity Care'



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# EVENT SCHEDULE

## DOULA UK CONFERENCE

Sunday Morning January 23rd

### **WELCOME**

**Michelle Bennett - Doula UK**

**10:00 AM**

**Jo Dagustun**

'AIMS Campaigns! A Look Behind the Scenes'

**11:00 AM**

**Faye Ceyhan**

'How to Doula Social Media'

**12:00 PM**

**Hazel Acland**

'Circle of Belonging'



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# SPEAKERS

## DOULA UK CONFERENCE

### Dr B.J. Woodstein

Associate professor in literature and translation at the University of East Anglia, translator, writer, doula, and IBCLC

### 'Supporting LGBTQ+ Families'

What does it mean to support LGBTQ+ people on their journey to family-creation? What are their particular needs? How can you best serve them? In this talk, doula, IBCLC, and queer parent herself Dr B.J. Woodstein will give you the information you need to work with LGBTQ+ families antenatally, during birth, and postnatally.

Dr B.J. Epstein Woodstein is a Swedish-to-English translator, writer, editor, lactation consultant, and doula, as well as an associate professor in literature and translation at the University of East Anglia.

She has written, edited, and translated many works; her most recent books are Portrayals of Breastfeeding in Literature and We're Here! A Guide to Becoming an LGBTQ+ Parent, both of which will be published in 2022. B.J. is particularly interested in issues of equality, diversity and inclusivity.

She lives with her wife and their children in Norwich and can be reached through [www.bjwoodstein.com](http://www.bjwoodstein.com)



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# SPEAKERS

## DOULA UK CONFERENCE

**Hilary Lewin**

*Abdominal Therapist, Teacher, Writer.*

### **'Community for Better and for Worse'**

Community is often talked about as positive, but the truth is community holds a mirror up to each of us. It is through community that we learn, become vulnerable, and hold each other accountable. Community may be where we feel our greatest support, but it may also be where we find our greatest frustrations. We chose our friends but community like family can be thrust upon us for better and for worse.

How can we build a supportive network in which we are all able to access the support we need? How can we be more kind whilst being less nice? Community is a place where energy is exchanged, there must be balance as to how we both give and receive.

Come and explore these thoughts and leave refreshed, ready to step back into your community with open eyes and an open heart. Come as yourself and leave with the strength of your people at your back, ready to lean into a new year and a new start. Your community is right here waiting for you.

Hilary Lewin is one of the original founders of Doula UK and she has since gone on to bring Abdominal Therapy (once known as Maya Abdominal Therapy) to Europe which she both teaches and shares with clients at home and abroad. She is one of 16 Directors of the Abdominal Therapy Collective where they strive to do business in an open hearted, divine feminine manner.

Hilary is more recently found making waves in the world of menopause. Look out for her new book 'Menopause. Your Brilliant, Bloodless Revolution' out early 2022.

Her full name is 'Hilary Lucienne' which, broken down, means 'bringer of good cheer and light'. She aims to do just that. To find out more take a look at [www.hilarylewin.com](http://www.hilarylewin.com)



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# SPEAKERS

## DOULA UK CONFERENCE

**Jo Rhys - Davies**

*Birthrights Legal Trainer and Advice Line Officer*

### **'Rights Matter in Maternity'**

Birthrights is the UK charity dedicated to improving maternity care by protecting human rights in pregnancy and childbirth. When we understand what those rights are and how they matter in maternity care, we understand how to promote respectful care in our conversations with both women and healthcare providers. Jo Rhys-Davies from Birthrights will present different questions and scenarios that may occur in maternity care and explore how we can use human rights to empower women and birthing people.

