West Yorkshire and Harrogate
Health and Care Partnership

NHS

My journey through maternity care

Helping you make decisions about your care

This leaflet explains the main options available to help you decide your preferences for your maternity care in West Yorkshire and Harrogate.

Your midwife will discuss your medical history and any previous births with you, as this may affect what is recommended for you.

The NHS organisations in West Yorkshire and Harrogate are working together as a Local Maternity System (LMS) to support you, your partner and your family to know what is available for you, so you can make decisions which are right for you.

West Yorkshire and Harrogate LMS: Our Vision:

- To be the place where women, their partners and their families choose to receive their maternity care and birth their babies.
- All women, their partners and their families will receive the highest quality maternity and neonatal care where they are given choice, supported, reassured, not judged and treated as individuals.
- All women, their partners and their families are listened to and experience care that is safe, responsive, and respectful to their needs and wishes throughout pregnancy and birth.

The LMS has a common understanding of what we mean by:

Choice is	women and their families make informed decisions about their maternity journey once they know all the options that are available in the LMS.
Preference is	a desired maternity journey based on the information, options and support available.
Personalisation is	a maternity care plan for me.

Giving feedback about your care is encouraged and welcomed across the LMS. You can give feedback to your midwife or team, by completing a friends and family questionnaire, or through the Patient Advice Liaison Service (PALS) in your local NHS organisation. You can also get involved in how your local services are developed through the local Maternity Voices Partnership (MVP), you can find out about your local MVP here: **www.nationalmaternityvoices.org.uk/**

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Every pregnancy journey is different. Your maternity team is committed to supporting your individual needs.

Before your baby is due (antenatal)

Every woman is entitled to antenatal care. It is important to start your antenatal care as soon as your pregnancy is confirmed. You will have a named midwife, who will co-ordinate your care. You will be offered a range of appointments and tests. See page 12. Some women need more appointments or tests than others.

Some of your antenatal care may be offered in a Children's Centre or GP Surgery. Some appointments will take place in a hospital outpatient clinic, such as your ultrasound scan and appointments with Obstetricians (pregnancy doctors).

Supportive partners

Sharing your pregnancy journey with your partner is important for you both. Talking to each other and sharing your feelings is really important. Partners are welcome at your appointments and the birth, if you/they wish.

www.nhs.uk/conditions/pregnancy-and-baby/dad-to-be-pregnant-partner/#supporting-your-pregnant-partner

Continuity of carer

Studies (Sandall et al, 2016) show that maternity care, including the birth, provided by a midwife or team of midwives you know, leads to better outcomes and safety for you and your baby. Across West Yorkshire and Harrogate continuity of carer is being introduced over the coming years.

Birth

This leaflet will help you decide where you would like to give birth to your baby. One or more options may be recommended to you but you may wish to choose a different option - it is your pregnancy and your choice. We want to ensure you receive the best quality, safe care during your pregnancy and birth.

Home birth

Midwives come to your home to support you during your labour and birth.

Free-standing birth centre

A more homely environment led by midwives, where the focus is on birth without medical intervention. Located away from a main hospital or on a different site to a Delivery Suite.

Alongside birth centre

A more homely environment led by midwives, where the focus is on birth without medical intervention. Located in the same hospital building as the Delivery Suite.

Delivery suite (labour ward)

In the maternity unit of a hospital; with medical facilities and doctors on hand if you need them..

Wherever you choose to give birth in West Yorkshire and Harrogate, you will have access to the right expertise from our highly qualified, skilled and experienced staff in appropriate modern facilities.
You may choose to have antenatal care with one hospital and birth with another.

What is on offer and where in West Yorkshire and Harrogate?

