

[FRONT PAGE - DRAFT]

'Gift of Life' edition

Connecting you to a Brighter Future...



A local magazine for families in Shirley

Produced by TLC Group...

'We Care about you and your Family'

Gift of Life Life is an opportunity, **avail it.** Life is a beauty, **admire it.** Life is bliss, **taste it.** Life is a dream, **realize it.** Life is a challenge, **meet it.** Life is a duty, **complete it.** Life is a game, **play it.** Life is costly, **care for it.** Life is wealth, **keep it.** Life is love, **enjoy it.** Life is mystery, **know it.** Life is promise, **fulfill it.** Life is sorrow, **overcome it.** Life is a song, **sing it.** Life is a struggle, **accept it.** Life is a tragedy, **brace it.** Life is an adventure, **dare it.** Life is life, **save it!** Life is luck, **make it.** Life is too precious, **do not destroy it.** - *Mother Teresa*

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- *Mother Teresa*

Colour Advert (6cm x 13cm)

1 edition, £40 (inc VAT)

3 editions, £98 (inc VAT)

About

Welcome to our 'Gift of Life' edition of your local family focused magazine

Who are we?

A volunteer led group who care about family in the Shirley community

What we do...

We use our skills, experience & network of contacts to help get you & your family connected...

Interested?

Please visit our website



www.tlcgroup.org

TLC Group priorities for 2012:

1. Gain charity status
2. 'Gift of Life' event
3. Care & Nurture of families in the Shirley community

More about what we do...

TLC Group

Connecting you to a Brighter Future...

* Networking

Seeking out like minded caring folk/organisations that are interested in the care & nurture of families in the Shirley community

* Care & Share Groups

Meeting in homes & being there for each other

* Relationship Support

* Pregnancy & Birth Support Doula

Caring, down to earth & confidential,
Using mentoring & counselling skills. Initial meet up foc
Delivered by Ian & Estelle Thurman, Bsc (hons) mentor & Doula
(Enhanced CRB checked)

Befriending also available as follow on care from other agencies

& of course producing & distributing this magazine 3 times a year – if you are interested in contributing/advertising, please email us through the contact page at www.tlcgroup.org

As part of their voluntary work Ian & Estelle, & a team of couples go into schools in Solihull to talk to teenagers about what it's like being in a lasting relationship (Solihull, Explore) www.thexploreeperience.co.uk

'We Care about you and your Family'

Pregnancy & Birth Support Doula

‘My doula (Estelle) supported me & my partner, helped with breathing techniques...she stayed with me when the midwife left’ – N, Birmingham

A doula provides continuous support to the mother before during & after childbirth. The word ‘doula’ comes from the ancient Greek & refers to an experienced woman who helps the birthing mother. Also referred to as ‘mothering the mother’.

During labour she stays by the labouring mother’s side or nearby throughout & provides emotional support, physical comfort methods & assistance in getting information you may need for making decisions. She works alongside the midwife, essentially in the role of companion, & also supports the partner. Research has demonstrated that the presence of a doula is associated with less medication for pain relief, fewer instrumental births, fewer caesarean sections & better condition of the newborn.

A doula can provide continuous care & keep the focus entirely on the labouring mother, providing a calm & objective support person whom they know & have already formed a trusting relationship with. This can be very useful additional support for the birth wherever they chose to have their baby. Doulas are trained to understand normal birth physiology & the emotional needs of a woman in labour.

Doulas are increasingly accepted in maternity care with a growing recognition of the benefits to mothers’ emotional wellbeing in labour & better birth outcomes. (Balaskas 2004, p.99).

[Balaskas, J. (2004) *The Water Birth Book*, Hammersmith, Thorsons.]

Janet Balaskas is the founder of the Active Birth Movement. She also teaches women & their partners, & trains professionals at the Active Birth Centre in London.

www.activebirthcentre.com

Estelle is a pregnancy & birth support doula, & has attended births at Solihull Hospital, Birmingham Women’s Hospital, University Hospital Coventry, & client’s home! Estelle trained with & is a friend of Doula UK www.doula.org.uk

Estelle Thurman, Bsc (hons) mentor & Doula, m: 07973 836 363

Relationship Support

‘I believe all couples, even the most perfectly suited, have the capacity to get on each other’s nerves at times!’ (Donna Hay)

By Ian & Estelle Thurman (enhanced CRB checked)

Solihull Explore

How do young people find out about how a long lasting relationship like marriage works?

