

Bump Painting

Fey Faces Bump Painting,

- Contact: • 07971 651755
• feyfaces@gmail.com
• www.feyfacesbumppainting.com

Bump, Birth and Baby Photography

Cotswold Fine Photos, Chipping Norton

- Contact: • 01608 638048 / 07479 371205
• hello@cotswoldfinephotos.co.uk
• www.cotswoldfinephotos.co.uk

Rose Tinted Glass, Burford

- Contact: • 07877 725598 • jenny@rosetinted.glass
• www.rosetinted.glass

Cat Stephens photography, Carterton

- Contact: • 07740 088220
• info@catstephensphotography.com
• www.catstephensphotography.com

Lings Photography, Chipping Norton

- Contact: • 07857 931270
• mike@lingsphotography.com
• www.lingsphotography.com

Placenta Encapsulation Services

Sarah Boyd

- Contact: • 07909 545484
• sarah@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Lou Pouget

- Contact: • 07712 820783
• info@privatebirthing.com
• www.privatebirthing.com

Counselling and Psychotherapy

Clare Bay, Chipping Norton and Wychwoods

- Contact: • 07753 743739
• clare.baytherapy@outlook.com
• www.clarebaytherapy.com

Homebirth Support Group

Jenny Philpott:

- 07877 725598
• jenny@rosetinted.glass

Doulas (Birth Supporters)

Georgie Ruthven, Birth and Postnatal Doula.

- Contact: • 07909 538106
• georgieruthven1@outlook.com
• www.natalhypnotherapycoatswolds.co.uk

Sarah Boyd, Birth and Postnatal Doula.

- Contact: • 07909 545484 • sarah@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Nicky Bennell, Birth and Postnatal Doula.

- Contact: • 07973 937849 • n.bennell@googlemail.com

Charlotte Osborn, Postnatal Doula.

- Contact: • 07920 774705
• charlotte@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Kirsten Hanlon, Postnatal Doula.

- Contact: • 07825 727126
• kirsten@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Independent Midwives

Lou Pouget:

- 07712 820783 • info@privatebirthing.com
• www.privatebirthing.com

Your Midwives, (Nina van Schaick and Rachel Yuen)

- Contact: • 07908 783577 • contactus@yourmidwives.net
• www.yourmidwives.net

Social Groups

Bumps and Babes, Wednesdays 10am - 12noon

- ACE Centre, Chipping Norton
Contact: • Kirsten Hanlon 07825 727126



Pregnancy Classes and Services

in West Oxfordshire

This leaflet aims to help expectant parents make the best use of the various classes and services in West Oxfordshire offering information and support on pregnancy, childbirth and parenthood. These include a range of exercise and relaxation classes, antenatal classes, active birth teaching and more.



For further copies of this leaflet or to suggest amendments, please call Sarah Boyd on 07909 545484

Antenatal Classes

Partners welcome

Early Pregnancy Class: Suitable to attend up to 26 weeks pregnant. Free, but booking essential via website.

Contact: • Sarah Boyd 07909 545484
• sarah@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Chipping Norton Midwives: a rolling 6 week programme, Thursdays 6-7.30 for first time parents-to-be. Free, but voluntary donations welcome. Booking essential:

Contact: • 01608 697930
• chippingnortonmidwives@ouh.nhs.uk

Witney Midwives: One Saturday a month. Please discuss time and venue with your community midwife and phone the midwives' office to book your place. Free.

Contact: • 01993 708742

Birth Baby Balance: 6 week long small group antenatal courses, to gain confidence and knowledge about birth and parenthood and make lifelong friends. Private refresher classes also available for those expecting a second baby.

Contact: • Sarah Boyd 07909 545484
• sarah@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Your Midwives: Birth, post birth and breastfeeding conversations. We offer time and space to discuss your questions, hopes and fears wherever you are on your pregnancy journey.

Contact: • Nina and Rachel 07908 783577
• contactus@yourmidwives.net
• www.yourmidwives.net

Yoga, Pilates and Breathing

Physio for Women, Woodstock & Cumnor

Physiotherapy pilates classes to get fit for pregnancy, labour and motherhood.