	Airedale	Bradford	Calderdale & Huddersfield	Harrogate	Leeds	Wakefield & Dewsbury
Homebirth	✔	✔	✔	✔	✔	✔
Freestanding birth centre			✔			✔
Alongside birth centre		✔	✔			✔
Delivery suite	✔	✔	✔	✔	✔	✔
Maternity theatres for caesarean section	✔	✔	✔	✔	✔	✔
Specialist clinics for women with health/pregnancy conditions	✔	✔	✔	✔	✔	✔
Specialist fetal medicine centre (with specialist scanning for pregnancies where there are medical problems with baby)					✔	
Special care baby unit	✔	✔	✔	✔	✔	✔
Intensive care baby unit		✔			✔	
Partners welcome to stay during birth and we aim to keep families together wherever possible after the birth	✔	✔	✔	✔	✔	✔

Other places to find information to help you choose:

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Your Pregnancy and Baby Guide

Whatever you want to know about getting pregnant, being pregnant or caring for your new baby, you should find it here. You'll find detailed week-by-week guides and lots of expert videos, parents' tips and interactive tools to explore.
www.nhs.uk/conditions/pregnancy-and-baby/

Which Birth Choice?

Has an interactive tool to help you find the right place for you.
www.which.co.uk/birth-choice

Care Quality Commission Maternity Survey

Read women's experiences of maternity services.
www.cqc.org.uk/cqc_survey/5

Information about independent midwifery services

(outside the NHS) is available at:
www.imuk.org.uk/families/find-a-midwife/

Your Pregnancy

Resources for women on the Royal College of Midwives website:
www.rcm.org.uk/your-pregnancy-resources-for-women

Home birth

You can choose to have your baby at home. Home birth is a safe choice for women who have a pregnancy without any health concerns for Mum or baby, and who want to give birth in familiar surroundings with support from midwives.

Research suggests that having your baby at home can increase the chances of having a normal birth and reduce the risks of intervention in birth, such as caesarean section, assisted delivery, episiotomy and the need for medicinal pain relief (Birthplace study, 2011).

Women who have their babies at home are more likely to birth in water and report higher levels of birth satisfaction.

If there is a problem during labour, you will be offered a transfer to hospital, accompanied by your midwife.

Reasons to consider a home birth:

- Increase the chance of a straightforward birth and avoid medical interventions.
- Enjoy your own surroundings and comforts - your own bed and bathroom - to help you relax and be as comfortable as possible, without the need to interrupt labour to travel to hospital.

Birth centres

Birth centres are staffed by midwives and provide a calm 'home-from-home' environment, that can help labour to progress better. Birth pools are available and encouraged.

The Birth Place in England Study (2011) shows that if you are having a pregnancy without any health concerns for you or baby, birth centres are just as safe as delivery suites for baby, and safer for the mother, because the likelihood of you needing a caesarean section or other medical interventions is much lower.

Freestanding Birth Centres are not on the same hospital site as the Delivery Suite. Alongside Birth Centres are in the same building as the Delivery Suite.

If there is a problem during your labour, you will be offered a transfer to the Delivery Suite, accompanied by your midwife.

Reasons to consider a birth centre:

- A more homely environment led by midwives, where the focus is on birth without medical intervention.
- Enjoy relaxing surroundings and comforts, with facilities such as pool to give birth in water

Delivery suite (labour ward)

If you or your baby have any health concerns which might require medical care and reduce the chance of a straightforward labour and birth, you will be recommended to have your baby in a delivery suite (labour ward), where doctors are available to help if needed. This will be discussed throughout your pregnancy. You will have your own room to give birth in.

If you have a caesarean section, your care and operation will take place in the hospital, either on the delivery suite or in the hospital theatre department.

Reasons to consider a hospital birth:

- If you or your baby have health concerns which mean that the birth is less likely to be straightforward
- If you are having a caesarean section
- If your baby may need special care immediately after birth

Wherever you choose to birth your baby(ies), as soon as possible after your birth you will be encouraged to spend as much skin-to-skin contact with your baby to help you and your baby to develop a close relationship. Your partner can do this too.

