

COMPLEMENTARY THERAPIES

Our complementary therapy services are specifically designed for expectant mothers to provide comfort and relaxation. Treatments are available throughout your pregnancy, during your hospital stay on a one-to-one basis, and beyond birth.

Therapeutic Massage	Available from our qualified therapists to help minimize discomfort, pain, tension and stress during and after pregnancy.
Reflexology	Reflexology involves massaging or applying pressure to parts of the feet, hands or ears in order to encourage the body's own capacity to heal which creates a beneficial effect on other parts of the body. Our qualified reflexologist treats specific conditions including: morning sickness, back pain and heartburn.
Bowen therapy	A non-intrusive, proven holistic approach to healing discomfort and providing pain relief in pregnancy. The Bowen Technique involves a gentle, rolling motion, using the fingers and thumbs and a very light touch applied over muscles, ligaments and soft tissue and designed to either tighten or loosen off tissues depending on the way the move is done.
Acupuncture	A qualified therapist offers private sessions of acupuncture - a procedure in which filiform needles are inserted and manipulated into various key points on the body in order to relieve pain or discomfort.
Manual Lymphatic Drainage	This light and relaxing therapy uses specialized rhythmic pumping movements to relieve fluid congestion by stimulating the lymphatic vessels and aiding lymph flow.
Wellbeing Package	A special package incorporating 3 of our most popular antenatal services. The package includes a set of 6 yoga classes and any 2 of the following treatments: <ul style="list-style-type: none"> - Massage - Bowen Treatment - Reflexology - Acupuncture

Please note that all classes are to be paid for in advance. Refunds available if cancellation notice is more than 7 days prior to class start date.

HOW DO I BOOK?

For Classes

Please contact 020 7390 6068 from 9am - 5pm to make an appointment and for information about prices.

For Exercise and Therapies

Please contact 020 7390 6553 from 9am - 5pm to make an appointment and for information about prices.

Our classes and therapies are held in...

The Portland Hospital Physiotherapy Dept
234 Great Portland Street
London
W1W 5QT

- NCP in Carburton Street
- Union Car Parks in Devonshire Row Mews.

There are also meter parking bays in the surrounding streets.

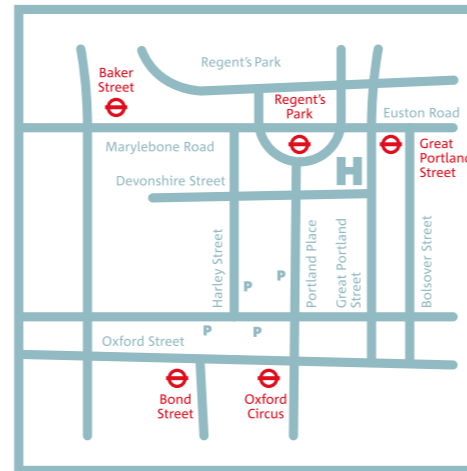
For further information visit:
www.theportlandhospital.com

Getting here by car

Visitors have the option of two car parks close to the hospital:

Getting here by tube

- Great Portland Street Station (2 mins walk) Circle, Hammersmith & City and Metropolitan Lines.
- Regent's Park Station (5 mins walk) Bakerloo Line.



The Portland Hospital
 for Women and Children

CLASSES AND COMPLEMENTARY THERAPIES FOR PREGNANCY AND BEYOND



ANTENATAL AND POSTNATAL CLASSES

The Portland Hospital offers a range of services for you during your pregnancy. Classes are available at convenient times – from once a week evening classes and Saturday workshops to one-to-one sessions at times to suit your individual needs. The classes are presented by our expert parent craft midwives.

