



Local Guildford Signposting

Osteopaths, Cranial Osteopaths, Physiotherapists and Reflexologists

GW Osteopathy & Cranial Osteopathy

Dapdune House Surgery, Wharf Road, Guildford, GU1 4RP, Tel: 01483 400207

info@gwosteopathy.co.uk

Sally Wade, Peasmarsh - Surrey Osteopathic Care – Osteopathy (adults and children), cranial osteopathy, Mummy MOT, massage therapy

www.surreyosteopathiccare.co.uk / hello@surreyosteopathiccare.co.uk / Tel: 01483 789109

Oakwell Osteopathy, Chobham, Woking

Specialist in Cranial & paediatric Osteopathy – Vivien Hoford

22 Windsor Road, Woking, GU24 8LA / www.oakwellosteopathy.co.uk / info@oakwellosteopathy.co.uk

Inga Burmeister, IB Family Chiropractic – specialising in pregnancy, postnatal recovery and paediatric care
Located in Ash

www.ibfchiropractic.com / laura@ibfchiropractic.com / Tel: 07562 488472

The Surrey Park Clinic, Guildford – Women's Health Physiotherapy Service

www.thesurreyparkclinic.co.uk / info@thesurreyparkclinic.co.uk / Tel: 01483 454016

Jo Coulter Physiotherapy, Worplesdon – acupuncture, physiotherapy, women's health

www.jocoulter.com, Tel: 07855 942486

Carly Garrett – Fertility, pregnancy, and women's wellbeing reflexology – Horsley, Surrey

www.carlygarrett.co.uk, Tel: 07932 741473, info@carlygarrett.co.uk

Suzanne Batchelor – Maternity Reflexology – Mayford, Woking, Surrey

www.maternityreflexology.co.uk, tel: 01483 858258, enquiries@maternityreflexology.co.uk

Support Group, Therapy, Counselling, Psychotherapy

Liz Wise – Counsellor – Pre and postnatal support Group for depression

The Cedar House Support Group

www.thecedarhousesupportgroup.com / lwise@talktalk.net / Tel: 07773 283556

Jo Bird Counselling & Psychotherapy – Anxiety, depression, psychosis, relationship, trauma, PTSD, rewind therapy
Great Bookham, also online

www.jobirdcounselling.co.uk / jobirdcounselling@gmail.com / Tel: 07305 730460

Shireen MacLennan, Psychotherapist

Cobham, also online

www.shireenmaclennan.com / sm@shireenmaclennan.com / Tel: 07754 101100



Various Baby Groups

The Mummas Village – Surrey Venues – www.themummasvillage.co.uk

Baby Sensory – www.babysensory.com

Caterpillar Music – www.caterpillarmusic.com

Pregnancy Yoga / Mum and Baby Yoga, Sutton Green Village Hall – www.growyoga.co.uk

Hartbeeps – www.hartbeeps.com

The Arts Centre Guildford, Merrow – Facebook Page - Small soft play plus café and various exercise and baby classes

The Hive Community Centre – Soft play and toy area plus coffee shop -9-4pm most days (under 2's only session Mon 2.30-4pm)

Guildford Library – Storytime – Friday 2.15pm – 3pm

Baby Swimming – www.babyswimming.co.uk / www.aquatots.com

Find other listings: www.guildfordrocks.co.uk/things-to-do / www.happity.co.uk / www.netmums.com/local/guildford/baby-activities

Guildford Church Baby and Toddler Groups

St Joseph's Church, Guildford - www.cpg.church – Mon 10.00 - 11.30

St Nicolas Church, Guildford – www.saintnics.com – Wed 10.00 -11.00

QE Park Baptist Church, Stoughton – www.qeparkbaptist.org.uk – Wed 10.00 - 11.30

St Saviour's Church, Woodbridge Road – www.st-saviours.org.uk – Thurs 10.00 – 11.30

Burpham Church, Caterpillar Café – www.burphamchurch.org.uk – Fri 9.30 – 11.00

Guildford Baptist Church, Millmead – www.guildfordbaptist.org – Fri 10.00 -11.30

(also has café and small play area)

Breastfeeding Support Groups

The Hive Community Centre, Park Barn Drive, Guildford, GU2 8EN – Mondays 10.30-12.30

Godalming Breastfeeding Drop In, weekly on Thursdays from 10.00-11.30am at Inn on the Lake, Godalming. Check out their Insta / Facebook Page @godalmingbreastfeeding

Woking Breastfeeding Café, The United Reform Church, Woking every Monday 10.00-12.00. Check out their Insta Page @wokingbreastfeedingcafe

NHS Virtual breastfeeding support group – every Friday from 10-11am – Microsoft Teams - [Infant feeding \(inc breastfeeding\) :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://www.childrenshealthsurrey.nhs.uk/infant-feeding)

Local IBCLC's and Breastfeeding Counsellors

Rebecca, Positive Beginnings – IBCLC, private midwife and tongue tie practitioner, Guildford www.positive.health / Rebecca.positivebeginnings@gmail.com / Tel: 07475 600068

Polly Powell – IBCLC & Tongue Tie Consultant, Farnham www.polly-powell.co.uk / polly@privatemidwives.com / 07989 341847



Sarah March – Lotus Midwife (IBCLC, Tongue Tie Specialist, Midwife), Windsor

www.lotusmidwife.co.uk

Tel: 07557 008478 / sarah@lotusmidwife.co.uk

Emma Cort - More than Milk (IBCLC, Woking)

www.morethanmilk.co.uk

Tel: 07716 287991 / emma@morethanmilk.co.uk

Liz Farrant IBCLC – Sandhurst - www.lizfarrant.co.uk / feeding@lizfarran.co.uk

Tel: 07818 943261

Becca Hallum – Breastfeeding Counsellor – Guildford

becca@douable.co.uk / 07899 883643 / www.douable.co.uk

Polly Yu – Breastfeeding Counsellor - Godalming

pollyyuinfantfeeding@gmail.com

Massage and other beauty treatments

Sarah Pearson – Beauty By Sarah – mobile therapist and own home studio

Insta: @beauty_by_sarah_2013 / Facebook: beautybysarah / tel: 07860 251538

(happy to come to you whilst you have your baby with you and happy for you to come to her with your baby / older child)

Laura Boxall – mobile therapist

Laura_boxall86@hotmail.com / Tel: 07786 965206

Sarah Thorney – Wild Flower Holistic – Home visits

www.wildflowerholisticreatments.com / sarahthornycroft@yahoo.co.uk

Lisa Ricci – Serenita Home Spa

www.serenita-homespa.com / serenita.lricci@gmail.com / Tel: 07375 774465

Facebook support groups

Shel Banks IBCLC – “breast feeding yummy mummies”

Elizabeth Jennis – “breastfeeding support surrey”

“Maddie’s Miracle – Breastfeeding support group”

Babywearing – run by sling consultants – “Baby Wearing UK”

“Pregnancy, birth & postnatal physiotherapy support group”

“Baby & toddler classes (Aldershot, Guildford, Farnham, Fleet & Farnborough)”