

THROUGH THE DARK LENS

HOSTED BY:
ABUELA DOULAS & ASAM

20
21



NOVEMBER 12TH & 13TH ONLINE CONFERENCE

via AIRMEET online conference platform

PROGRAMME

2021 CONFERENCE DAY ONE - 12TH NOVEMBER

10.30AM	Doors open for networking and settling in
11AM-11.10AM	Mars Lord - Welcome and introduction to Day One
11.10AM-12 NOON	Dr Christine Ekechi What does equality for Black & Asian women in maternal health really mean?
12PM-12.30PM	Grab a coffee. Enjoy the artist & networking
12.30PM-1.10PM	Dr Tina Mistry No longer silent – South Asian mothers experiences of maternal mental health issues
1.10PM-2.10PM 2.10PM-2.30PM	LUNCH Networking & Artist
2.30PM-4PM	Choice of 3 workshops
4PM-5PM 5PM-5.30PM	Round Table Networking & close

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PROGRAMME

2021 CONFERENCE DAY TWO 13TH NOVEMBER

10.30AM	Doors open for networking and settling in
11AM-11.10AM	Mars Lord - Welcome and introduction to Day Two
11.10AM-12 NOON	Jennie Joseph Celebrating Black and Brown Excellence in Perinatal Health
12PM-12.30PM	Grab a coffee. Enjoy the artist
12.30PM-1.10PM	Benash Nazmeen Representative Co-production to Improve Services and Outcomes
1.10PM-2.10PM 2.10PM-2.20PM	LUNCH Networking & Artist
2.30PM-4PM	Choice of 3 workshops
4PM-5PM 5PM-5.30PM	Round Table Networking & close

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DR CHRISTINE EKECHI

FERTILITY & FIBROIDS - HOW IT AFFECTS BLACK MATERNAL MORBIDITY & MORTALITY

Dr Christine Ekechi, a Consultant Obstetrician & Gynaecologist at Queen Charlotte's & Chelsea Hospital, Imperial College Healthcare NHS Trust in London, is also a women's health educator and advocate. Her interest is in the gender and racial disparities continually present within the health system today.

Dr Ekechi is the Co-Chair of the Race Equality Taskforce at the Royal College of Obstetricians & Gynaecologists and also their spokesperson for racial equality. In addition, Dr Ekechi is the RCOG Clinical Champion for The Women's Network. Dr Ekechi sits as a Member on the Maternity Working Group for the NHS Race and Health Observatory. Dr Ekechi sits on the board as a Trustee for gynaecology cancer charity, The Eve Appeal and is their Medical Ambassador. Dr Ekechi is equally focussed on maternity safety and serves as a member of the Multi-Professional Advisory Panel for Baby Lifeline – a UK charity focused on the supportive care of pregnant women and newborn babies.

Dr Ekechi holds a Masters in Reproductive Health Research from the London School of Hygiene and Tropical Medicine and her previous public health experience includes working with the UN, UNICEF, and national governments in the UK, Nigeria, Senegal, Malawi and Kenya. Using this extensive experience, Dr Ekechi is particularly interested in the social drivers that underpin inequity in individual health outcomes, health knowledge and education, and healthcare delivery.

Dr Ekechi curates and delivers women's health education seminars for corporate companies, charities and interested groups, empowering all women to better manage their health. Dr Ekechi uses her various platforms to discuss all subjects in women's health whilst also calling for greater awareness from women, clinicians and other agencies in improving women's health outcomes.

Dr Ekechi practices in various prominent clinics in London, including Queen Charlotte's NHS Hospital and at The Portland Hospital, the largest private women's and children's hospital in the UK.

Dr Ekechi is the lead for early pregnancy ultrasound training at the renowned early pregnancy unit at Queen Charlotte's Hospital and regularly teaches and writes in this field.

Dr Christine Ekechi is the Founder and Director of Early Pregnancy Plus (<http://earlypregnancyplus.com>), an innovative holistic early pregnancy care service in central London.

Instagram: [dr_christine_ekechi](#)
Twitter: [@DrEkechi](#)
Website: www.drchristineekechi.com

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DR TINA MISTRY

NO LONGER SILENT – SOUTH ASIAN MOTHERS
EXPERIENCES OF MATERNAL MENTAL HEALTH
ISSUES

Dr Tina Mistry is a Clinical Psychologist with over 10 years of experience working within a variety of settings. In 2019, she set up an Instagram page, where she spoke about maternal mental health in the South Asian community. From this she co-founded with Dr Puja Patel, the Another Mother Story project, which supports South Asian mothers to share their unique experiences of maternal mental health struggles using creative writing. The book is due to be published in May 2022 to coincide with maternal mental health week 2022. They also offer bespoke training and specialist consulting to organisations, public health and healthcare services across UK.

