

Human Rights Training Information Booklet 2026

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birthrights



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We believe pregnancy and birth should above all be about your body, your birth, your rights.



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or go to: www.bit.ly/learnBR

About us

Birthrights is the leading authority on the rights of women and birthing people during pregnancy and birth in the UK.

Our work is critical to not only transforming the experiences and outcomes for individuals, but also in shifting wider policy, practice and systems.

Our rights-based approach

Birthrights promotes your right to receive evidence-based care that conforms to the best medical and midwifery standards. We do not promote any particular clinical perspectives in maternity care.

These rights are set out in the Universal Declaration of Human Rights, the Convention on the Elimination of Discrimination against Women and subsequent United Nations conventions and declarations, and the European Convention for the Protection of Human Rights and Fundamental Freedoms.

What we do

Birthrights provides advice and information on your legal rights, trains doctors and midwives, and campaigns to change maternity policy and systems.

Our vision is of a world where all women and birthing people can access safe maternity care that fully respects their right to bodily autonomy and self-agency, free from discrimination, coercion and violence.

Why Birthrights training?

At a time when healthcare professionals are under increasing pressure from competing requirements and stretched resources, human rights law empowers and protects healthcare professionals who put women and birthing people at the centre of their care.

The human rights framework equips midwives and doctors to judge what treatment is never acceptable, when an individual's right to choose needs to be weighed against the rights of others, and how to enable people to make informed decisions about their care.

We have the right to access a functioning maternity system that provides care which respects our dignity and choices throughout our pregnancy and childbirth; we have the right to bodily autonomy and self-agency; we have the right not to be discriminated against, dehumanised or coerced.

Our training equips doctors, midwives and supporting women and birthing people with:

- knowledge of the law and human rights principles
an understanding of how to apply it in practice
- the ability to communicate effectively in a way that upholds their human rights

Our training is particularly effective if undertaken by multi-disciplinary teams that work together.



Scan the QR code to learn more,
or go to: www.bit.ly/aboutBR

Birthrights is here to champion the fundamental rights of women and birthing people during pregnancy and birth across the UK.

Birthrights training courses

Title	Format	Duration	Target Audience
CORE training	Online or in person	Half-day (4 hours) or Full-day (7 hours)	HCPs working in primary care Trusts (e.g. midwives, obstetricians)
Human Rights in Maternity Care: Helping Others Navigate the System	Online or in person	3.5 hours	Doulas, birthworkers, peer support workers, perinatal mental health professionals
1 hr session: 'Introduction to Human Rights in Maternity Care'	Online or in person	Up to 1 hour (e.g. 45 mins content + 15 min Q&A)	HCPs working in primary care Trusts (e.g. midwives, obstetricians)

Our CORE training

Our CORE training is available to frontline healthcare professionals working in maternity care. Our training is available face-to-face or online, for either a full- or half-day.

What our CORE training covers:

- An introduction to human rights and where they come from (primarily the European Convention on Human Rights/Human Rights Act 1998).
- An exploration of key common law judgements relevant to maternity care including Montgomery vs Lanarkshire.
- Consideration of the implications of human rights law and common law cases for maternity care, and what legal obligations doctors and midwives have as NHS employees.
- Practical discussion of case studies and common scenarios in small groups, e.g. consent for induction, maternal request caesarean, request to give birth in a birth centre which does not meet guidelines.

Core training objectives

All sessions include:

- ✓ Understanding where human rights come from and how they apply in maternity care
- ✓ Key legal cases, including Montgomery v Lanarkshire, and what they mean for informed choice and consent
- ✓ Group work on real-life maternity case scenarios

Full-day sessions also cover:

- ✓ Supporting meaningful, informed choice conversations
- ✓ Challenging unsafe or disrespectful practice
- ✓ Knowing when and how to escalate concerns appropriately
- ✓ Creating space to reflect and improve communication skills

If you are responsible for learning and development at your Trust or hospital and you have any questions about Birthrights training, please get in touch at:

training@birthrights.org.uk.



Scan the QR code to learn more,
or go to: www.bit.ly/COREBR

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Training for doulas, birthworkers and peer supporters (half day)

Are you a birth worker, doula, childbirth educator, or a peer supporter working with or providing support to pregnant women and birthing people? Do you want to learn more about what human rights are, where they come from and how they apply in maternity care?

