

# Taunton Birth Forum



2011 - 2012

**The Taunton Birth Forum** offers an annual programme of diverse and stimulating evening talks given by people from a wide professional and geographical field on the theme of pregnancy, birth and Parenting including psychological, physical and medical understanding. TBF provides a forum for professional and interested lay people to achieve a deeper understanding of the journey Mothers take in pregnancy and the impact it has on them, and how we can support them to be as healthy and happy in this time in their lives as can be possible.

## **September 2011 to July 2012**

Our talks are attended by Midwives , Doctors , Psychotherapists, Nurses, Clergy, Cranio Sacral Therapists , Yoga teachers , Ante Natal Teachers , Doulas, Students, Parents, Parents-to-be who come from beyond Bristol and Exeter and many other practitioners as well as people with a purely personal interest.

TBF believes that we have much to gain from sharing individual insights developed via a variety of methods. TBF offers an opening for people in the Taunton area to talk and hear about relevant material, theoretical and clinical. It also acts as a channel through which we can meet people from further afield whose ideas and work are of particular interest.

TBF meets one Thursday per month at the Friends Meeting House, 13 Bath Place Taunton, TA1 4EP - Tel: 01823 272863 - at 7.45 until 9.15 pm and costs £8 a meeting.

## **2012-2013 Programme**

Speakers are welcomed. We are planning the 2012-2013 calendar and if anyone would like to be involved, please contact Eleanor on 01823 350945 or email

[eleanor@relaxedparenting.co.uk](mailto:eleanor@relaxedparenting.co.uk)

## Programme of speakers for Taunton Birth Forum September 2011 to July 2012

**September 8<sup>th</sup> 2011: John Macaulay** Consultant Obstetrician and Labour Ward Lead will be talking about risk management in the NHS.

**October 13<sup>th</sup> 2011: Duncan Fisher** Chief Executive of Fathers Direct. Duncan will be talking about his work with fathers and the equality commission. He serves on the Department of Health Maternity Services Implementation Advisory Group looking at the reform of maternity services following the National Service Framework for Children. [www.duncanfisher.com](http://www.duncanfisher.com)

**November 10<sup>th</sup> 2011: Viv Groskop** is a British journalist and writer. She has written for publications including *The Guardian*, *The Times*, *The Evening Standard*, *The Observer*, *The Daily Mail*, *The Mail on Sunday*, *Grazia* and *Red* magazine. She writes on maternity, birth and parenting as well as popular culture and current affairs, often with a feminist slant. She has 3 children and is also a stand up Comedian. [www.guardian.co.uk/profile/vivgroskop](http://www.guardian.co.uk/profile/vivgroskop)

**December 8<sup>th</sup> 2011: Karen Atkinson and Dr Maya Spencer** offer Mindfulness Based Stress Reduction courses at York House in Taunton for those suffering with chronic conditions including pain, stress, depression and illness. Mindfulness increases personal awareness of the present moment in a particular way that increases positive responses. They will be sharing these evidence-based techniques with you and suggesting how they can be of benefit in daily life. [www.yorkhousecentre.co.uk](http://www.yorkhousecentre.co.uk)

**January 12<sup>th</sup> 2012: Dr Louise Newberry** is an NHS Paediatric Consultant and will be talking about her role in child protection today.

**February 11<sup>th</sup> 2012: Gemma and Elaine** from Kyphi: Elaine is a British School of Yoga teacher and is also trained and teaches classes in pre and post natal yoga. Gemma works using Reiki. They are based in West Somerset. [www.kyphiholisticworkshops.co.uk](http://www.kyphiholisticworkshops.co.uk)

**March 8<sup>th</sup> 2012: Anna Colgan** is a Core Process Psychotherapist and SE practitioner. SE, Somatic Experiencing, offers insight into how trauma is held in the body and can be healed in the body. Anna will be describing what it means to 'discharge trauma' and will be comparing SE with traditional talk therapy. She will also be looking at SE understandings of birth, infancy and our time in the womb. [www.annacolgan.co.uk](http://www.annacolgan.co.uk)

