

Neighbourhood Doulas

International Women's
Day



Inspire Inclusion



Going strong!!!



Neighbourhood Doulas (ND) are the only free, London-based organisation offering a trauma-informed, continuity of care model (same doula team), from referral in pregnancy, childbirth and through to 12 weeks postnatal support.

Our aims are to close the gaps in disparities for women, improve perinatal health and wellbeing within 1001 days of newborn life.



Provide support and advocacy for an informed, dignified pregnancy, birth, and postnatal period.

Encourage confident parenting and attachment in early parenting

Neighbourhood Doula



Neighbourhood Doula Referring London Hospitals

NORTH	SOUTH	EAST	WEST
Chase Farm	St Thomas'	Homerton	Chelsea & Westminster
The Whittington	Kings College	Queens	Queen Charlottes
North Middlesex	Lewisham	The Royal London	St Marys
Royal Free	Queen Elizabeth	Newham	Hillingdon
UCL	St George's		West Middlesex
Northwick Park	Kingston		
Barnet Hospital	Croydon		



LONDON HOSPITALS

7 HOSPITALS IN NORTH LONDON

- Chase Farm Hospital
- The Whittington Hospital
- North Middlesex Hospital
- Royal Free Hospital
- ULC Hospital
- Northwick Park Hospital
- Barnet Hospital

5 HOSPITALS IN WEST LONDON

- Chelsea & Westminster
- Queen Charlottes Hospital
- St Marys Hospital
- West Middlesex Hospital
- Hillingdon Hospital

Since 2019 we have increased referrals from 3 hospitals in West London to 23 hospitals across Greater London

4 HOSPITALS IN EAST LONDON

- Homerton Hospital
- Queens Hospital
- The Royal London
- Newham Hospital

7 HOSPITALS IN SOUTH LONDON

- St Thomas' Hospital
- Kings College Hospital
- Lewisham Hospital
- Queen Elizabeth Hospital
- St Georges Hospital
- Kingston Hospital
- Croydon Hospital

NEIGHBOURHOOD DOULAS

Referring Organisations

Shelter

Solace Women's Aid

GP's

Home Start

Salvation Army

Achieving for Children

Birth Companions

Best Beginings

Migrant Help

Early Years Service - Tri
Borough

Hestia

Social Workers

One Health Lewisham

Food Banks

Children's Centres

Doula UK

Ashiana Network

Freedom from Torture



45 Doulas working across London



We openly embrace doulas from all walks of life from diversity of ethnicities, age, ability, faith and how they identify.

We have successfully supported women through clear communication, interpretation and trust, enabling them to bond with their baby in the critical period of the first 1001 days of new born life.





OVER 1,000
HOURS OF
ANTENATAL CARE



OVER 2,000
HOURS OF
POSTNATAL CARE



*We support some of Londons most vulnerable
pregnant women and new parents*

Neighbourhood Doulas

Empower women to find their voices

Support informed decisions about their health and care

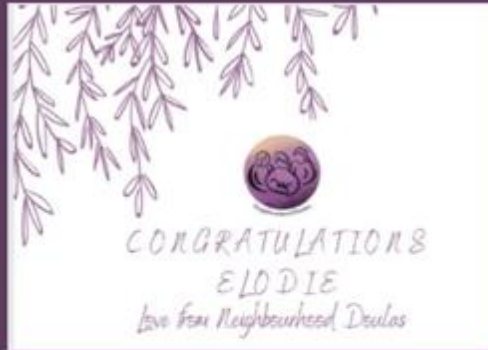
Provide access to birth education in multiple languages

Provide practical support and advocacy for an informed and empowered pregnancy, birth, and postnatal period

Encourage confident and positive parenting and early attachment








Created over 286 congratulations cards

Women we work with appreciate our doula service, emotional support, information and advocacy as they often feel overwhelmed accessing services and the cross over of many agencies involved in their care.

We encourage them to stay engaged and communicate together alongside their health care professionals for optimal perinatal outcomes.



We have recieved wonderful feedback



“My relationship with my doula is a very special, she is for me a friend more than a doula, she was with me when I was really sad and feeling lonely.”

P.M



Having Amisha to support me and my daughters birth has been a literal blessing. I felt dreadful after birth I couldn't look at myself in the mirror and honestly Amisha had a direct connection with why I feel almost back to my full self. She has been amazing and incredibly supportive of me and my daughter.

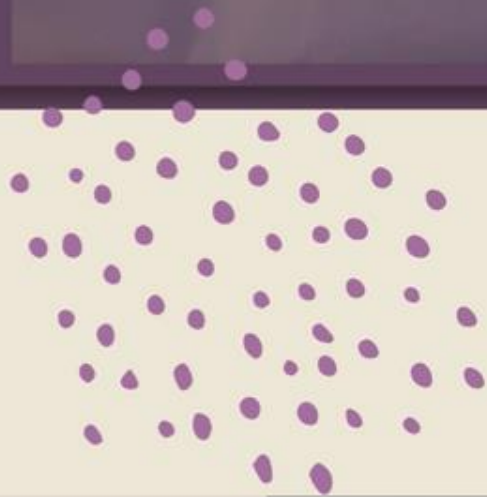
A.OD





My entire experience with Neighbourhood Doulas was top tier, it exceeded my expectations. I had no idea that I would have been able to connect and feel so comfortable with a doula in the space of time that I did. Words alone cannot express my gratitude to the service I received, I even feel that ND went above and beyond to support me and my current circumstance.

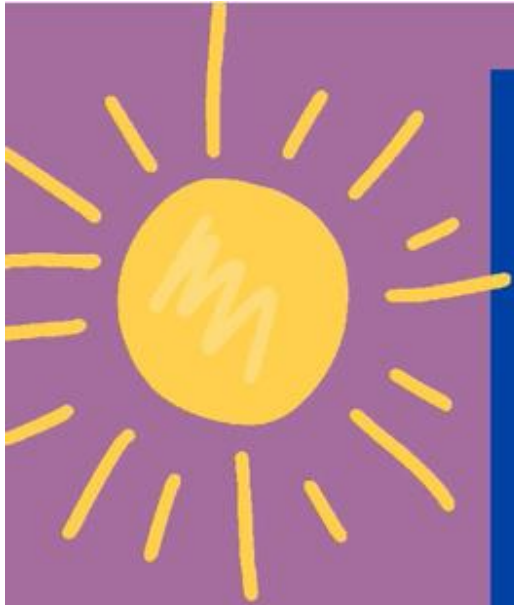
T.OR



Matiga and Gabriella are absolutely great doulas and made me feel 100% comfortable throughout my birth. It was so lovely and I'm so grateful I was able to share that special moment with them and would definitely recommend them without a doubt. If I do have more children in the future I would 100% love to share that moment with them again.

S.G





"Neighbourhood Doulas have made a positive impact to the overall maternity experience for our clients who have additional social complexities. The work your team does is amazing.."

Ruth Hammond
Lotus Midwives Team Leader
Kings College Hospital



NHS

*“When we inspire others to understand and value
womens inclusion, we forge a better world”*

internationalwomensday.com



Thank you for all your support

