

"Mindfulness around pregnancy and labour"

Thursday 26th October 2017

New Education Centre, Royal Victoria Infirmary, Newcastle Upon Tyne

Counts towards CPD.

13.45	Registration
14.00	Mindfulness around pregnancy and labour Dr Julia MORCH-SIDDALL Consultant Obstetric Anaesthetist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
18.30	Close
19.15	BSBOG AGM Tyneside Bar Café, 10 Pilgrim Street. Newcastle Upon Tyne, NE16QG
19.45 for 20.00	Speakers' dinner Tyneside Bar Café, 10 Pilgrim Street. Newcastle Upon Tyne, NE16QG

Fear, pain and psychological trauma in womens' healthcare

Friday 27th October 2017

New Education Centre lecture theatre, Royal Victoria Infirmary, Newcastle Upon Tyne.

Counts towards CPD

8.15	Registration and coffee
8.45	Welcome and introduction
8.55	Woman-centered maternity care Dr Michel Odent Childbirth pioneer, London
9.45	Phobias in pregnancy Dr Julia MORCH-SIDDALL Consultant Obstetric Anaesthetist, The Newcastle Upon Tyne

	Hospitals NHS Foundation Trust.
10.15	Mindfulness techniques for childbirth - demonstration Dr Julia MORCH-SIDDALL Consultant Obstetric Anaesthetist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust. Ms Lisa RYAN Midwife, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
10.45	Coffee and book signing
11.15	Getting it right - periviability Dr Martin WARD-PLATT Consultant Neonatologist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
11.45	Psychological trauma - parents of premature babies Ms Bridie GRANT Clinical Psychologist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
12.15	Taking extra care - bereaved families on the delivery suite Ms Jenna WALL Lead midwife for bereavement, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
12.35	Twin demise - the butterfly project Jane Couch Senior sister in SCBU, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
12.55	Lunch
13.45	Barriers to seeking healthcare - women from ethnic minorities. Mr Sirak HAGOS
14.05	Chronic pelvic pain - a non-medicalised approach Dr Deon KENNEDY Consultant Obstetrician and Gynaecologist, University of Cape Town, South Africa
14.55	Supporting women with cancer - a holistic approach Dr Jessica WIESE Psychologist and yoga/meditation teacher, Durham.
15.25	Tea
15.50	Helping staff following a traumatic clinical event - interactive discussion Dr Helen SIMPSON Consultant Obstetrician, James Cook University Hospital, Middlesborough. Dr Martin WARD-PLATT Consultant Neonatologist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust. Dr Danny MORLAND Consultant Anaesthetist, The Newcastle Upon Tyne Hospitals NHS Foundation Trust. Dr Sophia WEBSTER Consultant Obstetrician, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.
16.50	Closing Remarks