**April 19<sup>th</sup> 2012: Sarah Fishburn** will be talking about Pelvic Girdle pain and its management and treatment in pregnancy and beyond. Our focus is on how to catch symptoms early on and get them treated to prevent deterioration and reduce long-term damage and disability. The Pelvic Partnership website is at [www.pelvicpartnership.org.uk](http://www.pelvicpartnership.org.uk) and we can be emailed at [contact@pelvicpartnership.org.uk](mailto:contact@pelvicpartnership.org.uk). We also have a telephone helpline on 01235 820921 where we can answer queries and offer support.

**May 10<sup>th</sup> 2012: Diana Buckley** is a maternity nurse and talking about her work with families. She helps Parents with tips on winding, bathing, swaddling (and the reasons for) emphasising the need to rest as much as possible from the start and listening to their babies. [www.babiesfriend.blogspot.com](http://www.babiesfriend.blogspot.com)

**Ingrid Beveridge:** Midwife and Aromatherapist will be talking about how she set up and introduced this brilliant service into the NHS and what aromatherapy can do when you are pregnant, in labour and post birth.

**June 14<sup>th</sup> 2012: Katherine Ukleja** Senior Cranio Sacral Therapist, who works in London, Russia, Switzerland and America. She is a course coordinator at Karuna. Her passion is teaching about embryology. [www.katherineukleja.co.uk](http://www.katherineukleja.co.uk)

**July 6<sup>th</sup> 2012: Kitty Hagenbach and Yehudi Gordon** from Babies know [www.babiesknow.co.uk](http://www.babiesknow.co.uk) Kitty is a senior Psychotherapist and Yehudi an Obstetrician (rtd) and author of many books, who work at Viveka in St Johns Wood are working with Parents-to-be and Parents with their children on birth, parenting and understanding family relationships.

**Taunton Birth Forum** has been founded and created by Eleanor Copp and Simon Copp.

### **Eleanor Copp**

NHS Midwife and Hypnotherapist in Private Practice, Eleanor has always been passionate about getting it right for families, as a Mother to 4 children she knows that every pregnancy and birth represents its own concerns and having support to manage them is crucial for our sense of wellbeing and peace of mind.

Eleanor runs birth preparation workshops in Taunton and Bristol. She trains midwives to manage their anxieties and support the birthing Mother. She has given talks and run workshops at global conferences. She is regularly on radio, has written a book and made a series of CD's.

Eleanor works in the NHS, on a low risk birthing unit using relaxation, massage and aromatherapy and supports many births in water. She also has a busy Private Practice meeting with couples, supporting them to have their own best birth, whatever their experiences. She runs 1 day workshops for couples in Taunton and runs 1:1 sessions.

She co-runs a Midwives training day and supports NHS staff to enjoy their work by understanding the pressures they face and having ways to deal effectively with them.

She has contributed to Radio in Bristol and Taunton, and to national Parenting magazines. She is on a mission to ensure that every pregnant woman knows she has the confidence to trust herself and not to be scared by the idea of having a baby.

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### **Simon Copp**

Simon started studying ballet aged 18 being fascinated by the body and movement and inspired by Rudolf Nureyev (whom he saw dancing). After 5 years of dance he left it to work with his brother as a fencing erector. He has been an NHS Radiographer since 1996. In 2009 he qualified as a Cranio Sacral Therapist. His experiences have given him a vast understanding of the body, its limitations or its capabilities.

As a father of 4 he has varied experiences of birth at home and in hospital and supports the maintenance of health for mother and baby during pregnancy, birth and post-natally. Simon has a unique understanding of the family unit and works a lot with mothers who have back and pelvic difficulties as well as pre induction, also with anxiety and stress pre birth and with parents of babies who have colic, reflux, sleep challenges and anxiety post birth. His practice is in Taunton and Wellington.

As well as working in the NHS in the trauma department he is in demand as a Cranio Sacral Therapy Practitioner where he runs his Private Practise and is based in Taunton.

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