

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.

**OTHER ANTENATAL CLASSES:**

**Pregnancy Osteopathy Clinic (Sara Barker)**

Helping you get the most out of your pregnancy experience. For aches and pains. Optimal foetal positioning and birth preparation. Hands on treatment, exercises, advice and support. Gentle, safe and effective.

Class/Group	Contact	Course/Day/Time	Cost	Venue
<b>NCT Antenatal (30+ wks) Early booking advised</b>	Virgil Clarke Ox 512965 Nicola Davison bookings5o@nct.org.uk	Mon, Tues, Wed & Thurs eves 5/8 weeks. <u>Alt. contact:</u> <a href="mailto:hannahshipton@rocketmail.com">hannahshipton@rocketmail.com</a>	£160 per couple	Teacher's home or local venue. <b>Concessions maybe available</b>
<b>NCT Home Birth Support Group</b>	Katharine Knight 07748 644927 katharineknight@btinternet.com	Contact for details	Free and drop in	Please contact for details
<b>NHS Mid. Pregnancy Class (from 18 wks)</b>	Obstetric Physio. Dept. Ox 221530	Every month Tues 10 -12. Phone for details	Free	Parent Ed Room, Level 1, Women's Centre, JR
<b>NHS Preparation (from 28 wks)</b>	Ask your midwife for details		Free	As above at JR, or local children's centres.
<b>NHS TAP (Teenage Mums)</b>	No need to book – just turn up	Wed 1-2.30	Free	Cuddesdon Corner, Blackbird Leys
<b>Pregnancy Osteopathy Clinic</b>	Sara Barker 07974 647124	Individual sessions *Free spinal checks*	Check on booking concessions available	Natural Health Centre, East Oxford
<b>Pregnancy Yoga</b>	Emma Dashwood 07786 488766 Or Emma Fabian 07743 128471	Thurs 7.30 – 8.30pm	£9 drop in class	Yoga Garden, Summertown <a href="http://www.yogagarden.co.uk">www.yogagarden.co.uk</a>
<b>Yoganatal Yoga &amp; Pilates</b>	Angela Chorley angelajoy@btinternet.com	Wed 6 – 7 pm (email for details) <a href="http://www.yoganatal.org">www.yoganatal.org</a>	£42 for 7 consecutive wks	Asian Cultural Centre, Manzil Way, OX4
<b>-YogaBirth/Active Birth Yoga (14+wks) - Partner Workshops - Hypnobirthing™ - 1-1/pelvic pain/SPD</b>	Kay Millar Ox 554743 <a href="http://www.activebirth-oxford.co.uk">www.activebirth-oxford.co.uk</a> <a href="http://www.yogabirth.org">www.yogabirth.org</a> 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
<b>Pregnancy Yoga from 14 weeks</b>	Zena Kidd-May 07930 373 143 zena@kidd-may.com	Thursday 11.30 – 12.30	£5.00 drop in 1:1 sessions offered	White Horse Leisure and Tennis centre, Audlett Drive, Abingdon OX14 3PJ
<b>Aquanatal Classes (16+ wks)</b>	Caroline Naish 07876 532016 01865 331464 or 07876 531492	Tues 7-9pm	£45/6 wks course	Bicester Leisure Cntr, Queens Ave, Bicester
<b>Personal training &amp; Antenatal Pilates</b>	Angela Lockwood 07766 984381	Flexible to suit you	Phone for details	Cassington <a href="http://www.physically-fit.co.uk">www.physically-fit.co.uk</a>
<b>Antenatal Pilates 2<sup>nd</sup> and 3<sup>rd</sup> Trimester</b>	Ivana Starkova 07818 062351	Mon 6-7pm <a href="http://www.ispilates.co.uk">www.ispilates.co.uk</a>	£15 trial session £70/6 wks course Max. 12 places	Summertown Church Hall, Summertown
<b>Massage for Pregnancy &amp; Labour</b>	Rosalind Jones Ox 778064 rosalindjones@ukf.net	By arrangement 1 private session – 1½ -2hr	£50 per couple	Teacher's home
<b>Antenatal classes 'Having Babies'</b>	Jani White (FEDANT) 07932 000025 jani@naturechild.co.uk	Wednesdays 6.30-8.30pm from the first Wed of each month for 3 consecutive weeks	£60 per person	Eau De Vie, 34 Cowley Road Oxford. Convenient parking nearby
<b>Acupuncture for Childbirth Team (ACT) Oxfordshire</b>	07790 043532 <a href="http://www.actoxford.co.uk">www.actoxford.co.uk</a>	Acupunture and acupressure for pregnancy, labour and the postnatal period.	1 hour session from £35	Please see website for details
<b>Parenthood preparation + LK Massage programme</b>	Caroline Naish 07876 532016 <a href="http://www.tinyhands.org.uk">www.tinyhands.org.uk</a>	By arrangement geared to client's needs, 5/6 classes	£35/hr (private class) or see website	Client's home
<b>Natal Hypnotherapy™: Birth Prep course &amp; Award-winning CD's</b>	Emma Rhodes 07906 237533 emmarhodes@natalhypnotherapy.co.uk	Monthly at weekends. Check website for dates & more info <a href="http://www.natalhypnotherapy.co.uk">www.natalhypnotherapy.co.uk</a>	£95 per couple for one day course	Woodstock or teacher's/ client's home
<b>The LK Massage Programme®</b>	Linda Kimber Ox 372937 / 07765 192048 <a href="http://www.childbirthessentials.co.uk">www.childbirthessentials.co.uk</a>	By arrangement 1 private session 3 hours	£140 per couple. Inc. DVD, oil, aid & gift pack	Client's home
<b>Holistic Birth Prep/ pregnancy massage &amp; Birth Pool hire</b>	Lizzie Ruffell Ox 725776 lizzieflow@hotmail.com	Times and content to suit individuals. Based on individual needs	£35/hour £40/massage £175 pool hire	Teacher's home or client's home <a href="http://www.birthtides.co.uk">www.birthtides.co.uk</a>

