

# A FAMILY-CENTRED SENSORY EXPERIENCE FOR RELAXED, NORMAL BIRTH





OUR PHILOSOPHY:  
Woman centred,  
individualised, holistic,  
midwifery led care to provide  
a unique positive birth  
experience



# The Birth Centre Team



Plus the three who couldn't make the photo's!



AS YOU WALK THROUGH THE DOORS WE OFFER A VERY DIFFERENT “FEEL”: THE LIGHTING IS DIMMED AND YOU CAN SMELL THE AROMATHERAPY DIFFUSER AND RELAXING MUSIC IS PLAYING IN THE BACKGROUND.

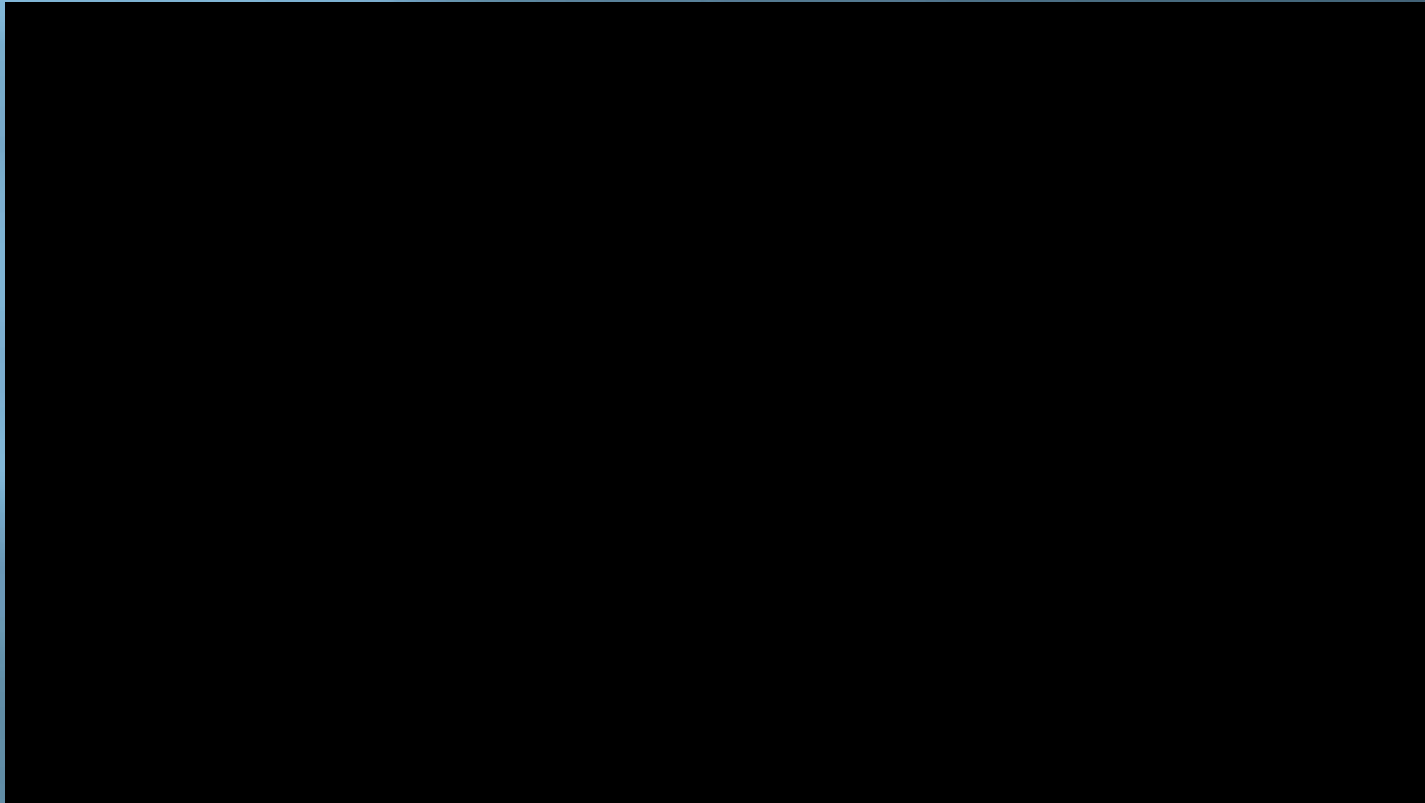
THIS THEME RUNS THROUGHOUT THE ROOMS WITH LED CANDLES, TWINKLING CEILING LIGHTS AND WATER FEATURES.

PLEASE NOW WATCH OUR SHORT VIDEO...