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JENNIE JOSEPH

CELEBRATING BLACK AND BROWN EXCELLENCE IN
THE PERINATAL PERIOD

Jennie Joseph is a British-trained midwife who fights to ensure every person has their healthiest possible pregnancy, birth and postpartum experience with dignity and support.

Jennie created The JJ Way® which is an evidence-based, maternity care model delivering readily-accessible, patient-centered, culturally-congruent care to women in areas that she terms 'materno-toxic zones'. Her focus and drive is to ensure that Black women and other marginalized people remain safe and empowered inside broken and inequitable maternity health systems that have become dangerous and all too often, lethal.

She is the Executive Director of her own non-profit corporation Commonsense Childbirth Inc. which operates a training institute, health clinics and a birthing center in Orlando, Florida, and is also the founder of the National Perinatal Task Force, a grassroots organization whose mission is the elimination of racial disparities in maternal child health in the USA. In July 2020 her school, Commonsense Childbirth School of Midwifery became the first and only privately owned, nationally accredited midwifery school owned by a Black woman in the United States.

Jennie is the founder and a proud member of The Council of Midwifery Elders, she serves on the Advisory Council for the Congressional Black Maternal Health Caucus and is a Fellow of The Aspen Institute.

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BENASH NAZMEEN

REPRESENTATIVE CO-PRODUCTION TO IMPROVE
SERVICES AND OUTCOMES

Benash Nazmeen is a Specialist Cultural Liaison Midwife, working towards addressing health inequalities as highlighted by MBRRACE within maternity services.

A Trustee of Iolanthe Midwifery Trust, a Midwifery Ambassador and Chair for the SDMC Maternity Stream for NHSE, Benash is actively invested in improving maternity services for those we care for and those who work in them.

She has co-designed and runs Cultural Competency and Safety Workshops for maternity Health care professionals, while working closely with diverse communities.

As Chair & director of Sheffield Maternity Cooperative she is working to provide alternative spaces for advocacy, support and safe spaces for black and brown communities.

She co-found The Association of South Asian Midwives (ASAM), they aim to increase awareness of South Asian communities and their concerns with maternity health care professionals . They are also working closely to highlight and support the South Asian workforce & working with the communities to tackle taboo subjects like loss, mental health, infertility etc.

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SPEAKER BIOS

Dr Christine Ekechi

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Dr Tina Mistry

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SPEAKER BIOS

Benash Nazmeen

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A Trustee of Iolanthe Midwifery Trust, a Midwifery Ambassador and Chair for the SDMC Maternity Stream for NHSE, Benash is actively invested in improving maternity services for those we care for and those who work in them.

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KAY LAKKA

TRAUMA INFORMED WORKSHOP RESTORING HARMONY FOR BIRTH ATTENDERS

KAY LAKKA HAS OVER 20 YEARS CLINICAL EXPERIENCE AS A PSYCHOTHERAPIST SPECIALIZING IN TRAUMA AND PSYCHOSEXUAL HEALTH.

IN THIS WORKSHOP YOU WILL BE TAUGHT TO RECOGNIZE SIGNS OF TRAUMA SO YOUR WORK CAN BE TRAUMA INFORMED AND SENSITIVE TO ALL.

LEARN SAFE SIMPLE TECHNIQUES THAT CAN MAKE ALL THE DIFFERENCE. USE THESE TO HELP OTHERS AND YOURSELF RECOVER POST BIRTH.

THIS WORKSHOP IS RECOMMENDED FOR ANYONE WHO WISHES TO PREVENT, RECOVER AND PROTECT FROM TRAUMA.



CARMELLE GENTLE

Barriers to accessing specialist breastfeeding services

Independent Midwife specialising in Infant feeding and Tongue Tie Organisations: Tongue Tie Training Academy and Gentle Births and Beyond. Carmelle Gentle is an independent midwife, IBCLC and tongue tie specialist, educator and founder of the Tongue Tie Training Academy offering oral assessor and advanced practitioner training to health care professionals.

