



**Local resources for expecting parents and beyond in Kilkenny**  
*Birthing Together 2015/16:*

**Calm, Confident Birthing**



Service Type	Name	Contact info	Brief description	Services provided
<b>Hospital Birth Centre</b>	St. Luke's General Hospital	St. Luke's General Hospital Freshford Road Kilkenny Tel: (056) 778 5000 Fax: (056) 772 1149 Maternity Ward- (056) 7785294	Obstetrics & Gynaecology consultants <ul style="list-style-type: none"> <li>• Dr. Veni Yuddandi</li> <li>• Dr. Trevor Hayes</li> <li>• Dr. Ray O Sullivan</li> <li>• Dr. McMurray (Locum at moment)</li> </ul>	<ul style="list-style-type: none"> <li>• Full maternity care</li> <li>• Midwife led care on Monday clinics</li> <li>• 3 main delivery suites</li> <li>• 2 additional beds</li> <li>• Public Ante-natal classes</li> <li>• Private Ante-Natal Class with St. Luke's</li> <li>• One day course Carlow (Talbot Hotel)</li> <li>• One day course Kilkenny (Newpark Hotel)</li> <li>• Phone: 056-7727671 or 087-2431090</li> </ul>
<b>Public Homebirth Midwives</b>	Covering Kilkenny through St. Luke's Hospital	Brenda Campion O'Toole 0868328859 (Laois) Helen Coe 085 766 6276 (Laois)  List of national homebirth registered midwives on <a href="http://www.homebirth.ie">www.homebirth.ie</a>	If you want a homebirth in Kilkenny through St. Luke's it is arranged through; Eithne Coen DMO Carlow Kilkenny South Tipperary <a href="mailto:eithne.coen@hse.ie">eithne.coen@hse.ie</a> 0567785628 086 041 2070	Designated Midwifery Officers (DMO) <ul style="list-style-type: none"> <li>• Designated Midwifery Officers (DMO) are the HSE liaison officers for women who wish to sign up for a home birth. A DMO will review your application for home birth. Your midwife will liaise with her about your case as your pregnancy progresses. She is effectively your gatekeeper to a home birth and may also advocate on your behalf with your local maternity hospital.</li> </ul>

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<b>Private Homebirth</b>	Neighborhood Midwives – Nationally	One to one midwifery care in your own home. www.neighbourhoodmidwives.com ROI: 1850 MIDWIF (643943)	All our midwives are fully indemnified, registered members of NMBI, the Irish nursing and midwifery regulatory body, and NMC, the Nursing and Midwifery Council.	The following packages-more info on website; <ul style="list-style-type: none"> <li>• Doula support</li> <li>• Night relief</li> <li>• Bump, birth and babymoon</li> <li>• Babymoon</li> <li>• Babymoon gold</li> <li>• Bump &amp; Beyond</li> <li>• Bump to birth</li> <li>• Baby dreams-fertility</li> </ul>
<b>Pregnancy &amp; Birth Support</b>	Women’s Health Group Kilkenny	Ayrfield Medical Park, Granges Rd Kilkenny, Ireland  (056) 779 5302 <a href="http://www.womenshealth.ie/">http://www.womenshealth.ie/</a> email reception@womenshealth.ie	The Women’s Health Group provides a wide variety of treatments for women during their pregnancy and other times during their lives. From early pregnancy scans to reassurance scans and 3d/4d bonding scans. No waiting for appointments (private clinic)	<ul style="list-style-type: none"> <li>• Private antenatal care</li> <li>• Nuchal Translucency Pregnancy Scan 11-24 weeks</li> <li>• Screen for Down’s Syndrome &amp; other abnormalities</li> <li>• Early dating scan 7-10 weeks</li> <li>• 20 week Anatomy Survey 20-23 weeks</li> <li>• Growth and Well Being Pregnancy Scan 22 weeks onwards</li> <li>• 3D/4D Ultrasound scanning</li> </ul>
	Doula	Germaine Reidy 087 4194222 www.fromthewaters.com	Serves Wexford, Waterford, Carlow and Kilkenny.	<ul style="list-style-type: none"> <li>• Pregnancy massage</li> <li>• Preparation for childbirth – ‘Prenatal Partners’: Teaching the couple labor-coping techniques in a class setting</li> <li>• Birth Doula</li> <li>• Postpartum Doula</li> <li>• Infant massage classes</li> </ul>

