

**Passionate about
pregnancy
& birth?**



APPLY Now for Doula Training Level 3

Application deadline:

13 November 2020

5:00pm

Open Day:

17 November 2020

10.00-12.00pm

Interviews:

W/C 23 November 2020

As a trained volunteer doula you will offer practical & emotional support to pregnant women six weeks before the birth, during labour & six weeks after the birth

FREE 13 Week **CERTA** Accredited
Training Programme starting
JANUARY 2021

**For an Application Pack call 01274 223 232
or email:**

minupar@carlislebusinesscentre.co.uk

What is a Volunteer Doula?

Doula is the Greek word for "wise-woman"

Acting as a 'professional friend' Doulas help women to make informed choices around their pregnancy, birth and infant feeding choices.

Offer continuity and emotional support

Practical support as a birth partner

Build positive relationships with other services

Support women to achieve positive experiences



Training will run Jan-March

Face-to-Face Delivered Sessions (Social Distancing)

- Introduction & Antenatal (2 days)
- Active Birth (2 days)
- The Birth
- Breastfeeding (2 days)
- Postnatal; Perinatal Mental Health

Virtually Delivered Sessions

- Safeguarding & Domestic Abuse
- Smoking in pregnancy
- Drugs & alcohol in pregnancy
- Tutorials (virtual 1-2-1s)
- Group Presentations
- Submission of Level 3 Portfolio
- Level 3 accreditation is equivalent to 9-credits



Applicants must have eligibility to work in the UK

Must have access to an electronic device and email to complete modules and essays

Face to Face sessions will be delivered at Carlisle Business Centre BD8 8BD

Volunteer minimum of 2 years or support 2-4 families before references are offered

Join our amazing #TeamDoula



Bradford Volunteer Doulas



@BradfordVDoulas



@BradfordVDoulas

We are currently practicing social distancing in line with government guidelines. All volunteering support will be offered through a combination of social distancing & virtual training sessions.