



Are you pregnant?

- ◆ Alone?
- ◆ Frightened?
- ◆ Have No Support?

If so... **the Starfish Doula Project** might help

We can provide someone (at no cost) to accompany you to hospital and during labour:

Research shows that having a Doula present at a birth;

- ❖ Shortens first-time labour by an average of 2 hrs
- ❖ Decreases the chance of caesarean section by 50%
- ❖ Decreases the need for pain medication
- ❖ Increases success in breastfeeding



And/or help at home for 2 weeks following the birth.

Contact: Mary 07988742380 or Abi 07734250186

At Bethel Health and Healing Network for assessment



Bethel Health and Healing Network
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