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	Doula	Deborah Hadley Website: <a href="http://www.birth-first.com">http://www.birth-first.com</a> Email: <a href="mailto:Deborah@birth-first.com">Deborah@birth-first.com</a>	Serves: Tipperary, Limerick, Waterford, Kilkenny, Cork	<ul style="list-style-type: none"> <li>• Birth Doula</li> <li>• Aromatherapy</li> <li>• GentleBirth</li> </ul>
<b>Ante Natal Classes/ Childbirth Education</b>	Gentlebirthing	Eilis Walklett from Birthing Together <a href="http://www.birthingtogether.ie">www.birthingtogether.ie</a> (087) 9429898 <a href="mailto:hello@birthingtogether.ie">hello@birthingtogether.ie</a>	Serves: Kilkenny & Carlow	<ul style="list-style-type: none"> <li>• GentleBirth programme</li> <li>• Mindfulness</li> </ul>
<b>Support &amp; Breastfeeding</b>	Cuidiu Kilkenny	Louise Pembroke-Cuidiu Chair and toddler group contact (087) 2954065  Lucy Glendinning- baby group and breastfeeding counsellor 056 7772961  <a href="http://www.cuidiu-ict.ie">www.cuidiu-ict.ie</a>	Cuidiu's motto is education and support for parenthood. Our aim is to provide information to parents which allows them to make informed choices about pregnancy, childbirth and breastfeeding. Also to provide a supportive background to empower parents to act upon their decisions	<ul style="list-style-type: none"> <li>• Antenatal Breastfeeding Classes</li> <li>• Breastfeeding Counselling</li> <li>• Postnatal and Parenthood Support</li> </ul> <p>Two parent groups:</p> <ul style="list-style-type: none"> <li>• Tuesdays 10.30 - 12 - parent and baby group (Tennis Club, Bennettsbridge Road) Run by Lucy Glendinning, breastfeeding counselor.</li> <li>• Fridays 10.30 - 12 for parent and toddler group (Scout's Den, Bennettsbridge Road). Run by dedicated group of mums. Free play for toddlers followed by 'singing circle'.</li> </ul>

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<b>Support &amp; Breastfeeding</b>	la leche league Kilkenny	Phone /text 086 6627290 for more info <a href="http://lilli.org/">http://lilli.org/</a> <a href="http://lalecheleagueireland.com/">http://lalecheleagueireland.com/</a>	Our aim is to help mother's breastfeed through mother to mother support, encouragement, information, education, and to promote a better understanding of breastfeeding as an important element in the healthy development of mother and baby.	<ul style="list-style-type: none"> <li>• La Leche League Kilkenny meets on the second Monday of every month at 8pm, St. Luke's hospital palliative care room.</li> <li>• Coffee mornings on the last Wednesday of the month at the Jellietots play centre, Kilkenny.</li> </ul>
<b>Baby Wearing</b>	BWI- south east sling chat Ireland (FB Page) meet ups usually monthly in Kilkenny	You should also check out the baby wearing Ireland website and the forum at: <a href="http://www.babywearingireland.ie/">http://www.babywearingireland.ie/</a>	Group for local info and meeting details for South East Ireland. The Waterford demo Sling Library is based in West Waterford and can travel to East Cork, Tipperary, Kilkenny and parts of Wexford for donations to cover all costs of travelling. This is a closed group where you can chat about slings and baby wearing in Ireland	<ul style="list-style-type: none"> <li>• Sling hire and demos</li> </ul>
<b>Antenatal massage and baby massage</b>	Super Mummy	For details go to <a href="http://www.supermummy.ie">www.supermummy.ie</a> or call Anabella on 087 3934195 <a href="http://www.supermummy.ie/">http://www.supermummy.ie/</a>	Super Mummy – Facebook page – Ante Natal and baby massage classes in Kilkenny One-to-One Antenatal Classes and Postnatal Home Visits. Group/individual Baby Massage Classes	<ul style="list-style-type: none"> <li>• Ante natal massage</li> <li>• Postnatal massage</li> <li>• Baby massage</li> </ul>

