

# LK Childbirth Massage Course

Towards Natural Childbirth and Beyond

## Phase 1 Pregnancy to Birth Group

11 – 30 November 2022

**Aim:**  
To equip midwives with updated, evidence-based knowledge & skills in performing or teaching LK Massage to pregnant or postnatal women and their birth partners in a safe & competent way.

**Objectives:**

- To learn the principles of massage
- To appreciate the evidence base of LK Massage Programme which promotes natural childbirth
- To apply massage skills safely to pregnant and laboring women in clinical practice

**Speaker:**

Linda Kimber, RN, RM, Therapeutic Masseuse (ITEC), Aromatherapist, Reflexologist, City & Guilds Teaching Certificate, UK

**Local Facilitators:**

Ms. TONG Wing Hung, APN, O&G, CUHKMC, IBCLC  
Ms. YEUNG Lee Man, Midwife Consultant (QMH), IBCLC

**Schedule of the Course:**

Date	Time	Venue	Content	Speakers
1 11 Nov 2022 (Fri)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
2 15 Nov 2022 (Tue)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
3 16 Nov 2022 (Wed)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
4 22 Nov 2022 (Tue)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
5 23 Nov 2022 (Wed)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
6 29 Nov 2022 (Tue)	16:00 – 19:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators
7 30 Nov 2022 (Wed)	16:00 – 20:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators

**Teaching & Learning Activities:**

Hybrid Course – Zoom Lecture, Face-to-face teaching, Onsite Practice

**Teaching Medium:** English

# LK Childbirth Massage Course

Towards Natural Childbirth and Beyond

## Phase 1 Pregnancy to Birth Group

11 – 30 November 2022

<b>Target Participants</b>	: Midwives, preferably those who are working in the Antenatal or Labour ward
<b>Fee</b>	: HKD5,000 (Member) HKD5,500 (Non-member)
<b>CNE/PEM Points</b>	: 30 Points
<b>Assignment</b>	: One case study within 3 months of the completion of the course
<b>Award</b>	: eCertificate will be issued by Hong Kong Midwives Association to those with 100% attendance & completion of assignment for the course.
<b>Class Size</b>	: 16
<b>Payment Method</b>	: Please enroll by using the QR code and make the payment within 7 days of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.

### 1 Bank Transfer to Dah Sing Bank

#### Online / Mobile Banking

Receiving bank 收款銀行  
**040** Dah Sing Bank, Ltd. 大新銀行有限公司

Account no. 收款賬戶號碼  
**759 103 0574 7**

Payee's name 收款人名稱  
**HONG KONG MIDWIVES ASSOCIATION**

#### ATM

Account no. 收款賬戶號碼  
**59 103 0574 7**

Account name 收款賬戶名稱  
**HONG KONG MIDWIVES ASSOCIATION**

Please send the bank-in slip to us via  
Email: [info@midwives.org.hk](mailto:info@midwives.org.hk),  
WhatsApp: **9145 3581** or Fax: **2572 5329**

### 2 By Cheque

Please send the crossed cheque  
*payable to*

**"Hong Kong Midwives Association"**

D1, 13/F, Hyde Centre,  
223 Gloucester Road, Wan Chai  
Hong Kong

**Remarks** : **Safety Concerns for Participants:**  
Recommended to those who are

- currently non-pregnant
- free from back or limb injuries or pain that restrict bodily movement

#### Preparations by the Participants:

Participants are required to bring four towels (2 large & 2 medium sizes) and one pillow to the class.  
Massage oil is available at a cost of ~HK\$50 on the day of class at the Association.

**Enquiry** : Hong Kong Midwives Association  
Tel : 2893 8800 Fax : 2572 5329

**Register Now!**



Enrollment Deadline  
**4 Nov 2022**  
(first come first served)