



# The Motherhood

Shropshire & Borders Newsletter

## *Thank You!*

Flowing in the wake of the Festival of Motherhood on 21st May 2017, at Shropshire Wildlife Trust, in Shrewsbury, I am full of gratitude to all those who helped make the day so successful : my wonderful team of volunteers with their great aprons and gentle ways of being, the professional Mother Nurtureurs of Shropshire and surrounding areas, and of course the many visitors throughout the day.

I hope you found what you wanted and what you needed from the day. We were trying something new, not just a standard conference/ stall day but one going a bit deeper, where everyone had the opportunity to find out something new, be relaxed and pampered, even the



professionals and helpers.

In trying something new, we have to experiment and sometimes our intentions can be slightly confusing, so for any miscommunications that created any confusion I do apologise, but in doing the event it has helped to clarify how we would play it next time.

We managed to raise over £400 for the three charities , Signal, Cando-doulas and Shropshire Domestic Abuse Service - which was great!

For a flavour of the event please do watch this short film (2 mins) created by R&A Collaborations <https://vimeo.com/219086650>

Here is some feedback from the day after the festival:

*“Yesterday was beautiful and I really enjoyed every minute of it. Of course it meant bumping into loads of women I know and adore, always good, and then those I hadn't met or had only briefly met before i got to really have a natter with.*

*I really enjoyed chatting with Saint Marina about deaf awareness and Rebecca Dove about Homeopathy, Bridget's talk on the Microbiome, having a go at some hula hooping and belly dancing, scoffing some cake here and there, had a delicious hot chocolate thanks to Pablo, discussed birth photography with Jade, and I bought Jen Hawkins new book and read a little of it whilst walking home as well as eating some of Pablo's raw Chocolate.*

*I missed a fair bit too having arrived around 1pm, and there just being enough going on to forget the time and miss or be late for things, so that just shows how brilliant a job all the organisers did.”*

**Natasha**



"Where do I start with today.... What a beautiful experience! A big thankyou to Su for letting me be a part of the festivities and to all the wonderful women who came and created! I'm now enjoying a large glass of my favourite wine celebrating an astounding day of mothers of all stages of motherhood coming together and celebrating! Positively exquisite! Ami

“Thank you for such a lovely and inspiring day. Was just wonderful to just be with other like minded mothers. You were all fabulous x”

“Thank you so much for a wonderful day!! Loved every minute of it. Feeling so uplifted, inspired, proud and empowered now! Was such a relaxing atmosphere and so lovely to just stop and talk to lots of lovely mummies and mummies to be, everyone was so friendly and supportive. And made lots of great Holistic contacts too. Thank you again for such a fab day! Xx”

**I wonder what your experience of the event was like?**

I would love to hear how you found it, and what you feel you gained from it, the best bits, the worse bits , the surprising bits, anything really that might help to shape future events, would be useful.

Thank you if you have already fed back , but now time has trickled by I wonder if there is anything else you would like to add.

Do contact me through [www.restoringmotherhood.co.uk](http://www.restoringmotherhood.co.uk) I would love to hear from you all.

With love

Su Barber

# The Mother Nurturers of The Motherhood in Shropshire & Beyond



In case you would like to contact any of the wonderful professionals who are there to nurture you through motherhood, I have a list here of ways to contact them, so you can find out more and get in touch again when you need them. Please do x

Su Barber - Birthing Mentor, Birth Support & Birth Story Listener

[www.restoringmotherhood.co.uk](http://www.restoringmotherhood.co.uk)

Lauren Hilton- Pre-natal Pilates,

<https://laurenhiltonpilates.co.uk/>

Sam Norman - Daisy Birthing & Doula

<https://bloomingmiracledoula.wordpress.com/>

Jessica Sewell - Pre-natal Yoga ,

<http://www.shrewsburyyoga.co.uk/jess-sewell.html>

Sasha Ward - That Yoga Mum - Postnatal Yoga

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

Jules Portsmouth - Jula Hula Hoops,

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

Nicola Snoad - Limitless Birth Retreats,

<https://www.limitlessbirthretreats.com/about/>

Claire Arnold - Cranial Osteopathy

<http://www.osteopathy.org/practice/the-meadows-osteopath-clinic>

Glenn Fredericksen - Chiropractor

[,http://www.shrewsburyfamilychiropractic.co.uk](http://www.shrewsburyfamilychiropractic.co.uk)

Rebecca Dove-

<http://homeopathy-soh.org/all-homeopaths/profile/homeopath-1/rebecca-dove>

Jen Hawkins - Revive Aromatherapy,

<https://revivearomatherapy.com/>

Sanya Booth - Massage Therapist,

<http://serenitysanyabooth.wixsite.com/serenitysanyabooth>

Andrea Amis - Reflexology,

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

Michelle Rocke-Wharin -Womb Healings,

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

Jo Hitchin - Reiki & readings- Aurora Love,

<https://www.facebook.com/pg/auroraslove/posts/>

Henna Cat - Henna Tattoos

<http://hennacat.com/>

Naomi Yates - Henna Tattoos

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

Jade Anne Langton-Evans - Family Photographer,

<http://jadelangtonevansphotog.apps-1and1.net/>

Ami Gelfling Gallagher-Walker -The Wonky Pocket,

<https://www.etsy.com/uk/shop/TheWonkyPocket>

Kathryn Reynolds - Shropshire Field - Flower Crowns

<https://www.theshropshirefield.co.uk/>

Emma Mellor -Sling Consultant,

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

Bekki Long - Real Nappy Library,

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

Simo of Chibisimo - Bamboo Mother Cloths,

<https://www.etsy.com/uk/shop/chibisimo>

Nutrition with Harriet Morris - Shift inside

<http://www.theshiftinside.com>

Kate Alexander - Avokate Nutrition,

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

La Bonne Parisienne, wonderful pastries delivered

<http://labonneparisienne.co.uk/>

O Joy - vegan cafe, <http://www.ojoywellness.com/>  
Forever Cacao (Raw chocolate) <http://www.forevercacao.co.uk/>  
Bridget Supple - <https://www.facebook.com/Seeding-Babys-Microbiome-746703305435261/>  
Michelle Bennett - Doula & Placenta Encapsulator <https://doula.org.uk/doula/michelle-bennett/>  
Victoria Maw - Yoga <https://victoriamawyoga.com/>  
Tessa Tant - Colour 4 Health <http://colour4wellbeing.vpweb.co.uk/>  
Sammy Hughes & Maria Stennett - both Jamberry nail consultants - find on facebook !



