



*e)xpectancy* Ltd

**Expectant Parents' Complementary  
Therapies Consultancy**

## **Rebecca Ford BA RM**

Rebecca works as a community midwife for a London hospital. She is experienced in homebirth and she is passionate about normalising pregnancy and birth as well as promoting women's choices. She completed Expectancy's Diploma in Integrated Therapies for Childbirth and now uses a variety of complementary therapies including aromatherapy, reflexology and massage for pregnancy related symptoms, relaxation and stress relief. She can advise you on the safe use of moxibustion to turn a breech baby and uses a combination of natural therapies to encourage labour in women who are overdue. Rebecca is insured with the Royal College of Midwives.



### **Services provided include:**

- Pregnancy massage, aromatherapy and reflexology
- Complementary therapies for specific aches and pains in pregnancy, eg backache, sciatica and pubic pain
- Moxibustion and other alternatives for breech babies
- Reflexology and other techniques if you are “overdue”

### **Geographical area**

South East London, North Kent

## Contact

Telephone: 07824 517792

Website: [www.expectancy.co.uk](http://www.expectancy.co.uk)

Email: [info@expectancy.co.uk](mailto:info@expectancy.co.uk)

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## Vanessa Janes BSc (Hons) RM RGN

Vanessa works in the Birth Centre of a maternity unit in southeast London and is committed to facilitating mothers' choices, helping them to use complementary and natural approaches to pregnancy and birth, whilst ensuring safe practice and care. Vanessa is qualified to use massage, aromatherapy and reflexology in maternity care, as well as moxibustion and natural approaches to induction of labour and



has completed the university-accredited Diploma in Integrated Therapies for Childbirth with Expectancy. Vanessa is experienced in teaching student midwives in clinical practice, has undertaken additional training in Examination of the Newborn baby and has a BSc (Hons) degree in Sexual Health. Vanessa is insured with the Royal College of Midwives and the Federation of Antenatal Educators (FEDANT), membership number 12034.

### Services provided include:

- “Morning sickness” support
- Pregnancy massage, aromatherapy and reflexology

- Complementary therapies for specific aches and pains in pregnancy, eg. Backache, sciatica and pubic pain
- Moxibustion and other alternatives for breech babies
- Reflexology and other techniques if you are “overdue”
- Preparation for labour – one-to-one and small group sessions
- Clinical hypnosis preparation for birth – one-to-one and small group sessions
- Advice on safety and use of complementary therapies in pregnancy and childbirth
- Additional antenatal and postnatal care and support to enhance that provided by your own midwife
- Breast feeding support

## **Geographical area**

Southeast London and North Kent, Bexley, Bromley, Lewisham, Gravesend, Maidstone

## **Contact**

Telephone: 07824 517792

Email: [info@expectancy.co.uk](mailto:info@expectancy.co.uk)

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## **Caroline Sanders DipHE Midwifery RM**

Caroline works as a midwife within the community and birth centre settings for a large maternity unit in South East London. Following her midwifery qualification Caroline quickly developed a belief in pregnancy and childbirth being a normal event in a woman's life; however she does not believe this means it is easy. Finding that traditional medicine falls short of offering women successful resolutions to common complaints of pregnancy; she completed Expectancy's Diploma in Integrated Therapies for



Childbirth to enable her to offer women effective treatment, choice and support for physical and emotional health that are safe for women and their baby during pregnancy, labour, following birth and whilst breastfeeding. Dedicated to the continuing education of herself and others', Caroline has also recently completed the Examination of the Newborn qualification and is a keen student mentor and parent education facilitator. Caroline is insured with the Royal College of Midwives

### **Services provided include:**

- Pregnancy massage, aromatherapy and reflexology
- Complementary therapies for specific aches and pains in pregnancy, eg backache, sciatica and pubic pain
- Moxibustion and other alternatives for breech babies

- Reflexology and other techniques if you are “overdue”

## **Geographical area**

South East London, North Kent

## **Contact**

Telephone: 07824 517792

Email: [info@expectancy.co.uk](mailto:info@expectancy.co.uk)

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## **Denise Tiran MSc RM RGN ADM PGCEA**

Denise is a practising midwife and an international authority on the safety of complementary therapies in pregnancy and childbirth. She is also the founder and Educational Director of Expectancy. In her clinical practice, Denise uses reflex zone therapy (reflexology), aromatherapy, massage, herbs, homeopathic and Bach flower remedies,



moxibustion for breech presentation and other complementary therapies in her practice to provide an integrated approach, combined with normal midwifery care and advice. Denise specialises in treating expectant mothers suffering “morning sickness” and has a 70% success rate in relieving symptoms. Denise is insured with the Royal College of Midwives and the Federation of Antenatal Educators (FEDANT), membership number 11724.

## **Services provided include:**

- As Denise is frequently away teaching for Expectancy, she is only able to

provide a limited “morning sickness” telephone consultancy service, by appointment

## **Geographical area**

Maidstone Birth Centre clinic only

## **Contact**

Telephone: 0906 400 6227 (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary) for an appointment or advice.

Email: [info@expectancy.co.uk](mailto:info@expectancy.co.uk)

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