

Name	Website	Location	Email	Tel	Other information
Doulas					
Divine Doulas	www.divinedoulas.co.uk	Canterbury			
Heidi Toner	www.eastkentdoula.com	Hythe, mobile	hello@eastkentdoula.com	07763866678	
Fitness					
Folkestone Sports Centre	www.folkestonesportscentre.co.uk	Folkestone	mail@folkestonesportscentre.co.uk	01303 850222	Aquanatal classes; baby sensory room
Studio 30 Fitness	www.facebook.com/WitnessTheFitnessWithFitnessLinda	Deal		07988185248	
Hypnobirthing					
Canterbury Hypnobirthing	www.hypnobirthingcanterbury.co.uk	Canterbury	jacque@nascr.net	01227 722713, 07980376303	
Kent Hypnobirthing	www.kenthypnobirthing.com	Margate, across Kent	hello@kenthypnobirthing.com	07738180193	
Zen Birth	http://zenbirth.co.uk	Canterbury, Whitstable	hello@zenbirth.co.uk	07946390439	
Independent midwives and health visitors					
Kent Midwifery Practice	www.kentmidwiferypractice.com	Ashford, mobile			Independent midwives
Nurtured Families	www.nurturedfamilies.co.uk	Deal	NurturedFamiliesKent@gmail.com	07930439886	Independent health visitor; baby massage
Massage					
Baby Space	www.babyspaceonline.co.uk	Canterbury, Thanet	info@babyspaceonline.co.uk	01843 868851, 07886980687	Pregnancy, postnatal, baby and toddler massage; yoga
Ben Barnett	www.benbarnett.co.uk	Folkestone, Kingsdown, mobile	benbarnett9@gmail.com	07891339943	Pregnancy and postnatal massage
Karen Hards		Mobile	karenhards1@icloud.com	07956558744	Pregnancy massage and reflexology; postnatal massage and reflexology
Louise Ward	www.louise-ward-holistics.com	Walmer	louisewardholistics@yahoo.co.uk	07729494610	Pregnancy massage; baby massage
Nursing bras					
Boobiemilk	www.boobiemilk.co.uk	Mobile	karen.mccully@gmail.com	07951600777	
Reflexology					
Helen Fowler	www.seasidesoles.co.uk	Deal	helenheels@gmail.com	07950117810	Pregnancy and fertility reflexology
Maria Flanagan	www.dealreflexology.com	Deal		07985744038	Pregnancy reflexology, baby and child reflexology
Sarah Vaughan	www.naturalreflexionsholistictherapies.com	East Kent	naturalreflexiontherapies@gmail.com	07516899944, 01304 841096	Reflexology, baby massage
Wendy Watson	http://www.1stfeet-reflexology.co.uk/	Sandwich, mobile	watsons007@btinternet.com	01304 617792, 07749922916	Pregnancy reflexology
Yoga					
Carly Allen	www.loveyogaindeal.com	Deal	loveyogaindeal@googlegmail.com	07971347704	Pregnancy yoga; mum and baby yoga
Other					
Birthing from Within Kent	www.birthingfromwithinkent.org.uk/	Rochester	bfwkent@gmail.com	01634 817480	Antenatal support
Canterbury Positive Birth Support Group	http://www.zenbirth.co.uk/free/pbm-canterbury.htm	Canterbury	gina@zenbirth.co.uk	07946 390439	Positive birth support group
Mama's Instinct	www.mamasinstinct.co.uk	Across Kent	bex@mamasinstinct.co.uk		Antenatal classes and coaching

Details correct at time of publication, please check with individual practitioner.