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<b>Fitness for mums and babies</b>	Water Babies	Elaine & George on 051 397444, email monkeymonkey@waterbabies.ie or visit www.waterbabies.ie.	Baby swimming classes throughout the year in St Patrick's in Kilkenny and The Ormond Hotel	<ul style="list-style-type: none"> <li>Swimming for babies and mums</li> </ul>
	Walking/running/swimming/pilates	Kilkenny Recreational and sports partnership www.krsp.ie	Kilkenny Recreation and Sports Partnership will work collaboratively with others to empower people and communities across Kilkenny to create an environment that supports lifelong participation in sports and active recreation for all at minimal cost.	<ul style="list-style-type: none"> <li>Meet and train twice weekly-buggy's welcome</li> <li>Pilates for new mums</li> <li>Various programmes aimed at women in sports and new mums throughout the year</li> </ul>
	Pregnancy Yoga, Pilates, yoga for mother & baby and many more types of yoga	Kilkenny School of Yoga, Canal Square, Rose Inn St, (Beside John's Bridge) Kilkenny <a href="https://www.facebook.com/kilkennyschoolofyoga/">https://www.facebook.com/kilkennyschoolofyoga/</a> Phone Essie on 056 77 56570 or 087 660 9654	Kilkenny School of Yoga has been bringing yoga to the people of Kilkenny for the past 8 years. All of our teachers are qualified to the highest standards and continue to update their skills through regular training and seminars. We provide yoga classes in most types of yoga to the general public from beginners level right up to certified Yoga teacher training. Our senior teacher is also a fully qualified yoga therapist offering one to one	<ul style="list-style-type: none"> <li>Hatha Yoga</li> <li>Pilates</li> <li>Ashtanga Yoga</li> <li>Power Yoga</li> <li>Yogalates</li> <li>Yoga for Pregnancy</li> <li>Yoga for Children</li> <li>Managing Stress through Yoga/Yoga Nidra</li> <li>Satanyanda Yoga</li> <li>Yoga for Mother and Baby</li> <li>Community Yoga</li> <li>Yoga for Sports</li> <li>Teacher training</li> </ul>
	Pregnancy Yoga, Yoga, Pilates	Imelda Norris- Gael Scoil, Outrath Road, Kilkenny 0877650230 <a href="https://www.facebook.com/ImeldaNorrisKilkenny/">https://www.facebook.com/ImeldaNorrisKilkenny/</a>	Pilates & Yoga Instructor. Beginners, Intermediate and Advanced and Prenatal Yoga. Beginners, Intermediate and Advanced Pilates. Teaching in Kilkenny since 2003.	<ul style="list-style-type: none"> <li>Prenatal yoga</li> <li>Beginners, Intermediate &amp; Advanced yoga</li> <li>Intermediate &amp; advanced pilates</li> </ul>

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	Yoga Classes	Elaine Costello- 0868261452 Top pro studio (behind Clubhouse Hotel)	General yoga Wednesday's 7pm	<ul style="list-style-type: none"> <li>• General Yoga</li> </ul>
	Kundalini Yoga	Peter White, Khalsa Yoga Studio, Lovers Lane, Kilkenny <a href="https://www.facebook.com/khalsa.yoga">https://www.facebook.com/khalsa.yoga</a>	The practice of Kundalini Yoga, as taught by Yogi Bhajan, works with kriyas (physical exercises), pranayama (breath control), meditation, mantras (sound healing), relaxation, mudras and philosophy. Working with all these different elements simultaneously creates a very powerful healing effect. The practice works particularly to strengthen the glandular system, which is the guardian of our health and the nervous system, which plays an essential role in the health of our body and in the way that we relate to the world.	<ul style="list-style-type: none"> <li>• Kundalini Yoga</li> <li>• Stretch &amp; tone</li> <li>• Meditation</li> <li>• Healing sessions</li> </ul>
<b>Family activities</b>	Happy Groove Music Workshops Kilkenny	Run by Krisztina Dragoman – contact through Happy Groove Music on FB	Regular music-making sessions (for children of all age) are a great way to introduce and encourage your children into music. All children must be accompanied by an adult during the workshops for children under age 5. A really bonding experience from the very young to the oldest siblings and parents. Strengthens nonverbal communication between family members.	<ul style="list-style-type: none"> <li>• Activities will include singing, dancing, rhythm work, movement and percussion playing</li> <li>• Full of musical games and enhance team work in a fun way</li> <li>• The family music workshops are designed for the whole family to taste the joy of music making together.</li> </ul>

