



Doula UK
Positive birth.
Supporting families.

INSPIRE & CONNECT

March 22nd - 24th 2024

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the home of hypnobirthing



EVENT SCHEDULE

DOULA UK CONFERENCE

Friday 22nd March Afternoon

WELCOME

Leila Baker - Doula UK

2:00PM

Victoria White

'Doulas Supporting
Neurodivergent Birth'

3:00PM

Dani Gillet (PANDAS UK)

'PND Awareness'

4:00PM

Leah Lewin

'The Intersection of
Intergenerational Trauma
in the Perinatal Period'



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EVENT SCHEDULE

DOULA UK CONFERENCE

Saturday 25th March Morning

WELCOME

Luiza Morris - Doula UK

9:00 AM

**Eleanor Currie &
Amanda Banks**

'Making and Marketing
'Born at Home' Film'

10:00 AM

Doula UK Team

'Inspire & Connect:
Inside Doula UK'

11:00 AM

Amber Marshall

'Big Fat Positive'

12:00 PM

Lyndsey Hookway

'Doula's Supporting
Families In Sleep Crisis'



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EVENT SCHEDULE

DOULA UK CONFERENCE

Saturday March 25th Afternoon

WELCOME

Michelle Bennett - Doula UK

2:00PM

Geeta Nayar & Sharon Williams

'Supporting Birthing People Following Birth Trauma'

3:00PM

Erin Fung

'Demystifying Hypnobirthing - The Psychology & Physiology'

4:00PM

Lucy Webber

'Breastfeeding & The Fourth Trimester'



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EVENT SCHEDULE

DOULA UK CONFERENCE

Sunday March 26th Morning

WELCOME

**Trudi Dawson & Olivia
Southey - Doula UK**

10:00 AM

Nadia Higson (AIMS)

'Focus on Induction in
Labour'

11:00 AM

Nadia Raafat

'Spiritual Dimension of
Pregnancy in a Secular
World'

12:00 PM

Roma Hearsey

'Biomechanics for
Birthkeepers'



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SPEAKERS

DOULA UK CONFERENCE

Victoria White

Doula and Director of Neurodivergent Birth CIC

'Doulas Supporting Neurodivergent Birth'

Victoria is a doula and director of Neurodivergent Birth CIC, a social enterprise. Their mission statement is to 'promote awareness of perinatal neurodivergent experiences and improve understanding and support'. In her talk, Victoria will explore the role of the doula in supporting neurodivergent birth.

Victoria's daughter was diagnosed as autistic in 2022, and Victoria has also recently been exploring her own neurodivergence. Following her daughter's diagnosis, she read everything she could get her hands on about neurodiversity, and she began to see how many aspects of pregnancy, birth and the postnatal period could be challenging and experienced differently by neurodivergent people.

She launched an Instagram page and 'The Neurodivergent Birth Podcast' to facilitate the conversation. The response that this was a much-needed space within the birth world was overwhelmingly positive, and she began to have many wonderful and informative conversations with neurodivergent people, healthcare professionals and researchers via the podcast.



ndbirth.com

This led to the development of a competency workshop for birthworkers; 'Supporting Neurodivergent Birth'.



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SPEAKERS

DOULA UK CONFERENCE

Dani Gillet

Training Director, PANDAS Foundation UK

'PND Awareness'

Learn about all kinds of perinatal mental health issues, how to have a conversation around perinatal mental health issues with someone you may be concerned about, what support can be offered to parents, carers and their networks who have been diagnosed. Find out about signs and symptoms in both mothers and fathers / partners and how they may present differently. Learn about coping mechanisms and how best to support your clients.

Dani Gillet is training director at perinatal mental health charity PANDAS. She is a registered nurse and student midwife, and is highly experienced within healthcare and perinatal mental health.

Dani is a mother of three and has lived experience of perinatal mental illness. Dani oversees, manages and runs all the training programmes for PANDAS.