After your baby is born (postnatal)

After your baby is born, you and your baby should receive the following care:

- Feeding support - this may be by midwives, maternity support workers or health visitors or peer supporters. Responsive feeding is recommended, this means allowing baby to tell you when a feed is required. Breast milk is perfectly designed for your baby and provides protection from infections and diseases. Breastfeeding provides long term health benefits for you and your baby, and also helps the bond to build between you and your baby.
- Vitamin K by injection or oral supplement for your baby
- Newborn examination within 72 hours after birth
- Newborn hearing screening
- Postnatal care - carried out by your community midwife or a maternity support worker; to check on your physical and emotional wellbeing, and your baby's wellbeing. This may be in your home or at a local clinic, and will continue according to your needs and wishes
- Baby's blood spot screening - a small sample of blood usually taken by your midwife or maternity support worker to check for some possible genetic problems (around day five)

Your care and your visits with your midwife, maternity support worker and health visitor will be planned with you, and may take place at home or close to where you live.

My Maternity Journey...a handy guide of what to expect and when

Weeks 0-12

As soon as you know you are pregnant, start/continue taking folic acid tablets (400mcg daily), and see your midwife or GP. You may be able to self-refer (online) to the hospital of your choice. You should have your first 'booking' appointment before ten weeks. If you, or anyone in your household smokes, you will be offered support to stop smoking throughout your pregnancy.
Consider where you want to have your baby at home, in a Birth Centre, or in a Hospital.
Every time you see your midwife/Doctor you will be asked to bring a urine sample and you will have your blood pressure checked.
Ask your midwife for a maternity exemption certificate to benefit from free prescriptions and NHS dental treatment.

You will be offered routine blood tests, and screening choices (including a scan), see: **www.nhs.uk/conditions/pregnancy-and-baby/screening-tests-abnormality-pregnant/**

There are foods you should avoid when you are pregnant, see: **www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant/** for the latest guidance. You may be entitled to vouchers to help buy fruit, vegetables and milk, see: **www.healthystart.nhs.uk/**
Always check with your GP, pharmacist or midwife before you take any medicines.
Visit **www.nhs.uk/start4life** for tips on keeping yourself well during pregnancy.

Weeks 13-28

Ask your midwife for a MAT B1 certificate (After 20 weeks). This confirms your pregnancy for your employer.

Book your antenatal classes - your midwife will give you details.

If you're out of work or on a low income visit **www.gov.uk** to see what benefits you are entitled to.

At around 20 weeks a scan will check your baby's development.

You will be offered:

- Whooping cough vaccination
- Seasonal flu vaccination

And if you are at risk of gestational diabetes, a glucose tolerance test (GTT).

You may feel your baby move as early as 16 weeks of pregnancy, but most women usually feel something for the first time between 18 and 24 weeks. There is no set number of normal movements you should be feeling - every baby is different. Your baby will have their own pattern of movements that you should get to know. After 32 weeks, the pattern of movements will stay roughly the same until you give birth.

Weeks 28 to birth

Prepare your birth plan - you'll get the information you need from your antenatal classes or midwife.

Pack a bag for things you will need for the birth, so they are close to hand (for baby too).

Check out what you'll need for feeding your baby and prepare yourself now.

You will be offered more routine blood tests. If you are rhesus negative, you may need an anti-D injection if you do not know the baby's Rhesus factor.

Visit **www.nhs.uk/conditions/pregnancy-and-baby/?tabname=im-pregnant** to get advice on common health problems during pregnancy.

DO NOT WAIT until the next day to seek advice if you are worried about your baby's movements. Contact your midwife or maternity unit immediately if you think your baby's movements have slowed down, stopped or changed. There are staff on the hospital maternity unit 24 hours a day, 7 days a week.

Movements should NOT slow down towards the end of pregnancy.

After baby is born

Your baby will be offered: vitamin K, a physical examination (within 72 hours), a hearing screening test and possibly a BCG vaccination.

You will be cared for by your midwife after which, a Health Visitor will visit you at home to help you, and your family and your new baby stay healthy.

You'll be given a personal child health record (PCHR). This has a red cover and is known as the "red book". Your midwife and Health Visitor will write in it and so can you.

Postnatal care

Register the birth within 42 days - visit **www.gov.uk** for details.