<b>Service Type</b>	<b>Name</b>	<b>Contact info</b>	<b>Brief description</b>	<b>Services provided</b>
<b>Online support services/groups</b>	GentleBirth Website	<a href="http://www.gentlebirth.ie/">http://www.gentlebirth.ie/</a>	Website linking to all information needed in relation to Gentle Birthing	<ul style="list-style-type: none"> <li>• Audio Programs</li> <li>• Free downloads</li> <li>• Birth stories</li> <li>• Antenatal workshops</li> <li>• Find an instructor</li> <li>• Videos</li> <li>• Boxsets etc.</li> </ul>
	GentleBirth Mums	<a href="https://www.facebook.com/groups/273661266056860/">https://www.facebook.com/groups/273661266056860/</a>	It is our intention that this online community is a birth sanctuary, a haven free from the traumatic birth stories everyone can't wait to tell you. Our goal is to support you during this exciting time in preparation for your calm, confident GentleBirth in whatever form that takes.	<ul style="list-style-type: none"> <li>• Online group support from other parents/families and professionals in the group</li> <li>• Links to Mp3's and other resources</li> </ul>
	Gentle Families Ireland	<a href="https://www.facebook.com/groups/gentlefamiliesireland/">https://www.facebook.com/groups/gentlefamiliesireland/</a>	A place to talk about the challenges and joys of trying to create gentle and respectful families...	<ul style="list-style-type: none"> <li>•</li> </ul>
	Back to work and breastfeeding Ireland	<a href="https://www.facebook.com/groups/449740168383514/">https://www.facebook.com/groups/449740168383514/</a>	A group to discuss various topics relating to being back to work and continuing to breastfeed:	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Alternative therapies</b>	Etienne Roche Osteopathy	<a href="https://www.facebook.com/pages/Etienne-Roche-Osteopathy/4171341984075520876013650">https://www.facebook.com/pages/Etienne-Roche-Osteopathy/4171341984075520876013650</a> No 5 Dean Street, Kilkenny	My approach is based on palpation skills which allows me to work with the body's tissues for effective, long term changes, and to restore balance. This approach not only treats the symptoms (areas of pain or	<ul style="list-style-type: none"> <li>• This gentle approach is also effective when treating pregnant women, babies and children.</li> <li>• A wide variety of conditions can be helped, including :</li> </ul>



			<p>restrictions in the body) but is specifically aimed at treating THE CAUSES of the body's imbalance.</p> <p>Unlike other approach, which force changes to the body, our palpation allows us to work WITH the body's tissues and support the changes that come from WITHIN the tissues, therefore respecting the body's needs.</p>	<ul style="list-style-type: none"> <li>• Acute or longstanding injury</li> <li>• Back, neck, shoulder, and other joint pain</li> <li>• Headache and migraine</li> <li>• Post-operative discomfort</li> <li>• Discomfort during pregnancy (SPD, sciatica, diaphragm discomfort...)</li> <li>• Babies and children (crying, colic, poor sleep ...)</li> </ul>
	<p>Catriona Mulhall Cranio-Sacral therapy</p>	<p>18 William Street, Kilkenny and The Stillness Centre, 31 St. Patrick's Avenue, Carlow. For further information and Booking please call 087 6416322. www.catrionamulhall.com</p>	<p>Catriona is a Registered Cranio-sacral Therapist (M.I.A.C.S.T) and Reflexologist (M.N.R.R.I).</p> <p>In 2009 I completed a Diploma in Holistic Massage through the Academy of Beauty &amp; Holistic therapies in Carlow. In recent years I have completed post-graduate studies in Fertility and Maternity Reflexology.</p>	<ul style="list-style-type: none"> <li>• Cranio-Sacral therapy</li> <li>• Holistic Massage</li> <li>• Reflexology</li> <li>• Indian head massage</li> <li>• Reiki</li> </ul>
	<p>Linda Moylan Cranio-Sacral therapy</p>	<p>Linda 0861551700 / TJ 0872142342 / 0578736604 Abbeyleix &amp; Ballacolla, Durrow &amp; Thurles  www.facebook.com/CST.Laois/</p>	<p>Welcome to Laois CranioSacral Therapy Clinic. My name is Linda Moynan and I'm a CranioSacral Therapist working in Abbeyleix and Ballacolla here in Laois. TJ Quinn is also a Craniosacral Therapist working in Durrow and Thurles. Linda's background is as a nurse in the area of learning disabilities for 18 years.</p>	<ul style="list-style-type: none"> <li>• CranioSacral therapy</li> </ul>