Jo has worked with Human Rights Law for over 20 years. Called to the Bar in 2000, Johanna spent 9 years as a practising barrister, focusing on cases involving asylum and human rights law, family law, and survivors of coercion and abuse. In 2009 she gave birth to her son and was profoundly affected by the excellent maternity care that she received. She turned her attention to maternity rights and in 2010 co-founded a maternity advocacy group at a grassroots level in Yorkshire. Jo feels passionately about ensuring rights-based, dignified, maternity and health care is offered to everyone. Jo joined Birthrights as a volunteer in 2014 and has been an Associate Legal Trainer for Birthrights from 2015. Jo also joined the staff team as Advice line Officer just before the pandemic began and she continues to provide information and support to individuals and healthcare professionals who contact our advice line.

Outside of Birthrights, Johanna is a qualified breastfeeding counsellor with La Leche League, she spent six years on the board of LLLGB and in 2019 she was elected to the only Great Britain seat on the board of La Leche League International. She is also a legal trustee for the Iolanthe Midwifery Trust, a charity which provides educational grants to midwives and student midwives. Jo lives in Wales and outside of maternity rights she spends as much time walking by the sea or cooking as she can. [www.birthrights.org](http://www.birthrights.org)



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# SPEAKERS

## DOULA UK CONFERENCE

### Laura Godfrey - Isaacs

*Artist, Midwife, Creative Producer, Birth Activist*

#### 'Maternal Journal'

'Maternal Journal' is a creative guide to journaling through pregnancy, birth and beyond and is filled to the brim with ideas, support and inspiration to support people to create their very own journal through pregnancy, birth and parenthood.

Find out how it promotes the simple but radical concept of expressing thoughts, feelings and experiences creatively in a journal to promote positive mental health and wellbeing throughout the parenting journey.

Laura Godfrey-Isaacs aspires to bring her knowledge and experience in the arts together with midwifery to bring fresh interdisciplinary perspectives to inform birth education, practice, policy and research.

She regularly presents at conferences, writes and blogs about birth and creates interdisciplinary projects and campaigns, such as Maternal Journal which supports mental health and well-being through creative journaling and Birth Cafe an inclusive space to talk about the significance of birth for all.

She is Ambassador for Procreate Project, Co-Chair of the Women's Equality Party's Health Committee, Board Advisor of The International Forum for Wellbeing in Pregnancy, and was member of the Thought Leadership Group at the NMC reviewing midwifery education standards.

[www.lauragodfreyisaacs.com](http://www.lauragodfreyisaacs.com)

'Maternal Journal' is available at Pinter & Martin



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# SPEAKERS

## DOULA UK CONFERENCE

### Charlotte Edun

*Doula, Hypnobirthing Practitioner, Positive Birth Movement Facilitator*

#### **'Who Holds the Knowledge Controls the Body: Birth Knowledge Redistribution'**

Even though birth happens to and through women, in 21st century Britain knowledge remains overwhelmingly in the hands of formally trained professionals and experts. The result is a maternity care system in the paternalistic model, which de-values the experience, knowledge and instinct of mothers and midwives.

This session will provide a short history of midwifery and maternity care to track how we got here, and new discourses and dynamics to improve the experiences of mothers, midwives and medics.

Charlotte Edun is a birth doula, hypnobirthing practitioner, a Positive Birth Movement facilitator and is currently writing an MA by research at the Centre for Women's Studies at the University of York.

[www.thegoodbirthpractice.co.uk](http://www.thegoodbirthpractice.co.uk)



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# SPEAKERS

## DOULA UK CONFERENCE

**Dr Mari Greenfield**

*Postdoctoral Research Fellow at King's College, London*

### **'How to support clients in a pregnancy following a traumatic birth'**

After a traumatic birth, parents make different decisions about whether to have any more children. When they do choose to become pregnant again, they may make different choices about offered tests and interventions during pregnancy, for birth, and for the early postnatal period. Whilst the choices made may be very different, the processes to make those choices follow a common trajectory.

Drawing on their PhD research, Mari will describe the stages that women in her research went through. They will also talk about what support a doula could offer to pregnant women who have previously had a traumatic birth to facilitate these processes.