The statistics of marriage in our country are ever more depressing with over 40% of marriages now ending in divorce. Our children receive sex education in our schools, there are marriage preparation courses for those thinking of marriage, courses to help those already married and a number of organisations helping pick up the debris of broken marriages. However, there is a huge gap to allow young people find out how a long lasting relationship like marriage works, how the ups and downs of married life are overcome.

There is an organisation that is trying to fill that gap, the Students Exploring Marriage Trust, operating as EXPLORE. EXPLORE started in 2000 and today operates through voluntary Groups loosely on a county basis in the south of England. To date over 32,000 young people have taken part in an EXPLORE event in 170 schools and 11 prisons.

The methodology developed by EXPLORE is very simple. Young people are given the opportunity to ask married couples about their experience of their marriage within a secure confidential framework. EXPLORE offers a student led approach which leads to them identifying the vital ingredients of successful marriage.

A new Group of EXPLORE is forming in the Solihull area. They held their first event at Alderbrook School on July 1st 2011 for Year 10s and responses from the School and the Students involved show it was very worthwhile. One of the Students who helped on the day wrote... ***“it enabled me to have a real insight into what married life is really like and what it takes to make a relationship work. In particular, I enjoyed the enclosed sessions with the married couples, where they talked about their experiences throughout their marriages. I learnt from the day that if you want something bad enough, then you will do whatever it takes to get it. Then when you have it, you need to work even harder to maintain it, but in the end it will be worth it.”***

The embryo Solihull Group has already taken part in PHSE Value Days at the Grace Academy schools in Darlaston and Coventry for their Year 11s also in 2011 and has been asked to return to these schools in March and May 2012 to take part in similar Values Day for their Year 10s. There are a number of other schools in the area where there are some good contacts. To resource these opportunities we need to build up the team of Explore volunteers in the area. If you value marriage and would like to help the young people in this area to be given the opportunity to explore marriage there are a number of ways you can become involved:

- Volunteer to be a Couple – those who have been a Couple for Explore have found that they enjoyed the experience as it made them think about their marriage and appreciate how they had survived the unavoidable ups and downs of married life.
- Provide contacts with any secondary schools in the area that you think might be interested in inviting EXPLORE to arrange an event in their school.

You can find out more about EXPLORE from their website www.thexploreexperience.co.uk or contact John Kent, Chairman of the Board of Trustees (Tel: 0121 445 5990 or E-m: jandmkent@onetel.com)

Financial difficulties

CAP

By Ian Thurman

Working Families

Work life balance...

Reflections

The Courage to Love (by William Sloane Coffin)

An old man in India sat down under the shade of an ancient banyan tree whose roots disappeared far away in a swamp. Presently, he discerned a commotion where the roots entered the water. Concentrating his attention, he saw that a scorpion had become hopelessly entangled in the roots. Pulling himself to his feet, he made his way carefully along the tops of the roots to the place where the scorpion was trapped. He reached down to extricate it. But each time he touched the scorpion, it lashed his hand with its tail, stinging him painfully. Finally his hand was so swollen he could no longer close his fingers, so he withdrew to the shade of the tree to wait for the swelling to go down. As he arrived at the trunk, he saw a young man standing above him in the road laughing at him. 'You're a fool', said the young man, 'wasting your time to help a scorpion that can only do you harm.' The old man replied, 'Simply because it is in the nature of a scorpion to sting, should I change my nature which is to save.'

Love (by Norman Leach) – a Prayer

God of Love, Against much evidence

In the face of cruel events

In a society where greed is being promoted as a
Virtue, and mammon Elevated to the status Of God,

I believe in the transforming Power of Love,

Which cannot be commanded

And will come as unexpectedly As manna in the desert.

It will not be boxed in;

You cannot put A copyright on it;

No one has the infallible secret Formula for its production.

It crops up in strange places And lives in the slums,

Often crippled and lame, yet Still alive in a society

That had denied Its right to exist.

Some see love cynically as illusion;

I believe we struggle towards the

Light through a long cave that winds Darkly for many miles;

And are lit only By the candles Of each other.

This is what I believe,

Help me to hang on to this belief on life's journey

And to live a life that reflects this belief in my decisions and my relationships. Amen

Shirley Meth

What's new...Jazz & breakfast church

Book Review

Secrets of the Baby Whisperer, How to calm, connect & communicate with your baby, by Tracy Hogg

This book is ideal for first time mothers who feel overwhelmed with the information available, or simply those that manage to avoid the former & want pointing in the right direction. I am a fan of the E.A.S.Y. method, it's not really a routine but a structure to help you make sense of the early days of parenting. Big fan of the 'Y' – YOU...