PANDAS aim is to make sure no parent, family or carer suffering any form of mental illness feels alone. They have a variety of support services available..



pandasfoundation.org.uk



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SPEAKERS

DOULA UK CONFERENCE

Leah Lewin

Perinatal Specialist, Educator, Speaker, Author & Business Development Consultant

'The Intersection of Intergenerational Trauma in the Perinatal Period.'

This session will give an overview of how the trauma of our families/ancestors manifests in the black perinatal period. The impact of post traumatic slavery syndrome. Considerations of intergenerational trauma for black people in the perinatal period and how you can improve your care when working with minoritised families.

Leah Lewin started her journey in infant care and business. Leah returned to her passion working with women and families and invested extensively in her own education to provide trauma informed, evidence-based care, support and education. Leah prides herself on her ability to engage, absorb and deliver. Education is for both service users and healthcare and perinatal professionals affected by vicarious trauma and providing the necessary support.

Leah's current projects include a focus on intergenerational perinatal trauma due to racism, culture and stigma. Reproductive injustice and racial disparities have recently become trends, desensitising society to the harmful experiences.

Her aim is to minimise the focus on conversations and maximise the action and creation of pathways to effect change to ensure a better quality of life for future generations, healing from past generations and knowledge for those navigating the perinatal system in the present day. For the benefit of all and harm of none, equity is paramount.



[instagram.com/theperinatalspecialist](https://www.instagram.com/theperinatalspecialist)



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SPEAKERS

DOULA UK CONFERENCE

Eleanor Currie

Co-creator & Filmmaker

'Making and Marketing 'Born at Home Film'

Live from Australia, meet film directors Eleanor Currie and Amanda Banks, whose film Born at Home is current on release in the UK. Hear them talk about the film and why they made it, how its been received and positive effects it has had on the birth world. Learn how Born at Home can be used as an education tool. They will also talk about marketing the film and the social media journey to success. Bring your questions for the Q&A!

Eleanor Currie is a documentary filmmaker, videographer, photographer and mother of two beautiful children.

She has a passion for telling stories about the human experience. Her newest film 'Born At Home' (created with long-term friend, Amanda Banks) explores the emotional journey of homebirth. After a long and difficult first birth in hospital with many unwanted interventions, Eleanor became pregnant with her second child whilst filming.

Following the interviews with birthing experts, midwives, educators and filming a homebirth first hand, Eleanor decided homebirth was the best choice for her and went on to have her second child at home in a birthing pool.



bornathomefilm.com.au

The magic of this experience gave the film a deeper meaning and brought another level of authenticity to the project.



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SPEAKERS

DOULA UK CONFERENCE

Amanda Banks

Co-creator & Producer

'Making and Marketing 'Born at Home Film'

Amanda is mother of two children, both born at home. She has always had a passion for health which led her to complete a Bachelor of Health Science (Acupuncture) and now works as an Acupuncturist in Brisbane, supporting families through fertility, pregnancy and beyond for over 8 years. Amanda was the former Convenor for Homebirth QLD for 2.5 years until mid 2023 and worked as a maternity consumer representative on the QLD Normal Birth Strategy.

Empowered by the homebirth of her second child in 2020, Amanda together with long term dear friend Eleanor, set out to create a film exploring Homebirth in QLD.



bornathomefilm.com.au



Supporting women has always been a passion of hers and after absorbing current research on the mainstream maternity system working with Homebirth QLD, she was driven to advocate for evidence based maternity care, women's rights and access to safe birthing options and education.

Amanda believes in the physiological process of birth, that birth is a rite of passage and a positive, supported birth experience can create a mother who feels confident in herself and in her parenting journey, amongst many other beneficial maternal and infant outcomes.



www.doula.org.uk

SPEAKERS

DOULA UK CONFERENCE

Amber Marshall

Founder of BigBirthas

‘Big Fat Positive’

Staying joyful in a system obsessed with the negatives of higher BMI pregnancies. Commonly reported experiences of people pregnant in bigger bodies, and how this can affect subsequent pregnancies.