## 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 1 day workshop for couples. £40 or private sessions in your home – midwife recommended. Contact **Christine Shaw** 01844 261395 [christine-shaw@talktalk.net](mailto:christine-shaw@talktalk.net)

### 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 workout designed to strengthen pelvic floor and abdominal muscles in preparation for the birth.

**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 Fleecees **'Approaching Birth' Workshops with Kay Millar & Jacqui Mangold** – preparing partners for confident intuitive labour & birth with movement, relaxation shiatsu & massage techniques

**Pregnancy Yoga (Emma Dashwood & Emma Fabien)** Maintain your fitness with safe exercise and connect with your baby. Stretch, Exercise, relax Birthing Techniques, Breath **Pregnancy Yoga (Zena Kidd-May)** The combination of breathe work, dynamic postures and relaxation will help you to be fully prepared to cope with the emotional and physical challenges of pregnancy, labour, birth and beyond. I work through all the common pregnancy ailments i.e. back pain, water retention, wrist ache etc.

**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](http://www.lloxford.org.uk)

**Doulas in Oxford** [www.doula.org.uk](http://www.doula.org.uk) (0871 4333103)

Practical and emotional support before, during and after birth.

**The Baby Café** Regular information talks about breastfeeding. Contact your nearest Baby Café see [www.thebabycafe.org](http://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](http://www.disabledparentsnetwork.org.uk)

**Disability, Pregnancy & Parenthood International** Information service and journal. Freephone 0800 018 4730 or visit [www.dppi.org.uk](http://www.dppi.org.uk)

**Reflexology - Christine Shaw** M.B.R.A. Registered Reflexologist 01844 261395, [christine-shaw@talktalk.net](mailto: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](http://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.Gregory the Great school, Cricket Road. Email [nearlynewsale@oxfordnct.org.uk](mailto:nearlynewsale@oxfordnct.org.uk) to sell.
- **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](http://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](http://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**

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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)