

## PRESS RELEASE

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### MILTON KEYNES BIRTH INFORMATION GROUP (MK BIG)

- New birth information support group in Milton Keynes
- Regular meetings with local midwives and mothers
- Opportunity to discuss all aspects of birth preparation

Milton Keynes has one of the highest birth rates in the country. Milton Keynes Birth Information Group aims to help couples by providing information and support for pregnancy and new parenting.

MK BIG has existed in Milton Keynes for twenty years, but has been inactive for the past fifteen. Local Independent Midwife, Valerie Gommon ([www.3shiresmidwife.co.uk](http://www.3shiresmidwife.co.uk)) has decided to revive the group as a forum for information and support surrounding birth and early parenting issues, for example birth at home, birth in water, birth after previous caesarean section, active birth, hospital birth, breastfeeding and early parenting.

Initially there will be regular lunchtime meetings; the first meetings being held on Friday 5<sup>th</sup> June and Friday 4<sup>th</sup> September from 12 – 2 pm.

More details can be found on the website [www.mkbig.org.uk](http://www.mkbig.org.uk) or email [info@mkbig.org.uk](mailto:info@mkbig.org.uk), alternatively Valerie can be contacted on MK 511247.

Valerie Gommon  
Independent Midwife

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