

Lily Brownell and Sheena Shirley

Services provided

- Birth Support Therapist – complementary therapies and natural remedies for labour
- Doula support before, during and after birth, day and night as required
- Assistance with breast feeding

Geographical area / Contact

North Wales, Cheshire, South Manchester, South Lancashire and North Shropshire

Telephone : 01606 871770

Email : info@holisticbirthingcentre.co.uk

Website : www.holisticbirthingcentre.co.uk

Lily and Sheena are trained doulas who have completed Expectancy's Birth Support Therapist programme. They are able to provide individually-tailored support from just before the end of pregnancy and throughout labour and birth, as well as in the early days with a new baby. They are passionate about supporting women and their families at such a significant time in their lives, but are able to balance their enthusiasm with a thorough working knowledge of pregnancy and childbirth physiology and conventional maternity care. They work from the Holistic Birthing Centre in Northwich, Cheshire, in conjunction with the independent midwives, therapists, counsellors and other team members who aim to provide an holistic birthing experience in home, birth centre or hospital.