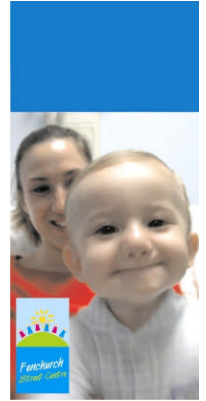


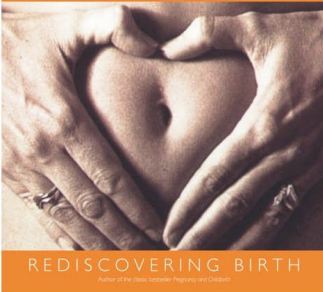
Goodwin

The Goodwin Volunteer Doula Project Monthly Bulletin July 2009



Regular Review: What have you been reading?

Sheila Kitzinger



Title: Rediscovering Birth
Author: Sheila Kitzinger
Publishing Year: 2000, Little Brown and Company (UK)

"when birth is reduced to a medical process the experience is diminished and the mother degraded, and that even when birth is complicated, human relationships are vitally important"

Sheila Kitzinger is a social anthropologist and has over 40 years experience in the field of research into pregnancy and childbirth. She is an avid campaigner for a woman's right for information and choice in childbirth and campaigns for the promotion of home birth as an option for women in a low risk pregnancy. 'Rediscovering Birth' looks at the universal experience of pregnancy and birth. Kitzinger examines the choice of place of birth, how women move in labour and childbirth, how the mother can be helped and the bond formed between the woman and her caregivers. She discusses different cultures in depth and compares how others see the process of pregnancy and childbirth in contrast to the medicalisation of western childbirth practices. *Rediscovering Birth* is available to borrow from the Doula Project Library.

Caroline Wiggins

Something from the bookshelf

This month, one of our very hardworking volunteers offered to help us organise our bookshelf better. She discovered a ream of leaflets that we'd forgotten we had, and we wanted to share some of them with you over the coming months. Here's the first:

"Don't believe the hype: The truth about asylum seekers and refugees".

How good is your knowledge of asylum seekers and refugees in Hull? Do you know where they come from, why they're here, what benefits they get? Can you name the famous singer who fled to the US as a refugee? To get answers to all these, and more, come to the office to pick up your copy of this leaflet!

CATCH UP ON THE MONTHLY TRAINING SESSIONS FOR ACTIVE DOULAS!

At June's training session, we were visited by **Cornerhouse** (Under 25's drop in centre for advice and information around sexual health) and **Caspher** (Chlamydia Awareness Screening Programme for Hull and East Riding).

We had a very interesting and interactive discussion about sexually transmitted infections and HIV/AIDS, we learnt lots of new things and challenged a lot of myths.

This training was particularly relevant to those doulas supporting young mums but it highlighted that sexual health was important for everyone!

Coming up... Coming up... Coming up... Coming up...

This month's training session will be held on the 16th July at The Acorn's Children's Centre from 6.30p.m.until 8.30 p.m. The session will be presented by Hull Domestic Abuse Partnership and will focus on how domestic violence affects parenting in women. We look forward to seeing you there.

A summary of news from June...

We are now a team of 7, having been joined by two new members of staff in June. Angela Harraway joined Heather at the Hooper Building as an administrator, and Kerry Dean joined Janet and Eleanor at Fenchurch Street as our Training and Support Officer. Both were new roles. Lorraine is still at the Acorns, and Caroline is still at Lemon Tree.