Carmelle holds a Masters in Public Health and prior to independent midwifery was the Infant Feeding Midwife at St George's Hospital. She has a vibrant community practice supporting families with tongue tie and complex feeding challenges.

At the time of writing, autumn plans are underway to launch a community practice and training clinic in South London, to help bridge the gap between NHS frenulotomy services, longer wait lists and private sector, ensuring that no family is turned away based on financial means to pay. The clinic will offer feeding assessments, oral assessments, frenulotomy and osteopathy all under one roof.

There is an obvious lack of diversity in the lactation realm, through her scholarship and bursary programmes Carmelle hopes to help diversify infant feeding support.



ILLIYIN MORRISON

BEING AN ADVOCATE: EXPLORING THE IMPORTANCES OF PROVIDING ADEQUATE SUPPORT WITH AN EMPHASIS ON BLACK AND BROWN WOMEN AND BIRTHING PEOPLE

ILLIYIN MORRISON IS A MOTHER, MIDWIFE AND BIRTH EDUCATOR WITH A SPECIAL INTEREST IN TRAUMA AND RACIAL INEQUALITY. SHE HAS SPENT THE LAST 18 MONTHS RUNNING THIS SOLD OUT MASTERCLASS ACROSS THE UK FOR MIDWIVES, DOCTORS, BIRTHWORKERS AND ALL THOSE WHO WORK OR HAVE AN INTEREST IN WOMEN'S HEALTH. SHE HAS 9 YEARS EXPERIENCE WORKING WITHIN THE NHS AND HAS A PASSION FOR IMPROVING WOMEN'S HEALTH AND WELLBEING.



POOJA GURIA

MANAGING MUSCULOSKELETAL PAIN DURING PREGNANCY

THIS WORKSHOP WILL COVER HOW HEALTHCARE PROFESSIONALS AND BIRTH WORKERS CAN HELP AND MANAGE, ACHES AND PAINS DURING THE PREGNANCY JOURNEY.

THE TOPICS THAT WILL BE COVERED INCLUDE: PELVIC GIRDLE PAIN, LOWER BACK PAIN, SCIATICA, PELVIC FLOOR ISSUES IN PREGNANCY AND POSTNATAL, AND DIASTASIS RECTUS ABDOMINUS.

A LOT OF PREGNANT PEOPLE WHO SUFFER WITH ACHES AND PAINS ARE TOLD THAT IT IS JUST PREGNANCY RELATED, AND TO WAIT UNTIL THE BABY ARRIVES FOR IT TO GO AWAY.

THIS DOES NOT HAVE TO BE THE CASE.

POOJA BELIEVES THAT EVERYONE SHOULD BE INFORMED, EMPOWERED AND FEEL IN CONTROL OF WHAT IS HAPPENING TO THEM. IN THIS WORKSHOP, SHE WILL GO THROUGH EXERCISES, MANAGEMENT STRATEGIES, LABOUR POSITIONS, AND PROVIDE ADVICE THAT CAN BE INCORPORATED STRAIGHT AWAY.

BY THE END OF THE WORKSHOP, YOU SHOULD FEEL CONFIDENT IN GIVING ADVICE AND CREATING A MANAGEMENT PLAN TO HELP PEOPLE THROUGH THEIR PREGNANCY JOURNEY.



