

OTHER ANTENATAL CLASSES (continued)

Parenthood Preparation (Caroline Naish) One to one sessions in client's home. All aspects of labour are covered including relaxation techniques, positions and massage. Also feeding and coping with a new baby for both parents.

Holistic Birth Preparation (Lizzie Ruffell) A holistic approach to birth preparation, teaching techniques that help the birth process and exploring what hinders it. **Also Holistic Massage** – helps with positioning, oedema, relaxation, lower backache and other minor pregnancy complaints.

Natal Hypnotherapy (Emma Rhodes) Birth preparation course for couples. Learn practical techniques to help manage labour, overcome fears & reduce pain. See website for details.

How to help yourself in labour - Practical workshops for you and your birth partner - recommended by local midwives.

Contact **Christine Shaw** 01844 261395

EXERCISE-BASED CLASSES

Yoganatal (Angela Chorley) Classes focuses on gentle stretching & preparing your body for birth, as well as emphasis on posture, breathing & relaxation.

Antenatal Pilates (Ivana Starkova) Gentle exercise using stability ball, flexiband and soft balls to enhance joint stability, work on postural, pelvic floor and abdominal muscles, ease back pain.

Yogabirth Classes/1-1's (Kay Millar) The effective and integrated system of Active Birth YOGA for health & well-being in pregnancy up to birth and beyond - includes discussion, support, refreshments & information. **Hire:** TENS & Waterbirth Pools **Buy:** Kari-Me Slings, Bravado nursing Bras, Lamb Fleeces **'Approaching Birth' Workshops with Kay Millar & Jacqui Mangold** – preparing partners for confident intuitive labour & birth with movement, relaxation shiatsu & massage techniques

Pregnancy Yoga in West Oxford (Emma Dashwood) Yoga for relaxation, breathing techniques, birth preparation and gentle exercise. Preparation for the mind & body for birth & motherhood.

Pregnancy Yoga (Emma Fabian) Maintain your fitness with safe exercise and connect with your baby.

Aquanatal Swimming Exercise & relaxation in water, followed by discussion time with refreshments.

Massage for Pregnancy & Labour One-off class for couples run by **Rosalind Jones**, registered Osteopath. Massage to ease pain & discomfort in late pregnancy & labour. Includes different birthing positions, breathing & relaxation.

The LK Massage Programme (Linda Kimber, midwife) a combination of specific massage techniques used with controlled breathing & visualisation, research-based and offers a pain relieving strategy for couples to use in late pregnancy and labour creating a partnership. Tel support following class. Suitable for women wanting VBAC and waterbirth.

Personal Training and pilates for Pre & Postnatal Women (Angela Lockwood) Staying fit & active through pregnancy can lead to faster recovery after birth. Reduce symptoms of

pregnancy and learn to use the birthing ball to help strengthen the pelvic floor.

OTHER SERVICES

La Leche League runs monthly meetings for pregnant & breastfeeding mums. Informal discussions focusing on various aspects of breastfeeding/mothering. Contact Jayne on 557405 or Ceri on 436309 or www.lloxford.org.uk

Doulas in Oxford www.doula.org.uk (0871 4333103) Practical and emotional support before, during and after birth.

Oxford Independent Midwife - specialising in homebirth Meg Misikin-Garside email: megegeme@ntlworld.com or phone 07774291345 or www.oxfordmidwife.co.uk

The Baby Café Regular information talks about breastfeeding. Contact your nearest Baby Café see www.thebabycafe.org

Disabled Parents Network Peer support and contact register for disabled people who are or hope to become parents, & their families & friends. Tel: 0300 3300 639 or visit www.disabledparentsnetwork.org.uk

Disability, Pregnancy & Parenthood International Information service and journal. Freephone 0800 018 4730 or visit www.dppi.org.uk

Reflexology - Christine Shaw M.B.R.A. Registered Reflexologist 01844 261395, christine-shaw@talktalk.net Home visits, day or eve. Conception, pregnancy & post natal.

The National Childbirth Trust

Registered Charity No. 801395

www.nct.org.uk

The NCT wants all parents to have an experience of pregnancy, childbirth and parenting that enriches their lives and gives them confidence.