Amber Marshall founded BigBirthas.co.uk in 2011. The website and Facebook group supports and advocates for higher BMI pregnancies, helping people to understand and contextualise the available data in order to make truly informed, evidence based choices.

We aim to provide information to help women and birthing people to understand and contextualise the messages we’re given in order to make truly informed choices, and advocate for the respectful, appropriate, collaborative, person-centred care we all deserve.

She contributes as a lay member to clinical guidelines for NICE and RCOG, is a PPI representative on steering groups for the RCM, NPEU and HQIP, and assists a number of Universities through guest lecturing, oversight committees, and PPI involvement in research.



[BigBirthas.co.uk](https://www.BigBirthas.co.uk)



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SPEAKERS

DOULA UK CONFERENCE

Dr Lyndsey Hookway

PhD RNC SCPHN (HV) Paediatric nurse, IBCLC, Author, Researcher

'Supporting Families in a Sleep Crisis'

In a sleep crisis, families often report a situation that is unsustainable and unmanageable. Finding respectful and responsive strategies to improve sleep while maintaining responsive parenting can be a challenge. In this session, we will explore the challenges and options open to families, drawing on case studies and real-life examples from practice.

Dr Lyndsey Hookway is an experienced paediatric nurse, children's public health nurse, IBCLC, researcher, responsive sleep/parenting advocate, and the author of 6 books. She has worked with children and families for more than 20 years within in-patient paediatrics, paediatric ambulatory care, NICU, and the community.

Lyndsey is a researcher at Swansea University, exploring the needs and challenges of medically complex breastfed infants and children. In 2019 she founded the Breastfeeding the Brave project to raise awareness of the unique lactation needs of sick children in the paediatric setting.

Lyndsey is the co-founder and clinical director of the Holistic Sleep Coaching program and Thought Rebellion. She is a respected international speaker and also provides regular training, advocacy and consultancy to both NHS and private organisations.



lyndseyhookway.com



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SPEAKERS

DOULA UK CONFERENCE

Geeta Nayar

Senior Associate Solicitor, Irwin Mitchell

'Supporting Birthing People Following Birth Trauma'

Geeta Nayar, Senior Associate Solicitor and MASIC advocate will share her lived experience of birth trauma with Sharon Williams who will explain how, as solicitors, we help and support birthing people who have suffered avoidable birth trauma and how we campaign for patient safety.

Geeta is an advocate and strong campaigner for women with severe perineal and maternal injuries.

Geeta was practising as a Senior Associate Solicitor at Irwin Mitchell when she sustained life-changing obstetric injuries during the birth of her first child. She has worked closely with the MASIC Foundation since it launched and has been a Council Member for many years.

Geeta speaks widely about her experiences in order to support and give visibility to women who have experienced OASI. Geeta returned to work at Irwin Mitchell in 2023 and is specialising in working with maternal injury clients, charities and organisations to improve outcomes for those affected by these devastating injuries.



[irwinmitchell.com](https://www.irwinmitchell.com)



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SPEAKERS

DOULA UK CONFERENCE

Sharon Williams

Senior Associate Solicitor, Irwin Mitchell

'Supporting Birthing People Following Birth Trauma'

Sharon Williams, will explain how, as solicitors, we help and support birthing people who have suffered avoidable birth trauma and how we campaign for patient safety in this talk with Geeta Nayar, Senior Associate Solicitor and MASIC advocate, who will share her lived experience of birth trauma.

Sharon Williams has over 15 years' experience in medical negligence litigation. Sharon deals with a variety of clinical negligence claims including complex and catastrophic neurological injuries, obstetric and gynaecological injuries, and delays in the diagnosis of cancer.

Sharon has a particular interest in birth injury cases relating to both child and mother, bowel and bladder injuries and complex fatal claims. Sharon Supports Bladder and Bowel UK (BBUK), Doula UK and various birth injury / cerebral palsy organisations.