Dr Mari Greenfield is an academic researcher in perinatal care, and has been a doula for over a decade. They completed their PhD in 2017, carrying out longitudinal research with pregnant women who had previously experienced a traumatic birth. More recent research includes:

- a literature review of birth trauma and perinatal mental health in non-binary people and trans men
- writing about the lack of support for non-gestational lesbian mums who are breastfeeding
- psychometric research looking at experiences of perinatal anxiety during lockdown for LGBTQ+ parents and for Black and Asian women
- qualitative research examining the choices that women with a BMI >30 make in second (or more) pregnancies
- a review of the literature about LGBTQ+ experiences of perinatal loss
- research into freebirth intentions during lockdown

Mari is also the author of the soon-to-be-released podcast *Pride in Birth*, in which she talks to researchers about their work on LGBTQ+ fertility, pregnancy, birth and postnatal issues. Twitter @ResearchDoula



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# SPEAKERS

## DOULA UK CONFERENCE

### **Lyndsey Hookway**

*Paediatric nurse, HV, IBCLC, Author, Researcher, Speaker*

### **'The 10 Biggest Myths in the Child Sleep World'**

This presentation will discuss ten highly pervasive myths, namely that to achieve optimal sleep parents should put their child down drowsy but awake, follow eat, play, sleep or strict routines, aim for 7pm-7am consolidated stretches of sleep, and teaching children to self soothe by leaving them to cry. It also addresses other myths such as that babies should be sleeping through the night by 6 months, that short naps don't count, or that by responding to children, we teach them to be clingy.

There is a huge volume of easily accessible sleep support material available to parents, in the form of social media accounts, the increasing role of influencers, books, websites and the unregulated sleep industry. Parents can rapidly be exposed to a vast amount of information – not all of it evidence based or responsive. Professionals invested in lactation, responsive parenting and gentle sleep support in many settings need to be well-informed of the current trends and myths, and more importantly, be able to challenge them with robust evidence.

After this session, learners will be able to: Understand the most prevalent myths in sleep, be able to explain why these myths are problematic, including their effect on parents and infants, address the myths with robust evidence to challenge the validity of these false claims.

Lyndsey Hookway is an experienced paediatric nurse, children's public health nurse, International Board Certified Lactation Consultant, Holistic Sleep Coach and birth trauma recovery practitioner. She has worked in hospitals, clinics, the community and within clients' homes for 20 years, serving within the UK NHS, in private practice and voluntarily.

Lyndsey is currently a PhD candidate at Swansea University, aiming to explore the needs and challenges of breastfed seriously unwell infants and children, as well as their families, and the health professionals serving them. She is the author of Holistic Sleep Coaching (2018), Let's talk about your new family's sleep (2020), and Still Awake (2021) and is currently working on three more books that will be published in 2022.

[www.lyndseyhookway.com](http://www.lyndseyhookway.com)



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# SPEAKERS

## DOULA UK CONFERENCE

### Victoria Greenly

*Birth and Postnatal Doula, Infant Feeding Counsellor, Postnatal Course Provider*

#### **'Raising Awareness Of and Elevating the Postnatal Period'**

The time after a baby is born is often unprepared for and not spoken about. In this talk, I will be exploring the themes of the conference - community and recovery - by unpicking how we can build community in the postnatal period and how postnatal doulas can particularly support a parent's emotional and physical recovery. By raising more awareness of how important the transition to new parenthood is, we can start to elevate the postnatal period in the UK and give it the reverence it deserves.

Victoria began her journey supporting parents in 2011 when she was asked to train as a breastfeeding peer supporter with the BFN, helping staff in busy South West London NHS baby clinics for 3 years. In 2013, she started working as a postnatal doula. Since then, she has supported over a thousand parents with feeding their babies and over one hundred families as a postnatal doula.

Victoria became a postnatal educator in 2015 establishing a doula course provider, Younique Postnatal with two other experienced doulas. Since then, she has trained hundreds of postnatal doulas and provides courses and workshops on the postnatal period.

