



Even though we are all keeping our physical distance during the coronavirus crisis, you are far from alone. There has always been a lot of support during pregnancy, birth and parenting and this continues. Here I am collating links to informational, emotional and physical support that can be accessed online. I will continue to update it.

INFORMATIONAL SUPPORT AROUND COVID-19 & PREGNANCY AND BIRTH

RCOG

The RCOG advice and guidance for pregnant women will continue to be updated and [can be found here.](#)

AIMS

The Association for Improvement in Maternity Services (AIMS) can provide information and support to help you navigate the maternity system, to know your rights and to listen to your concerns. You can reach their helpline by email helpline@aims.org.uk or by phone on 0300 365 0663

Their page related to coronavirus with links to resources [can be found here.](#)

Birthrights

Birthrights provide advice and legal information to women, train healthcare professionals to deliver rights-respecting care and campaign to change maternity policy and systems. They have many advice and factsheets - [their latest on Covid-19 is here](#)

London Birth Practice

Are a group of independent midwives I have worked closely with for over a decade. Jacqui and Mal are amongst the most experienced women in birth I know and you can contact them for advice, book a consult, or book private midwifery care with them.

Emergency Early Labour Doula Support

During this time of crisis there is a group of doulas offering a free (or pay what you can) phone/internet support service for early labour. Emotional support, tips and practical support for early labour at your finger tips, 24/7.

<https://developingdoulas.co.uk/emergency-early-labour-doula/>

LOOKING AFTER YOURSELF

Pregnancy and Post-Natal Yoga

Yolande is my good friend and soul-sister, part of the Born Together collective I founded, she is a wonderful teacher and has taken to the online sharing of live classes beautifully.

<http://www.yolandeyogaandbirth.co.uk>

Links to classes and online sessions tend to be updated on instagram @yolande_deviyoga

Homeopathy

Grazia Gatti is another member of Born Together an offering Skype consultations and remedies.

<http://graziagatti.com/> and email: homeopathy@graziagatti.com

Hackney Home Birth Support Group

Amazing support group now meeting up via Zoom <http://hackneyhomebirth.tumblr.com/>

Sound Baths at the Well Garden

The Well Garden are working on offering sound baths online with Simone, he's a professional musician and engineer so I'm confident if anyone can figure out how to deliver this powerful experience online, he will!

www.thewellgarden.co.uk for more info and to book sessions

SOCIAL MEDIA RESOURCES

Be VERY selective about what you allow into your protected bubble of pregnancy.

If you enjoy the socials some good folks to follow would be:

<https://www.facebook.com/katberryandbloom/>

www.facebook.com/positivebirthmovement

<https://www.facebook.com/Tellmeagoodbirthstory/>

LIVE PRACTICES ONLINE



Daily Mindful Moment with me every weekday at 8.45am on [instagram](#)



Weekly Kat's Corner place to practice and share - Mondays at noon on Zoom - [here's the meeting link](#) / Meeting ID 375833108



Daily Mothers Medicine - meditation hosted by one of "my" hypnobirthing mums on instagram @bridget.luff

KEEPING ENTERTAINED AND INSPIRED

[YouTube channel of birth films and talks to keep our spirits up](#)

Enjoy a podcast natter between myself and the midwives of London Birth Practice [on Spotify](#). The Eve Event has many other inspirational and fun episodes too.