Sharon has chaired and hosted webinars in our Maternity Matters series. Sharon is an APIL Accredited Senior Litigator and a member of the Law Society Clinical Negligence Panel.



irwinmitchell.com



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SPEAKERS

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Erin Fung

Hypnobirthing, Pregnancy & Antenatal Educator

'Demystifying Hypnobirthing - The Psychology & Physiology'

Where hypnobirthing came from, how it works (psychology affecting physiology), and some of the techniques.

Erin is a mum of 3 to two girls aged 8 and 11, and a boy who's 4. She's an antenatal and hypnobirthing instructor, producer of a successful podcast (the Better Birth podcast), lecturer at Greenwich university for their midwifery degree course, and is also the Lead and Chairperson for the Princess Royal University Hospital's Maternity Voices and Neonatal Partnership in Bromley under King's College hospital.

After having 3 very different births, her interest and passion in childbirth and birth preparation increased with each child, until she decided to take the leap and train to become a hypnobirthing instructor and share her passion for empowering women to have an informed and memorable birthing experience.

Her experiences have led her on a journey to become a passionate birth educator and activist and she hopes to help other women and birthing people give birth positively, feeling safe, listened to, informed and empowered, regardless of how or where they give birth.



better-birth.co.uk



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SPEAKERS

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Lucy Webber

IBCLC Lactation Consultant, Midwife & Author

'Breastfeeding and the Fourth Trimester'

How to help families figure out the difficulties they may be having with reflux, colic, thrush, cows' milk allergy, wind, and more. How to know what's normal and what's not.

Lucy Webber qualified as a midwife in 2002. In 2010, after having her first two children and developing a passion for breastfeeding, she started working as the infant feeding lead for her local Trust. Lucy led the Trust successfully through the Baby Friendly Initiative accreditation process, and set up and ran a specialist infant feeding clinic and tongue tie division service. She qualified as an International Board Certified Lactation Consultant in 2013.



After having her third child, Lucy decided to start working in private practice as an IBCLC, visiting families locally around Bristol and North Somerset and now has the pleasure of working with families all over the world who follow her work.

lmjinfantfeedingsupport.com

Lucy works with all aspects of infant feeding support with particular interest in fourth trimester challenges, weight gain issues, and toddler feeding. She is passionate about mental health support after suffering with Postnatal depression, anxiety, and OCD after all three children. Her first book, *Breastfeeding and the Fourth Trimester* was published in August last year.



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SPEAKERS

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Nadia Higson

AIMS Trustee, AIMS Coordinator, PhD & Author

'Focus on Induction'

'Focusing on Induction of Labour' is an interactive workshop that is Doula UK accredited for CPD. In this taster session, Nadia will cover current issues around induction, current guidelines and research and how doulas can support their clients in decision making. Nadia will also tell us a bit about AIMS and its resources.

Nadia Higson has a BA in Natural Sciences from the University of Cambridge and a Ph.D. in Molecular Biology.

She is an AIMS Trustee, volunteer AIMS Coordinator, and a member of the Campaigns and Helpline Teams. She was the principal author of The AIMS Guide to Induction of Labour and has written several of the Birth Information pages on the AIMS website, including 'Induction of Labour,' 'Am I more likely to need a caesarean if my labour is induced?' and 'Understanding quantitative research evidence.'

Nadia played a leading role in developing AIMS stakeholder comments on the draft update of the NICE Guideline 'Inducing Labour.' She is also a local MNVP user rep and has been an NCT antenatal practitioner since 2000.



aims.org.uk



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SPEAKERS

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Nadia Raafat

Yoga & Mindfulness Teacher, Doula, Perinatal & Pelvic Health Specialist

'Spiritual Dimension of Pregnancy in a Secular World'

In this talk Nadia will explore the female spiritual experience and its expression in childbirth and matrescence and explore how we, as doulas, can prepare women for the great rite of passage of birth and reclaim childbirth from the comfortable clinical travesty it has become?