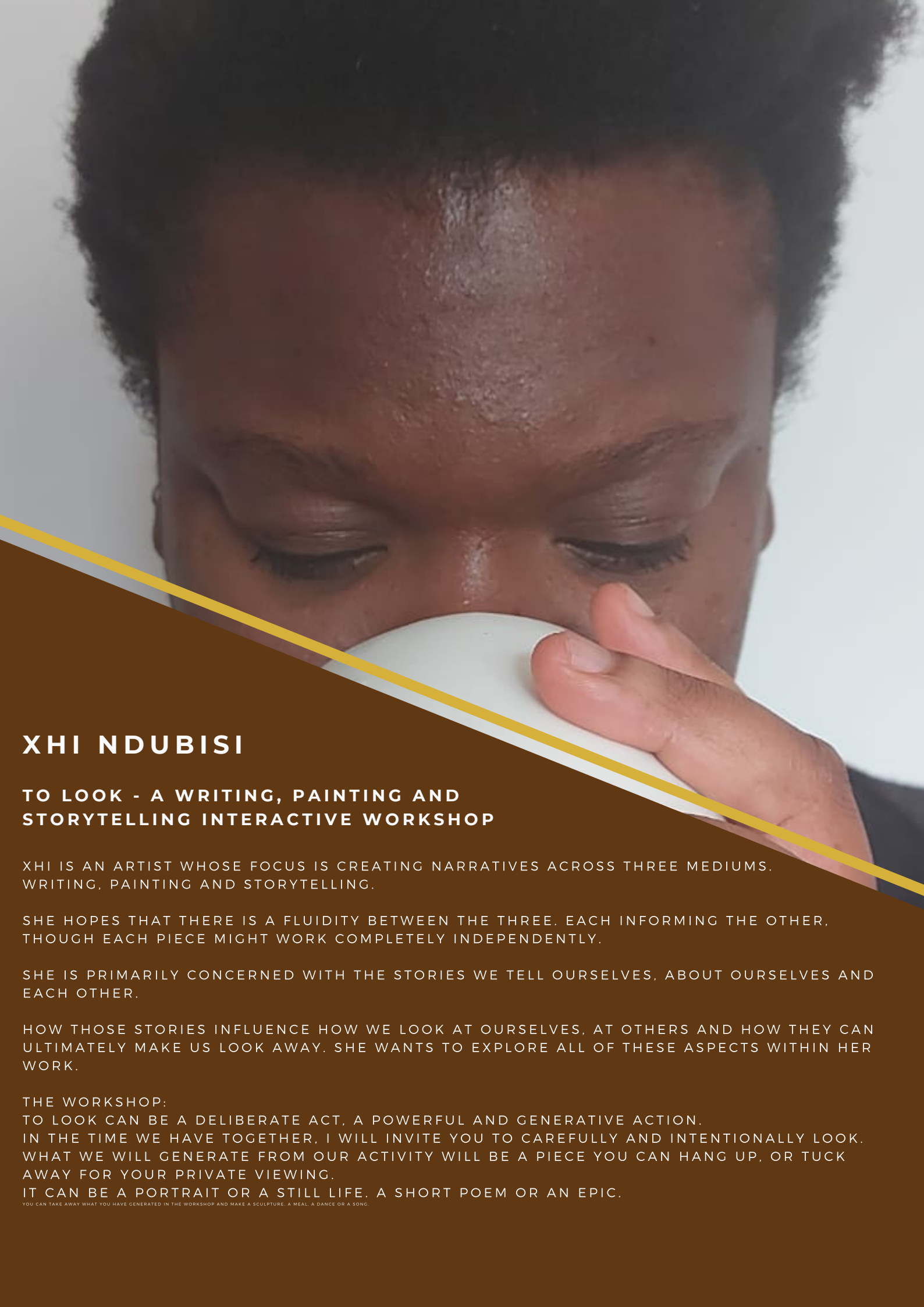
MARS LORD & BENASH NAZMEEN

CULTURAL SAFETY

DURING THE WORKSHOP WE WILL NAME THE PROBLEM, SEE WHERE IT EXISTS, SEE WHERE THE WORK IS BEING DONE AND HOW TO TAKE THINGS FORWARD. YOU WILL TAKE AWAY SOME ACTIONS TO PUT INTO PLACE IN YOUR OWN LIVES AND WORK SPACES. THIS IS AN INTERACTIVE WORKSHOP AND WE LOOK FORWARD TO YOUR FULL PARTICIPATION.

MARS LORD - INTERNATIONAL COACH. TRAINER. SPEAKER. ACTIVIST. THE LEADING VOICE IN CULTURAL COMPETENCY AND THE BLACK MATERNAL CRISIS

BENASH NAZMEEN- SHE CO-FOUNDED THE ASSOCIATION OF SOUTH ASIAN MIDWIVES (ASAM), THEY AIM TO INCREASE AWARENESS OF SOUTH ASIAN COMMUNITIES AND THEIR CONCERNS WITH MATERNITY HEALTH CARE PROFESSIONALS . THEY ARE ALSO WORKING CLOSELY TO HIGHLIGHT AND SUPPORT THE SOUTH ASIAN WORKFORCE & WORKING WITH THE COMMUNITIES TO TACKLE TABOO SUBJECTS LIKE LOSS, MENTAL HEALTH, INFERTILITY ETC.



XHI NDUBISI

TO LOOK - A WRITING, PAINTING AND STORYTELLING INTERACTIVE WORKSHOP

XHI IS AN ARTIST WHOSE FOCUS IS CREATING NARRATIVES ACROSS THREE MEDIUMS. WRITING, PAINTING AND STORYTELLING.