[www.youniquepostnatal.com](http://www.youniquepostnatal.com)



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# SPEAKERS

## DOULA UK CONFERENCE

**Dr Ria Clarke**

*Obstetrics and Gynaecology Registrar*

### **'Why Doulas are Ideally Placed to Push Back Against Racial Injustice in Maternity Care'**

- Intro: About me, my training so far and my journey into this sphere
- Glossary of terms: White privilege, white supremacy, bias, microaggressions
- Examples of racial injustice in maternity care - past, present and future
- Exercise on unconscious bias
- Discussion: Safe space to share thoughts and feelings
- Recovery: Allowing healing for birth workers who experience racial injustice
- Community: Why doulas are perfectly placed to help dismantle racial injustice

Dr Ria Clarke is an obstetrics and gynaecology registrar in the South of England. Throughout her training she has dedicated herself to learning how to amplify the voices of the individuals and families she cares for. Her work involves training within the hospital environment to care for people with reproductive organs at formative periods in their lives. This includes medical and surgical interventions.

Outside of the hospital environment, this passion has led to Dr Clarke presenting at international conferences about the impact of severe nausea and vomiting in pregnancy, and working with her alma mater to support non traditional medical students become doctors. Her most recent advocacy has focused on the racial disparities in maternal mortality between Black, white and Asian women.

Balancing the demands of raising a family with such an emotionally charged job has equipped Dr Clarke with vital juggling skills, whilst also making her appreciate how important work life balance is.

Dr Clarke is married with two children and when she isn't working, she enjoys sewing, travel (pre COVID-19!) and learning about her heritage. She can be found sharing her thoughts of medicine and parenthood at @thedocmummy on Instagram



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# SPEAKERS

## DOULA UK CONFERENCE

### Jo Dagustun

Team Lead, AIMS Campaigns Steering Group

#### 'AIMS Campaigns! A look behind the scenes '

AIMS has been campaigning for improvements in the maternity services for over 60 years.

In this session, Jo will be offering an insider's view of AIMS campaigns, with a particular focus on their current campaigning work, a guided tour of the new AIMS position papers, and some ideas about how you might want to get involved.

Based in Greater Manchester, Jo Dagustun has been volunteering for AIMS since 2017, following her completion (as a geographer) of a birth related PhD. Jo's work background is in public policy.

Jo's key role in AIMS is to facilitate their campaigns work 'to improve maternity services for all'. Jo enjoys representing AIMS on England's Maternity Transformation Programme's Stakeholder Council and generally likes to spend time working alongside others in the dynamic and diverse UK health/maternity services improvement community: "it's not all sweetness and light, but #TogetherWeCan, #TogetherWeMust".

[www.aims.org.uk](http://www.aims.org.uk)



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# SPEAKERS

## DOULA UK CONFERENCE

**Faye Ceyhan**

*Birth Business Coach*

### 'How To Doula Social Media'

Join me for a chat about making your Instagram Page stand out, gaining your ideal followers and converting them into clients!

Hi, I'm Faye! I qualified to be a hypnobirthing teacher in Jan 2020 just before I had my second daughter. I had no clue about Instagram or what a hashtag was but I decided to learn all about it in order to use it as a way of gaining clients so during night feeds in order to stay awake, I read books & watched youtube videos all about Instagram, after many hours of studying, I started implementing what I was learning and it worked! In no time at all, I was booking in new clients every single day and was being noticed by large companies such as Mamas and Papas and The Baby Show.

I decided to set up a page dedicated to helping birth workers use Instagram and Birth Biz Babes was born in August this year! Since then I've helped loads of birth workers gain confidence with Instagram as well as clients! And here I am!

Instagram @birthbizbabes



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# SPEAKERS

## DOULA UK CONFERENCE

**Hazel Acland**

*Doula, Celebrant, Social Entrepreneur*

### **'Circle of Belonging'**

A sharing circle for doulas and birth workers to explore belonging and weaving together our hopes for the future.

