



Booney Smith / Doula & Mentor

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I live in Surrey, have two grown adult children and two beautiful, young granddaughters. I am passionate about my garden and spend a lot of time there – if only my plants could talk, the things they would tell you. I make a mean carrot cake, adore travelling and enjoy good design keeping one eye on the fashion world.

Following a 20 year career in fashion and some changes in my personal life I decided to train as a Doula and completed courses with Doula UK (2004) and Nurturing Birth (2009). I practised as a Post Natal Doula for around 10 years before becoming a Birth Doula.

Throughout my life's journey I have met many people who influenced and have had a profound effect on me, none more important than the people who I have supported in my work.

I have so enjoyed being a Doula, building professional relationships and trusting friendships with my clients and peers. There is so much information available to parents-to-be which of course is a good thing, but can be overwhelming at times. Having a Doula there by your side can help take away some of the uncertainty. I offer unreserved, non-judgmental support and ensure my clients feel protected and well informed in every way possible.

My experience has been very broad; I have worked in my local hospitals of Frimley Park and the Royal Surrey, most of the larger hospitals in London, in birth centres and in my client's homes...even in a yurt!

I was thrilled to become a Nurturing Birth Mentor in 2021 marking a new chapter in my life and career. The Nurturing Birth community has given me renewed inspiration and the confidence to share my experiences and knowledge with others who are currently training. As a group, we have all been there ourselves and it is reassuring to know that we can help support one another when we most need it.

As a mentor I seek to provide a space for you to share your thoughts, feelings and reflect on your experiences both in your life and as a doula. By listening and signposting you to appropriate sources of information and support, we will navigate your path to becoming a doula together.

Training and Qualifications

Doula UK registered member 2004-2019

Nurturing Birth registered member 2009 - Present

KG Hypnobirthing Diploma in 2013 (trained with Katherine Graves)

Rewind Technique training with Alex Heath 2016

Nurturing Birth 'Every Birth' training 2019

Homeopathic massage

Placenta Encapsulation guidance (IPEN)

Stem cell collection guidance

MVP Group Member of Royal Surrey Hospital (2018-2020)

CRB Checked / St John's Ambulance Emergency First Aid 2023 / Fully Insured

Client references can be provided on request.