

TTDL Live 2023 sponsored by:

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ASAM

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TTDL Live 2023

PROGRAMME

The TTDL conference is a collaboration between Abuela Doulas and the Association of South Asian Midwives C.I.C (ASAM).

Abuela Doulas is the first Black founded, owned and created doula course in the UK. Founder Mars Lord created the Black Lives Abuela Scholarship so that patrons could donate and pledge to support the training of Black and Brown bodied birth workers. By colouring in the landscape of birth, Abuela Doulas are helping to change the narrative around birth and the outcomes for birthing people.

ASAM was founded by three midwives, Nafiza, Benash and Sundas after discussions relating to issues witnessed, and situations experienced in the workplace and within their own South Asian networks. The Association of South Asian midwives is a platform that was created to support the South Asian maternity workforce and the birthing community. Over the years ASAM has supported midwives and student midwives from many marginalised communities and continues to do so.



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When the TTDL team first sat down and spoke about holding a conference to celebrate Black and Brown excellence in Perinatal Health, they all agreed this must be a conference that is action focused. Each element must provide delegates with something to action. And now, after two successful online conferences, the team have decided to extend Through the Dark Lens 2023 by bringing it to life. We have organised a full day dedicated to bringing about positive change in maternity services for our Black and Brown communities.

We will discuss best practice, learn how to become change agents and submit our very own #darklenspledge.

We will do more than just talk, we will take make a pledge, prepare deliverable actions and witness real change in services.

TTDL Live 2023

WHY?

DATE: FRIDAY 24TH NOVEMBER 2023

TIME: 10AM TILL 4PM

VENUE: IRWIN MITCHELL OFFICES, 9TH FLOOR, THE
COLMORE BUILDING, 20 COLMORE CIRCUS
QUEENSWAY, COLMORE ROW, BIRMINGHAM, B4 6AH

10:00 Welcome and Introduction

10:30 Celebrating birth cultural practices through art

10:50 Panel Discussion: Exploring Best Practice in Maternity Care

12:00 Networking

12:20 Workshop: Becoming Change Makers

13:15 Lunch

14:00 Group Work: #makeapledge

15:30 Closing remarks

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WHAT AND WHERE?

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PANEL DISCUSSION: EXPLORING BEST PRACTICE IN MATERNITY CARE

The TTDL conference is based upon the idea that perinatal health involves us all, not just midwives and obstetricians. It takes a village and we respect and appreciate all those who are involved (directly and indirectly) in pregnancy, birth and the postnatal period.

We have organised a panel of three individuals who will explore best practice in maternity care by recalling their own experiences, how they have impacted perinatal health and how they believe we can continue to make lasting impact.

PANEL DISCUSSION: PANELISTS



Madhuri Bedi

Bereavement Support Services Officer - SANDS
Twitter: @SandsUK

My name is Madhuri, and I am a Bereavement Support Services officer at Sands with a particular focus on supporting those who have been affected by pregnancy or baby loss from South Asian backgrounds. . Sadly, in the UK, the death of a baby is not a rare event. 13 babies die before, during or short after birth every day. And at least 15% of pregnancies end in miscarriage. Furthermore, research has found that South Asian and Black women experience the most significant inequalities in pregnancy outcomes, with baby loss being at its highest in these communities. Sands is working hard to understand better the complex set of reasons for this and what can be put into place to prevent this. Alongside the grief and trauma that comes with baby loss, for a bereaved parent of South Asian heritage, there can at times also be an added sense of shame, stigma, taboo and isolation that can profoundly impact their mental health. My role at Sands involves developing links and working collaboratively with organisations that not only represent South Asian communities but also those who work with them. Through forging such links, we can collectively raise awareness of the issues surrounding pregnancy and baby loss within the South Asian community and the inequalities that we know exist.

PANEL DISCUSSION: PANELISTS



Geeta Nayar

**Senior Associate Solicitor
MASIC, Make Birth Better, Irwin Mitchell
Twitter: @GeetaNayar01**

Geeta Nayar is a Senior Associate Solicitor with a specialism in maternal injury claims. Geeta joined Irwin Mitchell in 2000 and developed a particular interest in brain and spinal injury claims and birth injury cases. She worked closely with several charities to support injured clients including Headway and AVMA, and was Vice-chair of UKABIF (United Kingdom Acquired Brain Injury Forum). Geeta also helped establish the ABI APPG (Acquired Brain Injury All Party Parliamentary Group) and was a co-founder of the London Acquired Brain Injury Forum.

In 2008 during the birth of her first child, Geeta sustained life-changing injuries and had to undergo extensive medical treatment. As a result of her journey she has become an advocate and strong campaigner for women with severe perineal and maternal injuries. Geeta has been closely involved with the MASIC Foundation since it launched to improve the prevention and detection of injuries and to support injured women. Geeta speaks widely about her experience to give visibility to women from all backgrounds who've experienced OASI. Geeta also has a special interest in ethnicity and maternal health inequity.

Geeta returned to Irwin Mitchell in early 2022 to work with maternal injury clients, charitable partners, and organisations to improve outcomes for those affected by these devastating injuries.

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PANEL DISCUSSION: PANELISTS



Mars Lord

Doula, Birth Advocate, Life Coach

Abuela Doulas

Twitter: @_MarsLord

I started my career as a doula and birth advocate, working primarily with Black- and Brown-Bodied women to help them navigate the birthing process.

What I loathe about the healthcare industry is the same thing I help my coaching clients navigate today – the erasure of Black-bodied women, who are constantly being shoved to the side or to the bottom.

If they are seen at all.

My coaching centers on them because I want to help them feel seen and heard and held.

But, it took me a while to embrace the title “coach” because I was a complete skeptic at first. It seemed like the Emperor’s New Clothes, and people were just saying, “Look at me! I’m a coach! Give me all your money, and you can earn six figures, seven figures like me...”

I just thought I can have this conversation with a girlfriend over wine. But my business coach made me go beyond the superficial. She showed me that it was about who I was, who I wanted to be, and how I could make real tangible change in the lives of other Black-bodied women.

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WORKSHOP - BECOMING CHANGE AGENTS

The TTDL team have prepared a bespoke workshop that will support you on your journey to becoming change agents:

The workshop will tackle the following questions:

What is a change agent?

What skills do I need?

When will I see change?

How do I encourage others to join me?

The workshop will last approx 55 minutes and will involve both individual and group activities.

Each delegate will leave the workshop with a resource pack they will be able to refer back to.



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FAQ'S

Will lunch be provided?

Yes lunch will be provided on the day, dietary requirements will be shared with caterers.

Will there be a virtual link?

As this is a live in person conference, you will not be able to join virtually.

Do I need to bring anything?

Just yourself and an energy to make a change.

Can I attend if I have not previously attended the TTDL Conference?

Yes, everyone is welcome whether or not you attended the previous conferences.

I am not a midwife, can I attend?

The TTDL conference is open to everyone working in the birth world or for anyone who has an interest in delivery change in perinatal health.

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WE LOOK FORWARD TO SEEING YOU THERE!

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