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	Mia King Rahanni Treatment	Contact miaking1985@gmail.com or 0874388670 <a href="https://www.facebook.com/chakradancemiaireland/">https://www.facebook.com/chakradancemiaireland/</a> <a href="http://www.chakradance.com/">http://www.chakradance.com/</a>	Workshops & 1-to-1 treatments for kids& adults. Movement Meditation (with art&music). Rahanni & Reiki Healing	<ul style="list-style-type: none"> <li>• Movement Meditation (with art&amp;music).</li> <li>• Rahanni</li> <li>• Reiki Healing</li> </ul>
	Geraldine Rudkins Acupuncturist	Kilkenny Osteopathic Clinic, Waterford Road, Kilkenny, Ireland Call: 056 7788222 Email: hello@geraldinerudkins.com Web: www.geraldinerudkins.com	Geraldine is a fully qualified acupuncture practitioner. She is registered with the Acupuncture Foundation Professional Association (AFPA) and adheres to a strict code of ethics, ensuring confidentiality at all times.  Geraldine trained with the Acupuncture Foundation of Ireland and then undertook additional clinical training at the International School of Chinese Medicine in Nanjing, China.	<ul style="list-style-type: none"> <li>• Pregnancy</li> <li>• Fertility</li> <li>• Women's Health</li> <li>• Men's Health</li> <li>• Food Intolerance</li> <li>• Sports Injuries</li> </ul>
	Michelle Doyle Homeopath	Qualified Homeopath, Registered General Nurse, Registered with the Irish Society of Homeopaths  Phone Number : (086) 1277775 Homeopathic Clinic  Unit 1	Michelle is also a qualified general nurse with 14 years' experience specialising in Intensive care and Theatre nursing treating and dealing with all manner of medical and patient care issues with compassion and empathy. Michelle also completed a certificate in Sports Injuries and Management in UCD giving her real insight	<ul style="list-style-type: none"> <li>• Childhood illnesses teething, recurrent infections, behavioural difficulties.</li> <li>• Skin conditions eczema, psoriasis, allergic reactions.</li> <li>• Pregnancy childbirth, breastfeeding, post-natal depression.</li> <li>• Period pains pre-menstrual tension, menopause.</li> <li>• Infertility erectile dysfunction.</li> </ul>

		Springhill Clinic Waterford Road, Kilkenny Email Address : michelle@homeopathykilkenny.com	into the unique challenges associated with treating sports injuries and repetitive strain complaints	<ul style="list-style-type: none"> <li>• Respiratory complaints asthma, cough.</li> <li>• Gastric upsets stomach ulcers, indigestion.</li> <li>• Constipation diarrhoea, thrush.</li> <li>• Depression anxiety, panic attacks, suicidal thoughts.</li> <li>• Shock post traumatic disorder, insomnia</li> </ul>

This list is in no way exhaustive –there are many more ante-natal and post-natal services, these are just a few that we at Birthing Together used and enjoyed.

If you wish to add a service to the list please contact me: [hello@birthingtogether.ie](mailto:hello@birthingtogether.ie)

Kind Regards

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