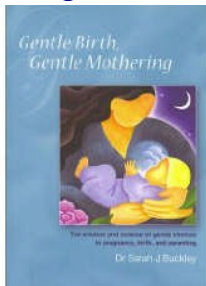




# The Goodwin Volunteer Doula Project Monthly Bulletin August 2009



## Regular Review: What have you been reading?



**Title:** Gentle Birth, Gentle Mothering  
**Author:** Dr Sarah J Buckley  
**Publishing Year:** 2005, One Moon Press

I wish this book had been printed when I was having my daughter; it's a lovely book to read, even if you are not having a baby.

The deeply moving natural birth stories draw you into this fascinating and informative book. The chapter on Lotus birth (the practise of leaving the umbilical cord uncut, so that the baby remains attached to his or her placenta until the cord naturally separates at three to ten days after birth) is great – you must read it.

Other chapters include Attachment Parenting, Extended Breastfeeding and Yoga and Motherhood.

This book is inspiring in many ways. Sarah is a health professional and a hands on mother, which shows the two can go together in a very positive way.

Reviewed by Janet Burton

Something from the bookshelf  
Have you got your copy of "EatWell: 8 tips for making healthier choices" yet? This is a great guide for you or the mum you are supporting. It gives 8 tips to leading a healthy life, from eating more fish to getting active, explaining simply and clearly why this is a good idea, and how it will improve your health. To pick up your copy, pop into the Doula Project office!

## CATCH UP ON THE MONTHLY TRAINING SESSIONS FOR ACTIVE DOULAS!

### Review of the training at the Acorns Children's Centre, held on Thursday 16 July 2009.

The topic was Domestic Violence (DV), with a presentation given by two members of Hull Domestic Abuse Partnership (Hull DAP); Jane Bell and Julie Graham. The turnout for the evening was excellent, with a good mix of old and new Doulas. Also in attendance were Janet and Kerry from the project.

Jane and Julie gave an excellent presentation on DV and what the Hull DAP's role is in tackling this very distressing subject. Through the presentation Jane gave both local and national figures of DV occurrence. We were encouraged to explain what we thought the various forms of abuse are within the subject of DV, and how it may affect the woman and her family.

They gave lots of advice on what our role as a Doula is when faced with the subject of DV, and how we can best help our mums without putting them at added risk, talking in particular about the affect on children and what happens when they are seen as at risk. Jane also informed us about a new project in which the abusers themselves can volunteer to get help for their behaviour. The project has been a great success; they even need more help in order to accept more people into the project.

Jane identified the different agencies involved in running Hull DAP, and in helping victims of DV, with the aim of increasing the safety and wellbeing of the adults and children involved, and reducing the possibility of them becoming at risk of becoming repeat victims/survivors (Hull DAP, 2009).

Leaflets were made available at the end of the training for anyone wanting to take some for reference.

Following the presentation, Janet and Kerry informed the group of new systems that may be put in place with regards to supervision, a copy of which were handed out to explain in more depth what the implications would be. They also handed out the new self-assessment forms that we will need to use.

**Review by Tracy Whitton (Doula)**

**Coming up... Coming up... Coming up... Coming up...**

This month's training session will be held on the 13<sup>th</sup> August at Fenchurch Street Children's Centre from 6.30p.m. until 8.30 p.m, with Dr Neil Pease. He will be discussing career pathways within the NHS, and bringing a clinical simulator to give an insight into obstetric emergencies. Please remember to let Kerry know if you are attending.