



Dear

I'm writing to inform you of a new voluntary service in your area, 'Doulas Without Borders' (DWB).

DWB is a UK-wide network which links volunteer doulas with women in vulnerability who are experiencing financial hardship during pregnancy, birth and early motherhood.

A Doula is a trained companion who offers emotional and practical support during pregnancy, birth and immediately postnatally. We offer a non-judgemental service which includes continuity of care, signposting, empowerment and nurture. Doulas also offer information which can help the individual towards a more connected start as a new parent.

DWB team members offer care to unsupported, pregnant women who are in vulnerability and financial hardship* and are: survivors of domestic/sexual abuse or violence, refugees and recent asylum seekers, experiencing homelessness, survivors of human slavery, trafficking and sexual exploitation, aged under 20, or those experiencing/expecting to experience baby loss.

We offer an on-call service, so that we can offer support during the birth, bringing comfort and advocacy in what can be a vulnerable time. We also provide postnatal support and help with, for example, feeding issues, either dedicating our own time and expertise, or via signposting. Doulas do not offer medical advice, but provide women with companionship and physical, emotional and educational support.

**We define financial hardship as not having ongoing access to independent accommodation and food, so we often work with women who are currently accommodated by the Home Office or in other shelters and refuges, for example.*

You can make a referral at: <https://www.doulaswithoutborders.com/make-a-referral>

Please feel free to contact us at info@doulaswithoutborders.com or admin@doulaswithoutborders.com with any questions.

Best regards,