Doulas

I am not currently working as a birth doula. These are all doulas I know and recommend. There are lots of others who are also wonderful. It is important to find the right one for you. We are all different and you need someone who you feel comfortable with. We doulas expect you to interview or chat to several doulas before choosing.

Local to me (Bedfordshire)

Agnieszka Pluta-Szharadek based in Luton. Polish. https://polskaszkolarodzenia.uk/

Maryam Doula based in Harpenden. www.maryamdoula.co.uk

Garjender Purba based in Luton. Gajender

Roar Birthing based in Cranfield. Roar Birthing

Jess Slender based near Biggleswade www.jessicaslender.co.uk

Bukky, Luton - new doula, starting soon

Further afield

April Austin based in Milton Keynes www.birthwithapril.com

Megan Baggs based in Milton Keynes
https://www.meganmkdoula.co.uk/

Sian based in Hitchin https://www.bloomwithsian.co.uk/

Dee based in Cambridge douladee.com

Julie Ann Crowley doula based in Northamptonshire https://www.northamptonshiredoula.com/

Lucy based in Kettering https://www.mindthemama.co.uk/doula

Doula directories

Most of these directories are linked to a doula training organisation. Doulas on these lists have been accepted by the training provider.

Abuela Doulas https://abueladoulas.co.uk/directory/ Black owned doula training. I support their bursary scheme.

Red Tent Doulas https://redtentdoulas.co.uk/directory/ I trained with Red Tent Doulas

Developing Doulas https://developingdoulas.co.uk/doula-directory/ I have run training sessions for this doula training group.

Doula Directory www.thedouladirectory.com

I have only listed doulas I know and my clients have used. Other doulas may be fab too.