Does your organisation support women and birthing people? Do you want to empower your staff and volunteers in how they can use the law to advocate for safer care for their service users?

Our module **“Human Rights in Maternity Care: Helping Others Navigate the System”** is a half-day training day that can be delivered online or in person to support you or your organisation to advocate for women and birthing people.

Training objectives

- ✓ For all participants to understand where human rights come from and how they apply to maternity care.
- ✓ For all participants to feel confident in identifying actions they can take to help a client address a human rights breach.
- ✓ For all participants to feel empowered to support clients to advocate for themselves.

“

I enjoyed how informative and digestible it was.

The facilitators were so knowledgeable and truly understood the context of the maternity space.”

— Birth Sector Charity Director who attended Birthrights training in 2024



“ One of the best sessions I’ve ever had - the time flew by - I wish everyone had this training and that it was mandatory. ”

– Head of Midwifery who attended Birthrights training in 2025



Scan the QR code to learn more,
or go to: www.bit.ly/BWDBR

Training that suits you and your team


We want to make sure that our training is relevant to the work that your organisation does, and the challenges that your staff and volunteers come up against. We can tailor case studies to ensure that we discuss the concerns or themes that your team have identified in their own work.

Delivery Format:

Online or in-person (venue must support PowerPoint presentations for in-person sessions).

Our training team will speak to you about what issues and concerns are most common in your team the key learning you want your team to get out of the day, and whether there are any common issues or concerns that have come up for your organisation.

Our team can then tailor the case studies to ensure that we are meeting those learning objectives. We have used themes from previous complaints relevant to the hospital or survey findings from MNVPs to tailor case studies. It is important to us that our training feels as relevant and useful as possible to you and your team.



“ Thank you – this was the most worthwhile training morning I’ve attended at the Trust. ”

– Senior Obstetrician who attended Birthrights training in 2025

Tailored sessions

We are really happy to help your organisation and develop a training programme that suits your need if you find that our CORE programme is not what you currently need.

We have worked with organisations such as the Maternity and Newborn Safety Investigation Programme (formerly HSIB) and North West Ambulance Service to shape sessions that are specific to their staff needs and organisational learning needs.

Example of a tailored session:

In 2023, Birthrights was asked by a Local Maternity and Neonatal System (LMNS) to provide a bespoke 45-minute training sessions for midwives and paramedics undertaking a pre-hospital obstetric emergency training day. The day included simulation and scenario-based training on key obstetric emergencies in the home setting.

In the afternoon, one of our training co-ordinators presented an overview of the human rights framework and supported the participants to apply this to one of the scenarios they had worked through in the morning. This helped participants to make sense of how to best support a woman or birthing person to make informed decisions and to advocate for their right to accept or decline elements of care in a fast evolving, emergency situation.



“After today’s training, I will consider systemic racism when evaluating care, exploring the barriers to providing interpretation services, and consider human rights in relation to care provided in investigations.”

– Maternity investigator who attended Birthrights training in 2023

After the session

We request feedback from all participants straight after the session, which we then anonymise and share with the organiser.

Birthrights will always follow-up with the organisers and discuss how the session was received, and if there is anything else that the hospital or Trust could put in place to support their staff.

We pride ourselves on our trainers ensuring the space feels safe and that participants can share their concerns or barriers they feel to upholding rights-respecting care.

Training is just one part of creating a rights-respecting maternity care culture, and we want to ensure that leadership has all the information to understand what is needed in their hospital or Trust.

What we provide participants with post-session

All participants receive a certificate which outlines what session they attended and what the objectives of that session were, and they can use this for CPD and revalidation purposes.

Participants also receive a PDF of the slides and access to a Padlet full of resources so that they can continue the learning.

“ It was all excellent, I am so pleased that this is happening and helping to empower maternity staff to make essential cultural change and improvement.”