Early Pregnancy Class (2 hour class)	This class is for mothers/parents-to-be up to 20 weeks of pregnancy. Advice on topics including diet, body changes, exercise, complementary therapies and maternity care are discussed along with a tour of The Portland Hospital.
Birth and Beyond Antenatal Class (2 hour class per week)	A four week couples or womens only course with a postnatal reunion. This course prepares mothers/parents-to-be for the birth of their baby as well as life after birth. Topics covered include: - Optimal fetal positioning, back care and pelvic floor - Signs of labour and when to come to the hospital - Natural coping strategies and medical pain relief - Birth partner's role in labour - When plans change including caesarean section - Birth plans - Relaxation techniques - Life after birth
Birth and Beyond Japanese Antenatal Class (2.5 hour class per week)	Content is the same as the class above with a Japanese interpreter.
One Day Childbirth Preparation Class (6 hour workshop)	This is a one day workshop for those that cannot attend the 4 weekly course. The workshop will cover signs of labour, stages of labour, natural coping strategies, pain relief, when plans change, and infant feeding.
Refresher Session (2 hour class)	This is a private tailor made two hour session for mother/parents-to-be expecting their second or subsequent baby. This session will update and refresh knowledge on breathing, pain relief, positions in labour, when plans change and relaxation techniques. Available by appointment only.

Active Birth Class (2 hour class)	This class aims to empower couples with the knowledge and coping strategies to achieve a natural birth (particularly waterbirth).
Hypnobirthing Course (4 hour class)	The Hypnobirthing workshop is a 4 hour course for women and their birth partners. This course empowers you with the deep relaxation/self hypnosis techniques to help you achieve a fear-free birth, thus reducing pain perception and enabling you to achieve a natural birth without medication. <u>Please note that you must have already attended the Active Birth Class prior to the Hypnobirthing Course.</u>
Breastfeeding Class (2 hour class)	The aim of this two hour session is to help develop parents' confidence when feeding their babies. This session will cover the physiology of milk production as well as positioning and attachment to facilitate good breastfeeding. It includes the benefits of skin to skin contact with your baby, watching feeding cues, baby led feeding and establishing routines. We will teach you how to tell if your baby is getting enough milk, how to manage common breastfeeding problems (e.g. engorgement) and answer any other questions.
Twin Breastfeeding Class (2 hour class)	This class will cover all the topics outlined in the breastfeeding class. In addition it also covers strategies to help you develop an adequate milk supply, and how to tandem nurse your babies. It also includes information about how to develop a routine so helping you to enjoy caring for 2 babies.
Baby Basics Class (1 hour class)	A one-to-one session for parents-to-be or new parents allowing them the time to discuss any concerns they may have about, or during, the early days of parenthood. The session is run by one of our parent craft midwives and covers a range of topics including help with breast feeding and practical demonstrations of bathing and changing.
Postnatal Mother and Baby Group (2 hour class per week)	Four group sessions designed for new mothers. This course provides an opportunity to meet other new mothers, share ideas and learn from each other's experiences. This will include baby massage which encourages interaction, stimulation, relaxation and relief for baby and will help to improve the bond between parent and baby.
Baby First Aid (2.5 hour class)	This class is available for parents and/or carers to attend before or after the birth of your baby. The class includes: - Safety in and around the house - Discussion and practice of baby resuscitation (0-1 yr old) - Resuscitation for the older child (1-8 yrs old) - First Aid Kits - First Aid for choking and other common incidents



ANTENATAL AND POSTNATAL EXERCISE

We also offer a safe course of exercise for mothers-to-be and new mothers. During these sessions effective exercise techniques for the childbearing year are taught – from gentle stretching to toning and relaxing.

Yoga for Pregnancy	Available for mothers-to-be from the first scan. Proven to help relieve some of the more common complaints of pregnancy and also an aide for labour. Also designed to enhance your feeling of wellbeing by improving circulation, breathing and posture.
Japanese Pregnancy Yoga	As above, this class is taught by a Japanese speaker.
Women's Health Yoga	These classes work towards a strengthened pelvic floor, balancing hormones and combating the ageing process of Osteo-arthritis and Osteoporosis. These classes also suit women postnatally*.
Japanese Mother & Baby Yoga	Available postnatally* Bring babies along to this session. Taught by a Japanese speaker.
Pilates for Pregnancy	Available for mothers-to-be. Proven to help relieve some of the more common complaints of pregnancy maintaining core muscle strength, pelvic floor awareness, and good posture.
Mother & Baby Pilates	Available postnatally* to help return muscles to their pre-pregnancy state and tone. Babies are welcome at these classes.

*For postnatal exercises it is recommended that you commence/recommence classes following your six-week postnatal check with your obstetrician or GP or Women's Health Physiotherapist.