When baby is sleeping – it's *your* turn. Having "you" time to rest, rejuvenate, & once you have started to heal, to get things done. Remember in the first six weeks – the postpartum period – you will need to recover physically & emotionally from childbirth. Mothers who try to rush back to life as they once knew it, or whose on-demand feeding schedules don't allow them time to rest, pay the piper later (Hogg 2001, p.41).

Another gem is S.L.O.W. for helping parents/carers to observe for a few seconds when baby fusses or cries, before rushing in, i.e.:

Stop. Remember that crying is your baby's language.

Listen. What does this cry mean?

Observe. What is baby doing, & what else is going on

What's Up? Based on what you hear & see, respond

(Hogg 2001, p.66)

Other interesting sections are on breastfeeding / formula-feeding, & milestones.

At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, *Secrets of the Baby Whisperer* promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

[Hogg, T. (2001) *Secrets of the Baby Whisperer*, London, Vermillion.]

Skincare

www.hayleylloydwilkins.com

Q&A

By Hayley

B&W Advert (4cm x 13cm)

1 edition, £20 inc VAT

3 editions, £48 inc VAT

What's on?

Rhyme & Story Time at Shirley Library, foc (preschoolers)

www.solihull.gov.uk

Costa coffee shop 196 Stratford Rd, Shirley B90 3AQ

Jump tea time club 3-7 year olds, term time Mondays 4.30-6.00,

234 Stratford Rd B90 3AG, t:0121 733 1038

Octagon coffee shop (10am – 2.30pm) 257 Stratford Rd, Shirley B90 3AL

Play Pod, pay & stay, rear of 208 Stratford Rd B90 3AQ

T:0121 745 7224 www.playpod.co.uk

Pushchair Club at Shirley Meth Church (kids' n carers), 257 Stratford Rd

B90 3AL, Thursday 9.30am, t:0121 745 9272

Rainbows, Brownies, Guides & Boys Brigade at Shirley Meth Church,

t:0121 744 7679

Rhythm Time for baby, toddlers & preschoolers,

t:0121 711 4224 www.rhythmtime.net

Tickety Boo pay & play, see website for venues

m:07817 033 292 www.tickety-boo.uk.com

Solihull Bereavement Counselling Service

Providing Counselling for Adults & Children Living
or Working in the Solihull Borough, West Midlands

www.solihullbereavementcounselling.org

Telephone: 0121 424 5103, Monday to Friday, 9:30am–4:30pm

Advertising

Hassled to Happy Coaching by Lisa baker, *Creating calm, confident and happy mums in business,*

m:07794 381 122 www.hassledtohappycoaching.co.uk

Skincare by Hayley Lloyd Wilkins,

m:07712 630 955 www.hayleylloydwikins.com

Livewell by Debbie Huxton,

t:0808 108 0754 www.debbiehuxton.co.uk

Damsels in Success, by Lucie Bradbury,

t:01926 888 143 www.damselsinsuccess.co.uk

Businesses in the Community

Chelsea Flowers by Sarah, for all occasions,

t:0121 744 1688 www.chelsea-flowers.com

Acorns, charity shop, proceeds go to children's hospice, 230 Stratford Rd

B90 3AG, t:0121 733 1339 www.acorns.org.uk

Animated Dance by Sarah King, ask about venues, m:07737 209 142

Body Shop by Natalie, interested in holding a party?

M:07788 987 455 www.thebodyshop.co.uk

Holland and Barrett, 215 Stratford Rd, Shirley B90 3AH

www.hollandandbarrett.com

Just Kidding Baby Furniture, 184 Stratford Rd, Shirley B90 3BQ

t: 0121 744 6692 www.jkbf.co.uk

Kumon by Laura Wilson, maths & english programmes,

t:0121 745 9505 www.kumon.co.uk



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Hassled to Happy Coaching by Lisa

Join the raffle & a chance to win your free life coaching session

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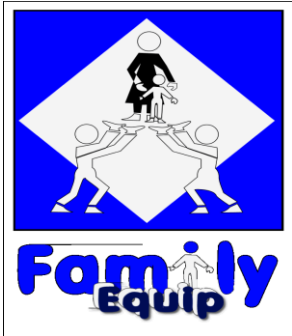
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'Over the years I have seen countless couples whose marriages seemed to be dead decide to fight to keep their family together, and some in that very process have found a love they thought was gone forever' (R Parsons)



Relationship support

Pregnancy & birth support Doula

Ian & Estelle Thurman, Bsc (hons) mentor & Doula

www.tlcgroup.org

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