

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://polskaskolarodzenia.uk/>

Roar Birthing based in Cranfield. [Roar Birthing](#)

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

April Austin based in Milton Keynes www.birthwithapril.com

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

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

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

Further afield

Doula directories

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

Samantha Gaddesden's directory <https://caerphillydoula.co.uk/product/directory-listing> I am a member of this directory.

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.

Tip: ask locally. There may be a woman or doula that lends them out. Or someone may have one to sell.

Ask me for my guide to setting up and using your pool, and my step-by-step picture guide to emptying and packing away your pool - very useful for partners tired after the birth.