

me & my baby

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Chelsea and Westminster Hospital's Private Maternity Unit chooses Me & My Baby Therapy Clinic to offer therapies to pregnant women.

One of London's most respected private maternity units, The Kensington Wing at Chelsea and Westminster Hospital, has teamed up with Me & My Baby Therapy Clinic to enhance the experience of women who choose to have their babies on the unit.

The Kensington Wing offers the best of both worlds – high quality private maternity care in a top London hospital, with all the necessary medical expertise and facilities available on site – in a luxury environment following a major redevelopment in 2009.

The Kensington Wing cares for 65-70 women per month, providing a personalised and professional service for the discerning mother-to-be.

Originally located in premises directly opposite Chelsea and Westminster Hospital on Fulham Road, Me & My Baby's Founder & Director Lisa Barnwell has worked closely with the midwives and Consultants of both the private and NHS maternity units for the past six years.

This relationship has now been formalised so that women having their babies on The Kensington Wing can access exclusive privileges.

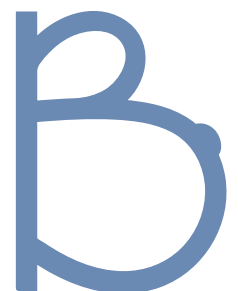
These include an initial one-to-one consultation to create a bespoke care plan to complement their medical antenatal care and on-site postnatal treatments such as reflexology or a neck and shoulder massage for the new mother with baby massage lessons for her newborn.

A postnatal information and goody bag will provide herbal teas to support recovery and healing as well as details of mum and baby exercise and support groups to assist in the early days and weeks of becoming a new mother.

Choosing from a range of complementary therapies, including aromatherapy, reflexology, yoga, pilates and Lisa Barnwell's Signature Pregnancy Massage, clients can be assured of the safety and efficacy of tried and tested therapies. Antenatal classes such as HypnoBirthing and Couples Massage will also be available.

Complementary therapies can prove helpful for many women facing some of the more common physical or emotional aspects of pregnancy, labour and early motherhood.

Lisa Barnwell of Me & My Baby says: "Using complementary therapies delivered by experts in maternity can give women the opportunity to maximise the enjoyment and wellbeing they feel during pregnancy and the early postnatal period.



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"We fully respect and support the midwives and Consultants who remain a mothers' primary carer during this time, but by offering an informed choice and the option of integrating evidence based and time trusted therapies alongside we hope to allow an even greater level of support and care during this life changing time. This is a hugely exciting collaboration and something I have been working towards throughout my career."

Training on the reputed benefits of complementary therapists will be available for midwives to allow them to support this initiative.

Mr Nick Wales, Lead Consultant on The Kensington Wing, says: "As a current practitioner of acupuncture, I am delighted that The Kensington Wing is able to support this extended range of complementary therapies for our patients."

Catherine Wilkins, Hospital Midwifery Manager at Chelsea and Westminster Hospital, adds: "We are really pleased to announce that we have formalised our links with Me

& My Baby who will support us in adding value to the experience of women who choose to have their baby on The Kensington Wing.

"We are proud to offer a high quality and safe private maternity service but we also want to deliver over and above expectation by paying attention to every detail of our patients' care before, during and after birth."

For more information, contact Me & My Baby Therapy Clinic on 020 7751 4170 or at www.meandmybabyclinic.co.uk

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For more press information about Me & My Baby, contact Becky Stevens PR on 07970 433326 or email becky.stevenspr@googlemail.com

For more press information about The Kensington Wing at Chelsea and Westminster Hospital, contact Matt Akid on 020 8846 6828 or email matthew.akid@chelwest.nhs.uk