– Bereavement specialist midwife who attended Birthrights training in 2024



Pricing

Title	Current Price (until Sept 2026)	Price Increase for 26/27
CORE training	£1,500 for half-day £2500 for full day up to 20 participants	£1,800 for half-day £3000 for full day up to 20 participants
Human Rights in Maternity Care: Helping Others Navigate the System	£787 for up to 20 participants or £35 per space on Eventbrite sessions	£850 for up to 20 participants
1 hr session: 'Introduction to Human Rights in Maternity Care'	£550	£600

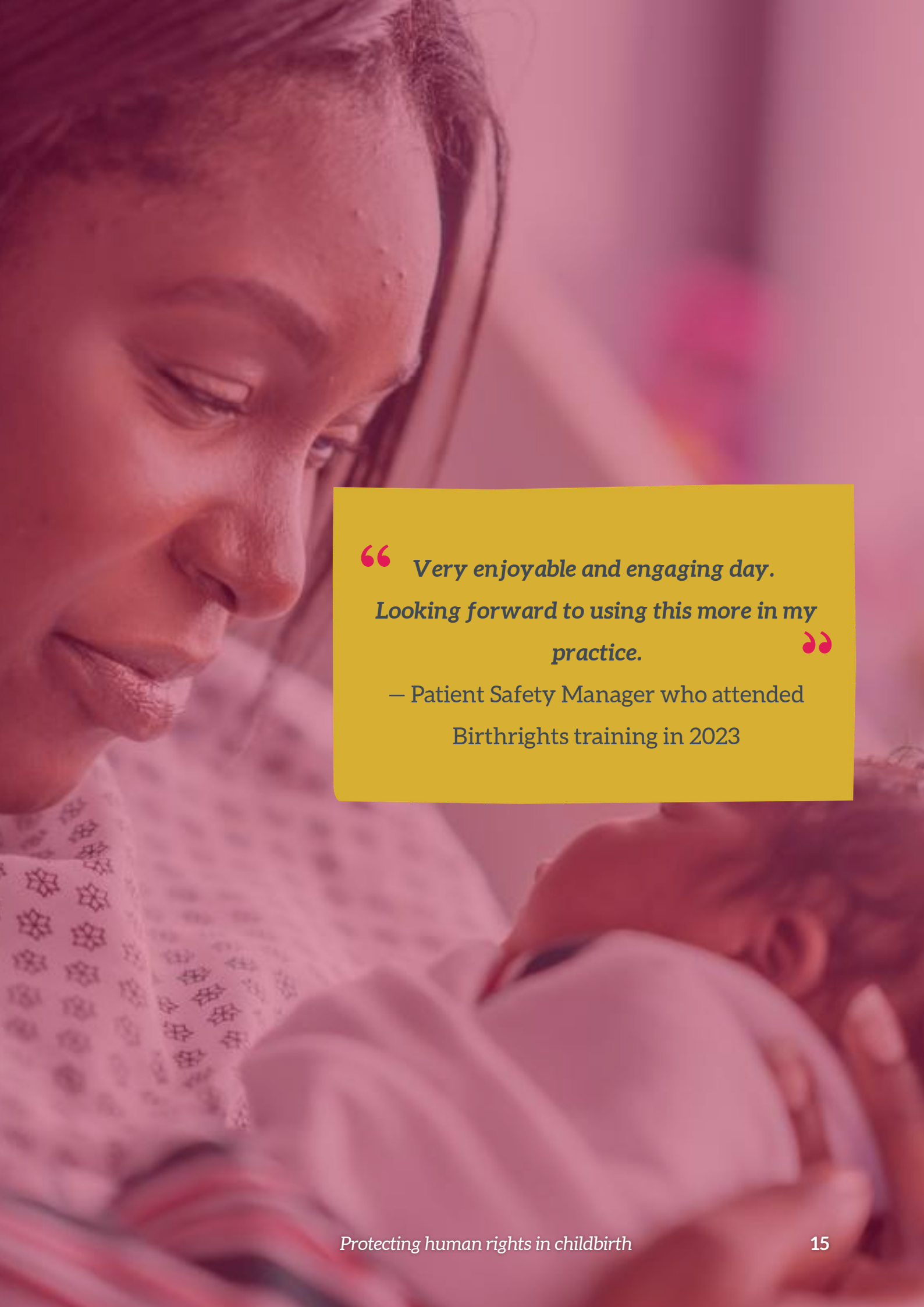


“

The whole session was amazingly put together and presented. Every single aspect was thought-provoking and helped give a better understanding on birth rights.