Nadia is a senior registered yoga teacher, perinatal and pelvic health specialist and birth doula with 20 years of continuous experience in the field supporting women both in the yoga studio and the birthing room.

She has taught hatha and vinyasa yoga, pre and post natal yoga, embodied birth prep, meditation and mindfulness to thousands of women both in the studio, online and via her popular Yoga & Mindfulness for Pregnancy & Birth DVD programme. Her Becoming Mother Yoga & Mindfulness teacher training programmes are attended by yoga teachers, doulas and midwives who want to bring greater embodiment and mindfulness practice to their birth support work.



nadiaraafat.com

Within the yoga field, she specialises in the ancient chakra system and her unique Maternity Chakra Birth Professionals course is her interpretation of the chakra system for maternity and the spiritual anatomy of the pregnancy, birth and matrescence experience.



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SPEAKERS

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Roma Hearsey

Doula, Mentor, Regional Rep, KGHypnobirthing, Antenatal & Spinning Babies Educator

'Biomechanics for Birthkeepers'

A look into how supporting physiology can work wonders, starting in pregnancy & through to birth. How babies' positions aren't entirely random, the role of balance before force & when to offer moves that bring relaxation, balance, space & 'problem solving' (and when to wisely sit on our hands). Why station is so much more important than dilation & why I very rarely support a birth of longer than 24 hours.

Roma has been a doula since 2010 and supports mostly home births. Since becoming the first Spinning Babies Certified Parent Educator in the UK in 2018, she has very rarely found herself supporting a birth for longer than 24 hours, partly because of the prep her clients are doing antenatally, partly because of using biomechanics for balance and progress and mostly because birth works!

Roma has gone on to take Molly O'Brien's Advanced Biomechanics for Birth training & to become a Body Ready Method Pro. She's a birth nerd, a prolific baker & has a chocolate habit.



labouroflov doula.co.uk



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DOULA ACCESS FUND

DOULA UK CONFERENCE

"I loved having the support and I don't remember a time I felt this nurtured - even from childhood. It was strange at first to feel like I deserved this help but my doula's both made me realise that I do and all women do" - Supported by the Access Fund



[**DONATE**](#)

We are in real need of volunteers to help us run the Doula UK Access Fund. If you would like to find out more please email accessfund@doula.org.uk

Or you can support the Access Fund by making a donation.



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DOULA RAFFLE

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

WIN Training & Workshops

WIN KG Hypnobirthing online teacher training

WIN a £80 voucher to use on a training workshop of your choice from Younique Postnatal

WIN a place on Supporting Neurodivergent Birth online workshop with Victoria White

WIN AIMS online workshop voucher

WIN RESOURCES

WIN a childbirth timeline banner large, set of positions for childbirth a gift card for £30 to spend at tinagibbs.co.uk

WIN Edyswonderland crocheted babies, womb and pelvis model

WIN Knitted Breastfeeding Tools by Woolly Knits and Crochet



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DOULA RAFFLE

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WIN GIFTS

WIN Womb to World Art 'Doula On Call' mug or Pin Badges

WIN a luxury Pamper Box from Roccabox

WIN 12 packs of Waterwipes

WIN BOOKS

WIN 'Holistic Sleep Coaching' By Lyndsey Hookway

WIN AIMS book voucher

WIN 'Breastfeeding & The Fourth Trimester' by Lucy Webber

WIN EVENTS

WIN 2 Tickets to a local screenings of 'Born at Home'

WIN Doula UK Community Circle - 6 tickets to give away.

13

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14

14 A

FILM NEGATIVE

FILM NEGATIVE

FILM NEGATIVE



Womb to World Art

Birthy pin badge (9 to choose from) and ceramic mug



2 x prizes:

2 tickets to a local screening

Free Tickets



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KG HYPNOBIRTHING FOR DOULAS

At KGHypnobirthing, we know the difference a doula can make to helping KGH parents achieve the birth they want. KGH truly complements the work you already do. Come and expand your skills on our full antenatal & hypnobirthing teacher training course.