Pride in  
Pennine

Quality-Driven  
Responsible  
Compassionate

The Pennine Acute Hospitals **NHS**  
NHS Trust



# WE FUND-RAISE: SPINNING, WALKING, RUNNING AND ..KNITTING & CROCHET!

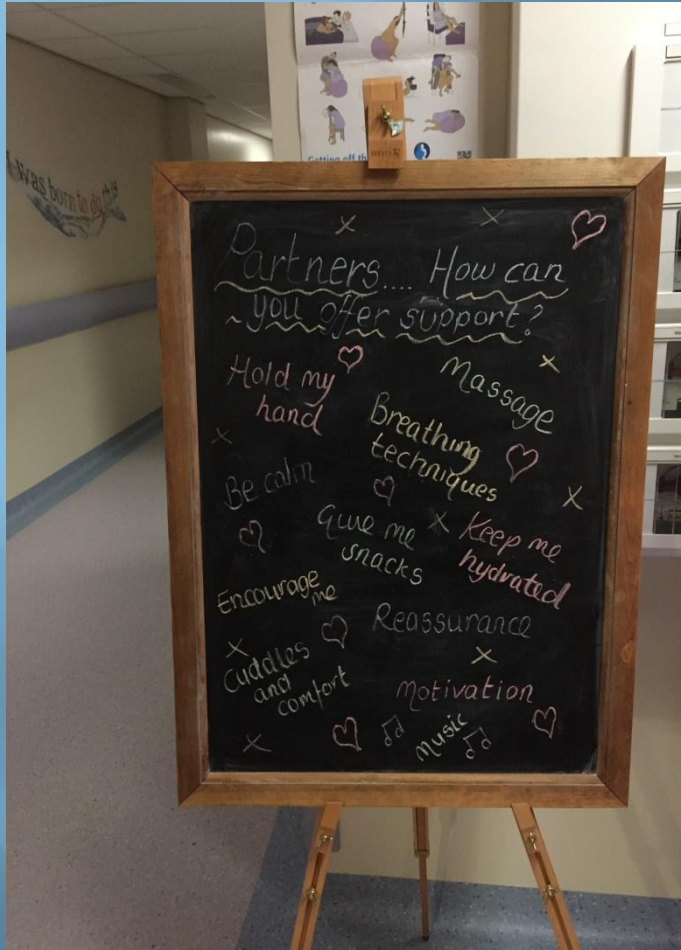




# WE MAKE CORD TIES AND BABY BLANKETS







WE OFFER TOURS OF THE BIRTH CENTRE BOTH DAYS OF THE WEEKEND.

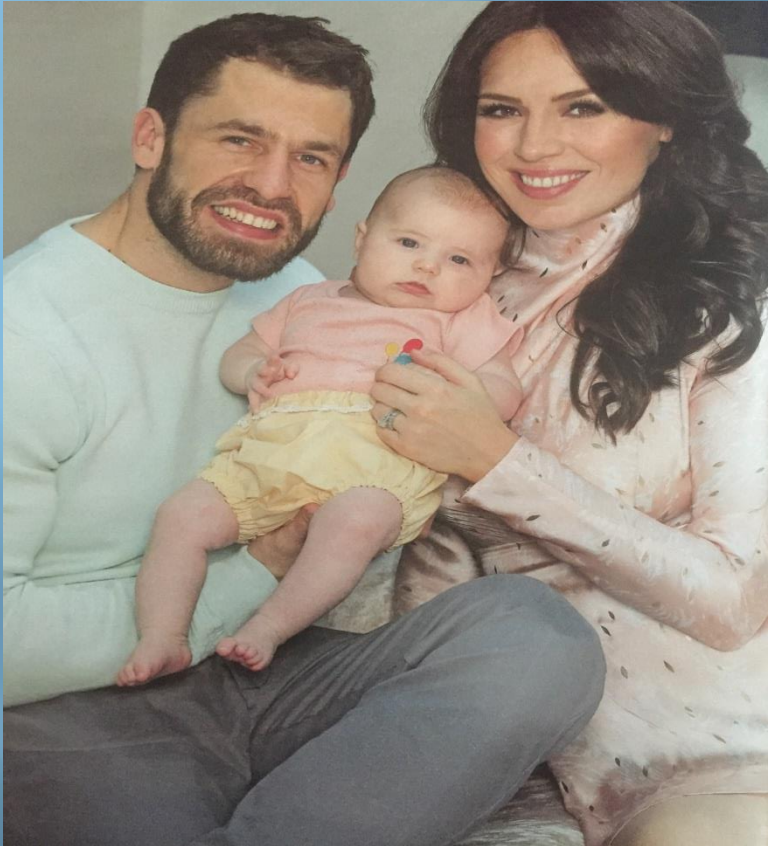
WE OFFER A SHORT DISCUSSION AND QUESTIONS & ANSWERS ON THE LATENT PHASE/EARLY STAGES OF LABOUR BOTH DAYS OF THE WEEKEND

WE OFFER HYPNOBIRTHING CLASSES FOR COUPLES

WE OFFER PARENT EDUCATION CLASSES

# LATEST DEVELOPMENTS: AROMATHERAPY GUIDELINE & BIRTH COUCHES





“I burst out crying from relief when I got to the Birth Centre as it was so lovely and calm. The pool was dimly lit with relaxing music playing. I really enjoyed labour.... it’s all about your frame of mind and being in the pool was really relaxing. It was like being in a spa!”

Elizabeth Fletcher 2016