”

-Doula who attended Birthrights training in 2025



**“ Very enjoyable and engaging day.
Looking forward to using this more in my
practice. ”**

– Patient Safety Manager who attended
Birthrights training in 2023

Testimonials & Impact

Our training has consistently been shown to inspire healthcare professionals to change their practice:

- 98% of participants recently surveyed said they would recommend Birthrights training to others.
- The vast majority of respondents, 94%, reported that their knowledge of human rights law in maternity care increased after attending a Birthrights training session.

“Much more confident in having conversations with mums who have had their birth rights breached and confident in being able to support them to get the right advice and support around this.”

– Perinatal Service Manager’s feedback on Birthrights training, 2023

“It was all highly useful and enjoyable.

I think the group conversations and sharing examples helped to think about applying principles to practice.”

– Community Midwife who attended Birthrights training in 2023

“Thank you so much for such a valuable course.

You empowered us doulas today and I hope we can empower women and birthing people.”

– Doula who attended Birthrights training in 2022

“Outstanding training. Hats off to you and all that info you have stored away.

You really empower me to feel as though I can make change happen!”

– Peer connector who attended Birthrights training in 2023



Birthrights' impact in 2024:

724

maternity care professionals empowered by our training on how to deliver rights-respecting care

22

hospitals across the UK where we delivered our training on how human rights knowledge applies to maternity care

42

trusts across the UK where we delivered our training on how human rights knowledge applies to maternity care



Scan the QR code for our training booking form, or go to: www.bit.ly/birthTR

Birthrights Training in 2025

So far this year, Birthrights has delivered training to over 40 NHS Trusts, organisations and community groups across the UK.

The pins on the map below indicate locations where we have delivered our training in-person. We have also delivered online training sessions tailored to healthcare professionals and to birth workers and doulas.



Our Training Team

Our training sessions are run by two trainers – one with in-depth knowledge of human rights law and how it applies to maternity care and one who is a midwife or doctor with practical experience of delivering human rights-centred care.

Trainers are drawn from our team of staff, Trustees and Associate Trainers.

Meet Birthrights' training team!



Farah Lodhi

Birthrights Training Manager



Amisha Abeyawardene

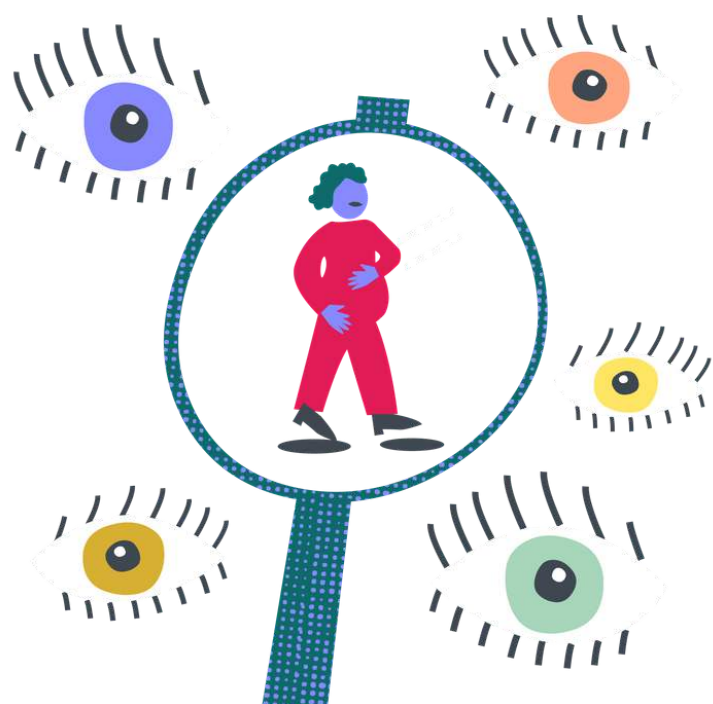
Training Co-ordinator



Tracy Sealy

Training Co-ordinator

To learn more about our training, scan the QR code to hear from **Derin**, one of our Associate Trainers.



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