The Oxford Branch of the NCT offers:

- **Antenatal classes** – see table
- **Breastfeeding support from a qualified breastfeeding counsellor** – phone the NCT Breastfeeding Helpline on 0300 3300 771 (8.00am to 10.00pm, 7 days a week)
- **Nearly New Sales** - a chance to buy &/or sell good quality baby & children's clothes, nursery equipment & toys. Dates and times available on the NCT website. Sales held at St. Clements Family Centre, Cross St. Email nearlynewsale@oxfordnct.org.uk to sell.
- **Newsletter** - interesting articles & information about local events. Email jen@simplyoxford.co.uk if you have ideas or articles for inclusion.
- **Coffee groups and Social Events** – several across Oxford. Very informal, for mums & mums-to-be, a great way to make new friends in your area. Details on our **Website** www.oxfordnct.org.uk
- **THIS LEAFLET IS ALSO AVAILABLE TO VIEW OR PRINT OFF FROM THE OXFORD NCT WEBSITE**

ANTENATAL Support in Oxford



Join the NCT online at
www.nct.org.uk/join

For further copies of this leaflet or to suggest amendments, please call

Emma Rhodes on 01865 841730
or Peggy Cheyo 01865 370464

Revised April 2010.

Details correct at time of going to press.

Please note that inclusion in this leaflet does not constitute a recommendation by the NCT.

PLEASE ASK YOUR MIDWIFE OR HEALTH VISITOR FOR OUR POSTNATAL SUPPORT IN OXFORD LEAFLET

**Compiled and produced by
the Oxford Branch of the
NCT (National Childbirth Trust)**

This leaflet aims to help expectant parents make the best use of the various classes in Oxford offering information & support on pregnancy, childbirth & parenthood. These include a range of exercise classes, NHS & NCT antenatal classes, active birth teaching & preparation for parenthood. **See table for booking details and below for explanations.**

ANTENATAL CLASSES - partners welcome.

NCT Classes –

Seek to give impartial, comprehensive information in an informal & friendly setting. As every birth is different, we discuss all possible courses labour may take, covering induction & caesarean as well as drug-free deliveries. Plenty of time is devoted to life after the birth, recovering, coping & caring for & feeding your baby. Classes are run in small groups, ensuring people are comfortable to ask questions & try out relaxation techniques, positions & massage etc. Many groups stay in touch & form a valuable support network after the classes have finished. Concessions may be available, for instance, for people on income support – please ask.

NCT Home Birth Support Group Practical support & information for those considering a home birth. Group meets regularly for informal discussion. It includes those who have had a home birth & those preparing for one.

NHS Classes -

Preparation for New Parents Held in the Parent Education Room at the JR & run by a midwife. Topics include preparing for labour and feeding. Some surgeries & health centres also run their own classes. Ask your midwife for details.

Twin & Multiple Birth Evenings Take place four times a year at the JR, on Thursdays at 7.30. Ask your midwife for details.

TAP (Teenage and Pregnant) An informal opportunity to meet other young mothers to chat about all aspects pregnancy, labour & becoming a mother. A partner, relative or friend is welcome too.

Hospital Tours have been discontinued. DVD tours of the JR Hospital may be available. Ask your midwife for details.

The Obstetric Physiotherapy Department at the JR runs advice groups (**NHS Mid Pregnancy Class**) on ante & postnatal exercise (posture, back/bladder/tummy/joint problems). For information phone Ox 221530. Also call for advice if experiencing pelvic girdle pain.

Baby ‘G’ Rosehill Children’s Centre, Littlemore

Antenatal/Postnatal support and group activities for parents under 25.

OTHER ANTENATAL CLASSES

Preparing for Labour (Jani White) An informal workshop for couples to discuss labour & birth options and a chance to learn acupressure for labour – especially helpful for Dads!