SHE HOPES THAT THERE IS A FLUIDITY BETWEEN THE THREE. EACH INFORMING THE OTHER, THOUGH EACH PIECE MIGHT WORK COMPLETELY INDEPENDENTLY.

SHE IS PRIMARILY CONCERNED WITH THE STORIES WE TELL OURSELVES, ABOUT OURSELVES AND EACH OTHER.

HOW THOSE STORIES INFLUENCE HOW WE LOOK AT OURSELVES, AT OTHERS AND HOW THEY CAN ULTIMATELY MAKE US LOOK AWAY. SHE WANTS TO EXPLORE ALL OF THESE ASPECTS WITHIN HER WORK.

THE WORKSHOP:

TO LOOK CAN BE A DELIBERATE ACT, A POWERFUL AND GENERATIVE ACTION. IN THE TIME WE HAVE TOGETHER, I WILL INVITE YOU TO CAREFULLY AND INTENTIONALLY LOOK. WHAT WE WILL GENERATE FROM OUR ACTIVITY WILL BE A PIECE YOU CAN HANG UP, OR TUCK AWAY FOR YOUR PRIVATE VIEWING.

IT CAN BE A PORTRAIT OR A STILL LIFE, A SHORT POEM OR AN EPIC.

YOU CAN TAKE AWAY WHAT YOU HAVE GENERATED IN THE WORKSHOP AND MAKE A SCULPTURE, A MEAL, A DANCE OR A SONG.

PROGRAMME

IN SUPPORT OF

NEIGHBOURHOOD DOULAS



A Doula is a birth companion trained in childbirth. they provide emotional, physical, and informational/educational support to a mother/birthing person who is pregnant, is experiencing labour, or has recently given birth.

We at Neighbourhood Doulas believe that every person should go through pregnancy, birth and early parenthood with the care and encouragement of another person. We provide practical and emotional support to women and birthing people before, during and after their baby's birth. Neighbourhood Doulas are here to ensure that every new parent will have the support they need to have a positive birth experience, to give them and their baby the best possible start in this new chapter of their lives.

We provide support to mothers/pregnant people who find themselves without a birth partner and are unable to afford a doula privately.

Neighbourhood Doulas is a free service providing support through pregnancy, birth preparation, labour and the postnatal period. We work across London.

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PROGRAMME

IN SUPPORT OF

BLACK LIVES ABUELA SCHOLARSHIP



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.

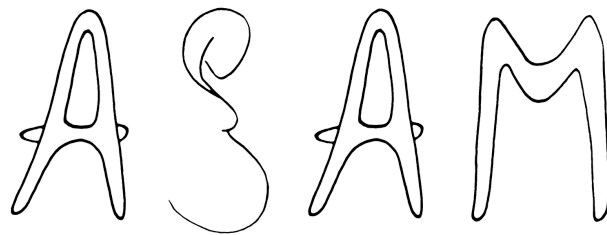
The scholarship enables Black and Brown bodied people to become trained doulas and not be prevented from doing so because of lack of finance. The scholarship fully funds them, from their place on the course, their reading lists, stationery and 6 months of mentoring. Once they are meeting face to face, travel expenses will be included.

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PROGRAMME

IN SUPPORT OF

ASAM



Association of South Asian Midwives (ASAM) is a platform for the South Asian Midwifery Workforce and birthing community. Statistics show that South Asian women and birthing people are twice as likely to die from pregnancy related issues compared to their white counterparts. Neonatal mortality is 66% more in the South Asian babies than in white babies.

The company 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.

ASAM aims to explore and address the following to provide equitable maternity care for the South Asian community:

1. To raise awareness and understanding of South Asian cultural behaviours and taboos within a maternity and birthing setting.
2. To open dialogue regarding stereotypes and preconceptions concerning the South Asian community.
3. To encourage more individuals from the South Asian community to consider Midwifery as a vocation.
4. To mentor and support the South Asian Midwifery Workforce in the UK.
5. To work with unions to raise concerns and challenges faced by the South Asian Community.

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**WE DECIDED THAT IT WAS TIME FOR US TO TELL
OUR OWN STORIES, CELEBRATE BLACK AND
BROWN EXCELLENCE AND INVITE THE WORLD
TO SHARE THAT WITH US.**

**WE HOPE YOU ENJOY THIS
CONFERENCE THROUGH THE DARK
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