



Harrogate and District  
NHS Foundation Trust

## Hypnobirthing @ Harrogate

Hypnobirthing courses run by experienced Harrogate Midwives. Held at Saltergate Children's Centre, Newby Crescent, HG3 2TT.

Cost £110 per course.

If you would like more information, or to book a place please contact Kathy McClune on 01423 542212, or email [hypnobirthing@hdft.nhs.uk](mailto:hypnobirthing@hdft.nhs.uk)

# Birth & Beyond



**Please complete and return to your midwife at your 16 week appointment or post back to:**

**Community Midwives Office**

**Antenatal Clinic**

**Harrogate and District NHS  
Foundation Trust**

**Lancaster Park Road**

**Harrogate**

**HG2 7SX**

**By 16 weeks**

**Midwife-led Parent Education  
& Preparation Classes.  
Everyone welcome!**

**Active Birth:**

Our Active Birth Classes discuss the stages of labour and how you can manage both at home & in hospital. Learn about key hormones & how your birthing body works. Find out more about remaining upright and active in labour whilst discovering the benefits of massage, relaxation & the use of warm water. Explore your expectations about labour & discuss the role of the birth partner.

**Pain Management and When Nature Needs a Hand:**

Discover more about your pain relief options both at home & in hospital. This course aims to offer you information for the times when nature may need a hand e.g. learn about the induction of labour & assisted deliveries.

**Meeting your Baby and Early Days:**

Discover what to expect from your new baby & how to care for him or her. Explore how relationships may change during the transition to Parenthood. Learn about the importance of Breastfeeding. Find out all about attachment & bonding, and how this affects your baby’s development. Receive practical advice including how to bathe your baby, feeding, winding & looking after yourself.

**Evening Classes:**

The classes are held in the **Antenatal Clinic** at **Harrogate Hospital** between **7pm-9pm** on Monday, Tuesday and Thursdays and will run over three consecutive weeks.

**Saturday Workshop:**

Saturday Workshops are available incorporating all three classes into one day from **9.30am-3.30pm (Limited places available)**. The classes are held in the **Leon Small Wood Unit** at Ripon Community Hospital.

**Please select the classes you would like to attend:**

- Evening Classes:**
- Active Birth**
- Pain Relief and When Nature Needs a Hand**
- Meeting Your Baby and The Early Days**
- Saturday Workshop**

NAME: .....

ADDRESS:

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.....  
.....

PHONE NUMBER: .....

D.O.B: .....

HOSPITAL NUMBER: .....

DUE DATE: .....

**Please fill in this form and return to your midwife at your 16 week appointment.**

**A letter confirming the dates of your classes will be posted to you soon after your 20 week scan.**

**These classes are in high demand; if you cannot attend please let us know ASAP: [parent.education@hdft.nhs.uk](mailto:parent.education@hdft.nhs.uk)**