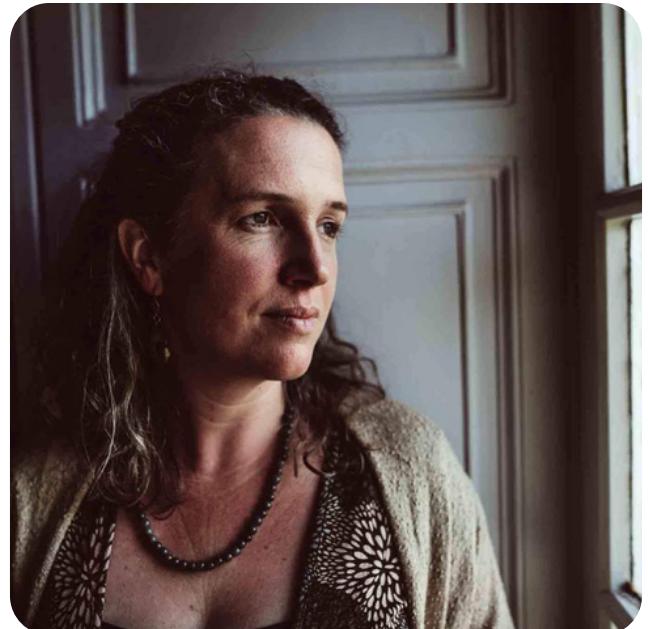
This is an interactive opportunity to come together at the end of our conference and connect with each other. We will be reflecting on the year that has passed, taking a moment to bring our awareness into the present, and setting intentions for the future. We will finish our circle with a closing ceremony to mark the end of the 2022 Doula UK conference. May our cups be filled and our hearts overflowing with doula love.

You are invited to bring: A pen and paper, an item that represents 'support' for you, a candle and something to drink and maybe food ready for afterwards

Hazel is a doula, holistic childbirth educator, circle facilitator and director of The Nest Southwest CIC, a social enterprise that supports women, girls and non-binary people through the transitions of menstruation, pregnancy, birth and menopause.

Hazel coordinates a perinatal peer support program, manages a team of volunteers, runs workshops in schools, teaches people how to hold mother blessings ceremonies and is the author of the popular booklet 'A Birth Path - stages and states of consciousness.'

[www.welcometofullcircle.com](http://www.welcometofullcircle.com)



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# DOULA ACCESS FUND

## DOULA UK CONFERENCE



**The Doula Access Fund provides free support during pregnancy, labour & after the birth of a baby to those most vulnerable and in need.**



*"I feel that having doula support helped me to have a more positive birth experience"*

*"...enabled me to give my baby a better start in life"*

*"...improved my mental health and well-being in pregnancy and after my baby was born"*

We are in real need of volunteers across the UK to provide birth and postnatal doula support through the Access Fund.

If you are a Doula UK member and would like to find out more, please email Amy on [admin@doula.org.uk](mailto:admin@doula.org.uk)

Or you can support the Access Fund by making a [donation](#).



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# SPONSORSHIP

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MORI is a digitally native, direct-to-consumer baby and toddler clothing brand established and headquartered in London.

MORI exists to inspire parents to raise kinder generations so together we can give babies a softer & stronger start.

Every product is innovatively designed to make parenting simpler, made from the softest organic cotton and bamboo which is breathable and thermoregulating for safety and comfort.



contact [becca@babymori.com](mailto:becca@babymori.com)  
for your exclusive discount code to share with clients.



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# DOULA RAFFLE

## DOULA UK CONFERENCE

Enter the Doula Raffle to win one of our amazing prizes. Proceeds to the Doula Access Fund.  
£2 = 1 entry.

