

PRESS RELEASE

September 2009

INDEPENDENT MIDWIFERY PRACTICE CELEBRATES 5TH BIRTHDAY

- Valerie Gommon Midwifery Practice celebrates 5th Birthday
- Valerie has attended nearly 100 births over past five years
- Celebration Party held in Milton Keynes
- Past clients came from South Wales, Bristol and Oundle to attend

Last Saturday 12th September, Valerie Gommon Midwifery Practice celebrated its 5th Birthday with a special party for all her past clients and their families.

Over the past five years Valerie has helped see nearly one hundred babies into the world and families gathered in Milton Keynes last Saturday for a special party to mark the occasion.

Several clients have now had two babies with Valerie acting as midwife and two families have had three babies.

There are only around 150 Independent Midwives in the whole of the UK and midwife Valerie Gommon set up her business in September 2004. She left the NHS because she wanted to provide a different kind of service for pregnant women, and is able to care for her clients from the beginning of pregnancy until the baby is a month old.

Background:

Valerie trained at Milton Keynes General Hospital and worked there for a number of years. She also worked at Northampton General Hospital both as a hospital and community midwife.

Valerie Gommon Midwifery Practice was set up in September 2004. Independent Midwifery is in effect a private midwifery service which allows for full continuity of caseload midwifery (where the same midwife sees the client at each visit from booking through the antenatal period, the labour and birth and for a month postnatally) – within the NHS a woman may see many different midwives. Independent care also offers a woman much more time – clients will be seen for regular and lengthy appointments, usually in their own home.

Valerie is a very pro-active midwife and has set up a new website www.BirthIndex.co.uk which aims to be a local resource for all things Pregnancy, Birth and Baby. For example expectant parents can find out What's On locally, where to look for cloth nappies or complementary therapists who specialise in pregnancy, yoga classes for pregnancy or nursery places; there is also a host of useful articles including "Planning a Pregnancy", "New Pregnancy Grant for Women" and an opportunity to sign up for a regular newsletter. She also runs the local Birth Information Group www.mkbig.org.uk which hosts regular lunches to enable expectant mothers to meet informally and co-hosts free Antenatal Exhibitions.

Contact Valerie Gommon www.3shiresmidwife.co.uk or 01908 511247 for more details.