Contact: • 07815 170682 / 01865 803988
• ask@physioforwomen.net
• www.physioforwomen.net

Charlotte Morris, Carterton.

Pregnancy yoga and relaxation classes.

Contact: • 07919 808900
• charlotte.morris@mamababybliss.com
• www.mamababybliss.com

Sarah Boyd, Carterton and Chipping Norton.

Bumps, Balls and Breathing - classes teaching breathing, relaxation and visualisation techniques for labour, whilst using birthing balls.

Contact: • 07909 545484
• sarah@birthbabybalance.co.uk
• www.birthbabybalance.co.uk

Sue Baldwin, Witney.

Pregnancy yoga, breathing and relaxation classes.

Contact: • 07979 897344
• theyogaroom-witney@live.co.uk
• www.theyogaroom-witney.co.uk

Jenny Philpott, Rose Tinted Glass Studio, Burford

Nourishing and relaxing pregnancy yoga

Contact: • 07877 725598
• jenny@rosetinted.glass
• Facebook: The Bump Sanctuary

Linda Kimber (midwife)

Labour preparation classes, combining massage, controlled breathing and visualisations.

Contact: • 07765 192048 • info@childbirthessentials.co.uk
• www.childbirthessentials.co.uk

Aquanatal

Brize Norton, -RAF pool Mondays 8 - 9pm. All women welcome - you do not have to be in the RAF.

Contact: • 01993 845128 - booking necessary.
• VANESSA.NORRIS100@mod.gov.uk

Hypnobirthing classes

Georgie Ruthven, Across West Oxon.

Contact: • 07909 538106 • georgieruthven1@outlook.com
• www.natalhypnotherapycotswolds.co.uk

Claire Cable-Alexander, Wychwoods

Contact: • 07970 552129 • info@betterbirthclub.com
• www.betterbirthclub.com

Your Midwives, North Oxford or your own home

(Nina van Schaick and Rachel Yuen)

Contact: • 07908 783577 • contactus@yourmidwives.net
• www.yourmidwives.net

Jenny Philpott, Rose Tinted Glass Studio, Burford

Contact: • 07877 725598 • jenny@rosetinted.glass
• Facebook: The Bump Sanctuary

Pregnancy Massage & Reflexology

Elaine Taylor, pregnancy massage home visits.

Contact: • 07891 240734 • maiseytaylor@yahoo.co.uk
• www.elainetaylor-massagetherapy.co.uk

Claire Winter, Reflexology, Ramsden, near Witney

Contact: • 01993 868019 • claire@wychwoodhealth.com
• www.wychwoodhealth.com

Fiona Shires, MAR, Reflexology Bampton Clinic

Contact: • 07881 201954 • FionaShires@hotmail.com
• www.fionashiresreflexology.co.uk

Bodyworkers

Gitte Pedersen, Registered osteopath, Chipping Norton

Contact: • 01608 642320 / 07990 758730
• www.Handsfullofhealth.co.uk

Melanie Rogers, Registered Chiropractor,
Active Family Chiropractic, Deddington

Contact: • 01869 722053
• info@activefamilychiropractic.co.uk
• www.activefamilychiropractic.co.uk

Philippa Rayne, Registered Osteopath, The Bampton Clinic

Contact: • 01993 851359 • clinic@bamptonclinic.co.uk
• www.bamptonclinic.co.uk

Physio For Women, Woodstock

Specialist physiotherapy treatment for pregnancy related aches and pains.

Contact: • 07815 170682 / 01865 803988
• ask@physioforwomen.net
• www.physioforwomen.net

Acupuncture

Kate Roberts, Chipping Norton Health Centre.

Contact: • 07703 357039 • hello@kateroberts.co.uk
• www.kateroberts.co.uk

Michi Naomoto, The Breakspeare Clinic,
Milton-under-Wychwood.

Contact: • 01993 830913 • www.breakspeare.co.uk

Physio for Women, Woodstock

Contact: • 07815 170682 / 01865 803988
• ask@physioforwomen.net
• www.physioforwomen.net

Mrs Laurence Lemoine, Bampton

Contact: • 07778 570891 • oxfordacupuncture@gmail.com
• www.oxfordacupuncture.co.uk