We are exclusively offering Doula UK members **£250** off our virtual teacher training courses when you book before 30th April 2024.

VISIT [KGHB.ORG/DOULA](https://kghb.org/doula)
AND ENTER CODE: **DOULAUK24**
TO SAVE £250 TODAY

Resources for Perinatal Education

- Activities for antenatal education
- Posters
- Childbirth Timeline Banners
- Childbirth Beadlines
- Childbirth Position Cards
- Anatomical Models
- Handouts and Worksheets
- Printables (Digital Downloads)

**Personal Branding is available
for all my digital downloads,
banners and posters.**



www.tinagibbs.co.uk



GET INVOLVED

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THE DOULA UK PODCAST WITH LEILA BAKER



Become a doula

Doulas who train on an
Approved Course are
invited to join
Doula UK

- Independently Assessed
- Follow the Doula UK Curriculum
- Led by Experienced Doulas
- Completed Diversity & Inclusivity Training
- Adhere to our Code of Conduct



Approved Doula Training
doula.org.uk

Experienced doulas step this way



Doula UK Alternative Pathway Course
doula.org.uk

Join Doula UK

- 700 Doula UK members
- Create a professional doula profile on our website
- Find a Doula directory
- Access to members pages and resources
- Further Training
- Peer Support
- Mentoring
- Doula UK Podcast
- Community Circles
- Social Events



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LEAD SPONSOR

DOULA UK CONFERENCE



We represent families across England and Wales who have been affected by incidents in maternity care. We are committed to working with healthcare professionals to deliver better outcomes for all.

Our experienced team includes colleagues with nursing and midwifery backgrounds. The team host talks, free study days and contribute to conferences with hospital Trust and Health Boards to share their knowledge and support educational programmes.

As part of our commitment to patient safety we work with Make Birth Better, Birthrights, Five x More, Group B Strep Support, MASIC and AvMa (Action against Medical Accidents). We work alongside them to achieve better outcomes for all.

www.irwinmitchell.com



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Beautiful Baby Slings

Want to share the benefits of babywearing with your clients? Looking for an ergonomic, ethical sling to recommend?

Get access to a selection of Oscha slings at a discount. Become an Affiliate and earn commission on every new customer you recommend.



Why Choose Oscha?

- Ethically woven & crafted in the UK
- Finest quality organic & natural yarns
- Unique patterns & colours
- Comfortable & stylish

To apply email: communities@oschaslings.com or visit: oschaslings.com/pages/lets-collaborate

AIMS Workshops

Two hour interactive workshops on a variety of topics. Doula UK have accredited or are assessing for CPD accreditation

- The Foundation Stones for Supporting the Physiological Process (accredited)
- Induction of Labour (accredited)
- Rights in Pregnancy and Birth
- Focus on Resolution
- History of Maternity Care since 1950: How did we get here?
- Birth without Bias

Join us for an interactive online AIMS workshop



BOOK NOW

Only £30 for AIMS and Doula UK Members
www.tickettailor.com/events/aims



DOULAS OF NI

Anne, Sara & Tara are a collective of professional doulas with over 25 years of combined experience supporting families.

Doula Support: We are passionate about providing individualised support before, during and after birth.

- **Doula Training:** We aim to nourish and empower the local community by training a new generation of confident and mindful doulas.

Equipment Hire: Birthpools, tens machines, slings, cubs and more to support all births.

Other Services:
HypnoBirthing, Yoga, Biomechanics & 3 Step Process.

www.doulasni.co.uk

Doulas of Northern Ireland @doulasni



THANK YOU

DOULA UK CONFERENCE

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

Thank you to our Lead Sponsor **Irwin Mitchell**

Thank you to **KG Hypnobirthing** for their Silver Sponsorship and for donating a star raffle prize.

We also thank our supporters:
Tina Gibbs
Doulas of Northern Ireland

Thank you to all of the raffle prize donors.

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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