### Buy Tickets

(closes 2pm Sunday 23rd Jan)

WIN Star Prize! The Wise Hippo is offering one lucky raffle ticket winner a free place on their next online teacher training in Feb 2022 ( value £997) The Wise Hippo

WIN your choice of postnatal doula workshop up to the value of £80  
Younique Postnatal

WIN your choice of Doula Tee  
The Birth Worker Co

WIN 'Still Awake' by Lyndsey Hookway  
Pinter & Martin

WIN 'Pregnancy By The Moon'  
by Eva Bay Greenslade

WIN a 'Doula Yourself' Pamper Box from Mother Maytree

WIN 'Maternal Journal' by Laura Godfrey-Isaacs  
Pinter & Martin

The raffle will be drawn on Tuesday 25th January and results will be announced on social media.



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# SPONSORSHIP

## DOULA UK CONFERENCE

# perimom



The Perimom Perineal Massager is designed to empower women to do perineal massage completely on their own.

Using Perimom is extremely easy. It requires no ultra-flexibility or asking for a partner to help. The approved medical device was invented by a midwife and doula who saw the benefits of doing perineal massage in the weeks leading up to childbirth.

Perimom is offering attendees a discount to pass on to the families you are supporting.

Use discount code: DOULA15 for a 15% discount until February 15th.



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# GET INVOLVED

## DOULA UK CONFERENCE

### Join Doula UK

- Join 650 Doula Members
- Doula Directory
- Support
- Community
- Volunteer Opportunities
- Mentoring
- Events
- Podcast
- CPD Discounts
- European Doula Network
- The Doula Magazine

<https://doula.org.uk/join-doula-uk/>



### Approved Doula Course

All doulas who attend a Doula UK Approved Doula Preparation Course are invited to join Doula UK.

Doula UK approved course providers

- Follow the Doula UK core curriculum
- Are led by an experienced doula
- Are regularly assessed
- Have completed inclusivity and diversity training
- Adhere to the Doula UK Code of Conduct & Philosophy



<https://doula.org.uk/join-doula-uk/>



### Alternative Pathway

The Alternative Pathway to Doula UK membership is open to **birth professionals, experienced doulas or those who have completed doula training elsewhere.**

Book your place on the Doula UK Alternative Pathway Training Workshops now and join 650 birth and postnatal Doula UK members.

Booking June 2021 onwards

<https://doula.org.uk/join-doula-uk/>



THE DOULA UK  
PODCAST  
WITH LEILA BAKER



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# THANK YOU

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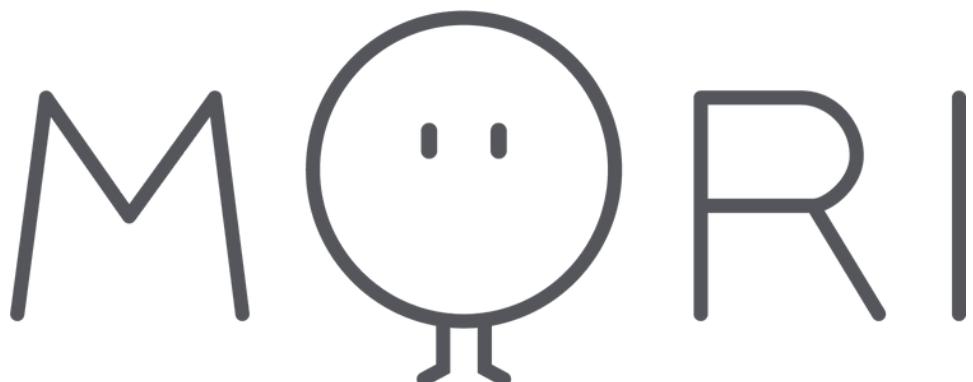
We would like to say a huge thank you to our wonderful speakers who devote their time and expertise to us.

We also thank our sponsors and supporters:

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Thank you to the Doula UK team of volunteers who guide and lead Doula UK on behalf of its members.

Lastly, thank you for joining us!



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