Class/Group	Contact	Course/Day/Time	Cost	Venue
NCT Antenatal (30+ wks) Early booking advised	Virgil Clarke Ox 512965 Nicola Davison bookings5o@nct.org.uk	Mon, Tues, Wed & Thurs eves 5/8 weeks	£100- £155 per couple	Teacher’s home or local venue. Concessions maybe available
NCT Home Birth Support Group	Katharine Knight 07748 644927 katharineknight@btinternet.com	Contact for details	Free and drop in	Please contact for details
NHS Mid. Pregnancy Class (from 20 wks)	Obstetric Physio. Dept. Ox 221530	Every month – phone for details	Free	Parent Ed Room, Level 1, Women’s Centre, JR
NHS Preparation (from 28 wks)	Ask your midwife or call Ox 220458	Tues 7 - 9pm for 2 sessions	Free	As above at JR, or local children’s centres.
NHS TAP (Teenage Mums)	No need to book – just turn up	Wed 1-2.30	Free	Cuddesdon Corner, Blackbird Leys
Baby ‘G’ (Under 25s)	Karen Porter Ox 716739	Thurs 1 – 3 pm	Free	Rosehill Children’s Centre, Littlemore Community Centre
Pregnancy Yoga	Emma Fabian Ox 514623	Thurs 7 – 8.15pm	£9 per class	Yoga Garden, Summertown
Yoganatal Yoga & Pilates	Angela Chorley Ox 779881 or angelajoy@btinternet.com	Wed 6 – 7 pm (call for details) www.yoganatal.org	£48 for 8 consecutive wks	Asian Cultural Centre, Manzil Way, OX4
-YogaBirth/Active Birth Yoga (14+wks) - Partner Workshops - Hypnobirthing™ - 1-1/pelvic pain/SPD	Kay Millar Ox 554743 www.activebirth-oxford.co.uk www.yogabirth.org kay.millar@virgin.net	Yoga with birth prepn. refreshments & talk: Mon 09.30 – 11.30 Mon 19.00 – 21.00 1-1’s / Partners flexible	4 wks - £38 8 wks - £67 some concessions Partners - £ varies 1-1’s £40 (75 mins)	a.m – Summertown p.m – Old Marston Hall 1-1’s / Partners – teacher’s / own home
Pregnancy Yoga in West Oxford	Emma Dashwood 07786 488766	Tues 7 – 8pm	£42/6 wks course	West Oxford Community Centre, Botley Rd
Aquanatal Classes (16+ wks)	1.Ozone Ox 335300 or Caroline Naish 07876 532016 2. Bicester 01865 331464 or 07876 531492	Tues 7-9pm Mon 7 -9pm	£45/6 wks course £48/6 wk course	Ozone Health & Leisure Fitness Club, Grenoble Rd, OX4 4XT Bicester Leisure Cntr, Queens Ave
Personal training & Antenatal Pilates	Angela Lockwood 07766 984381	Flexible to suit you	Phone for details	Cowley & Garsington www.physically-fit.co.uk
Antenatal Pilates 2nd and 3rd Trimester	Ivana Starkova 07818 062351	Mon 6-7pm www.ispilates.co.uk	£70/6 wks course	Summertown Church Hall, Summertown
Massage for Pregnancy & Labour	Rosalind Jones Ox 778064 rosalindjones@ukf.net	By arrangement 1 private session – 1½ -2hr	£50 per couple	Teacher’s home
Acupressure For Labour 36+ weeks	Jani White (FEDANT) 07932 000025 jani@naturechild.co.uk	Evenings by arrangement/ Private sessions also avail 2 hr workshop +discussion	£40 per couple	Venue to be arranged
Acupuncture for Childbirth Team (ACT) Oxfordshire	Jacqueline Mangold 07790 043532 / 07957 416641 www.actoxford.co.uk	Acupunture and acupressure for pregnancy, labour and the postnatal period.	1 hour session from £35	Please see website for details
Parenthood preparation + LK Massage programme	Caroline Naish 07876 532016 www.tinyhands.org.uk	By arrangement geared to client’s needs, 5/6 classes	£35/hr (private class) or see website	Client’s home
Natal Hypnotherapy™: Birth Prep course & Award-winning CD’s	Emma Rhodes 07906 237533 emmarhodes@natalhypnotherap y.co.uk	Monthly at weekends. Check website for dates & more info www.natalhypnotherapy.co.uk	£190 per couple (2 full days tuition)	Woodstock or teacher’s/ client’s home
The LK Massage Programme®	Linda Kimber Ox 372937 / 07765 192048 www.childbirtheentials.co.uk	By arrangement 1 private session 3 hours	£140 per couple. Inc. DVD, oil, aid & gift pack	Client’s home
Holistic Birth Prep/ pregnancy massage & Birth Pool hire	Lizzie Ruffell Ox 725776 lizzief@hotmial.com	Times and content to suit individuals. Based on individual needs	£30/hour £35/massage £175 pool hire	Teacher’s home or client’s home www.birthtides.co.uk
Holistic Preparation for birth by "Insight".	Meg Miskin-Garside 07774291345 megemeg@ntlworld.com	Phone for details	Phone for details	Please call for details