

María Jesusa Ricoy Olariaga (Mara)**Alicante, Spain 1974**

Spanish national resident in the U.K. since 1992.

Settled Status

Skills

Mara is a native Spanish speaker and after 30 years of living in London has become bilingual, she is also fluent in Italian and has a basic understanding of Portuguese and French. She is a birth educator and campaigner and now a DPSI interpreter in health and more specifically in obstetrics.

She has also published three books and many articles on the topics of obstetrics, parenting and feminism and recently a poetic biography.

Her interpersonal skills as well as her extensive experience as a facilitator of groups, both of expectant parents and health professionals, can be extrapolated to all sorts of topics and situations. Mara is a well known activist and feminist who specialises in obstetrics and women's reproductive health and has lectured at many international conferences. She is technologically literate and confident in many platforms and computer systems and programs.

Relevant qualifications

Diploma in Public Translation for Public Health, Spanish/English (A Distinction and three Merits were awarded)

Currently: Part time self employed consultant for FiLiA (International Feminist Conference)

March 2021

Certificate on Leading Singing groups for people who live with Parkinson's by Sing to Beat NGO

November 2009-November 2018

Birth Doula accredited by Doula U.K.

October 2009-March 2021

Antenatal Teacher, Dip HE Bedfordshire University.

Trained as a facilitator and Licenced annually by the National Childbirth Trust (NCT)

October 2009-April 2016

Certified in Reflective Listening. Working as a volunteer for the helpline Birth Crisis.

Experience***March 2022***

Panellist at the Alloa's women Festival speaking of the history of obstetrics and women's rights.

November 2020

Online lecturer for the Department of English, German and Roman languages, Copenhagen University on the birth experience and death of Mary Wollstonecraft's during the labour of her daughter Mary Shelley.

September 2020-March 2021

Designer, administrator and facilitator of an online training in Antenatal Teaching for Spanish midwives and birth professionals, and various courses of similar nature which focused on the topics of reflective listening and loss.

October 2009-September 2020

Creator, organiser, administrator and facilitator of courses for the NCT in London working simultaneously with an average of 5 groups per week of expectant parents

March 2010-March 2011

Consultant writer for Spanish T.V. personality Eduard Punset's blog, on the topics of birth, birth trauma and perinatal loss.

September 2010-September 2020

Co founder of the support network for emotional stress after traumatic births: "Escuchando con el Corazón". Creator of the workshop for reflective listening under the same name. And lecturer on the inauguration of the network beside Sheila Kitzinger.

September 2018

Lecturer on the topic of obstetric malpractices at the Festival of Choice, Amnesty International & Other, London, U.K.

September 2018

Volunteer interpreter for the Feminist Film Festival in London

October 2017

Volunteer interpreter for the Feminist London Conference FiLia

October 2016

Lecturer on the topic of misrepresentation of birth in movies, at Vic University, Spain. Science, Health and Wellbeing Faculty.

June 2015-2016

Speaker of the Spanish Watchdog for obstetric negligence and malpractices, O.V.O.

November 2011-2019

Founder, speaker and coordinator of the international movement for women's birth rights, Roses Revolution.

Feb 2010

Volunteer interpreter for Sheila Kitzinger MBE at The Mid Atlantic Conference on Birth and Primal Health Research