You will be offered a blood spot test, which tests your baby's blood for nine rare, but serious, health conditions.

A hearing screen will also be arranged if you had your baby at home.

If you were due for a cervical screening test while pregnant, this should be rescheduled for around 12 weeks after the birth.

Please use these pages to note down anything you would like to discuss with your midwife.

What is important to me during my pregnancy?

What is important to me for my baby's birth?

What is important to me after my baby is born?

Do you have any other questions for your midwife?

Airedale General Hospital, Skipton Road, Steeton, Keighley,
West Yorkshire, BD20 6TD

NHS
Airedale
NHS Foundation Trust

Booking details:

Contact our friendly team on **01535 292411** to arrange your first appointment. Alternatively you can email **maternitybookings@anhst.nhs.uk** with your name, date of birth, telephone number and roughly how many weeks pregnant you are. A member of staff will ring you back to get you booked in.

Other services include:

- Early Pregnancy Assessment Unit
- Maternity Assessment Centre Mon-Fri 08.30-19.00
- Specialist clinics: Diabetes; Vaginal Birth after Caesarean
- A range of Parent Education Workshops
- Infant Feeding Midwife
- Bereavement Midwife
- Hypnobirthing course

Travel & Parking: Pay and display, and pay on exit car parks on site.

Bus routes: 66, 71, 78A, 903, M4

Find more information here:

www.airedale-trust.nhs.uk/services/maternity-services/

Women's and Newborn Unit, Smith Lane,
Bradford, West Yorkshire, BD9 6RJ

NHS
Bradford Teaching Hospitals
NHS Foundation Trust

Booking details:

Our direct line to refer yourself to our service is **01274 364502.**
We will send you a letter with an invitation to your booking appointment. Alternatively you can visit/contact your GP who will refer to the midwifery team attached to the surgery.

Other services include:

- Early Pregnancy Assessment Unit
- Antenatal Day Unit (ANDU)-open Mon –Fri 08.30-16.30
- Specialist clinics: Diabetes and Endocrine clinic; Epilepsy; bleeding disorders; multiple pregnancy; TLC for women who have suffered a previous loss)
- Parent Education workshops
- Maternity Assessment Centre 24 hours (MAC)
- Bereavement midwife
- A smoking cessation service
- Transitional Care Unit

Travel & Parking: Pay and display parking directly in front of the building and a further larger pay and display car park on Smith Lane.

Bus routes: 617, 618, 620, 621, 629, 680

Find more information here:

www.bradfordhospitals.nhs.uk/womens-and-newborn-unit/

Huddersfield Family Birth Centre,
Huddersfield Royal Infirmary, Acre Street,
Lindley HD3 3EA

Calderdale Royal Hospital, Salterhebble,
Halifax HX3 0PW

NHS
Calderdale and Huddersfield
NHS Foundation Trust

Booking details:

Please make an appointment with the Community Midwife at your local Children's Centre or GP surgery, or if you live outside the Halifax/ Huddersfield area please refer yourself to us directly using the referral form on our website (below).

Other services include:

- Early Pregnancy Assessment Unit
- Antenatal Day Unit (ANDU)-open Mon –Fri 08.30-16.30 (Huddersfield only)
- Specialist clinics: Diabetes; endocrine clinic; bleeding disorders; Birth after Caesarean (BaC) Clinic; new in 2019: perinatal mental health clinic
- Bereavement Midwife
- Parent Education workshops (see website)
- Maternity Assessment Centre 24 hours (MAC)
- 4 beds with transitional care cots on the postnatal ward
- Hypnobirthing courses
- Infant feeding advisors
- Smoking cessation services
- Electronic maternity records, which women can access from home.

Travel & Parking:

Calderdale: Pay and display in the A&E car park and on surrounding roads. Pay on exit in the Children's and Women's Unit car park and at the front car park.
Huddersfield: Pay on exit.

Bus routes:

Huddersfield: 317, 343, 360, 370, 371, 372, 377, 378, 388, 501
Calderdale: 343, 501, 503, 536, 537, 539, 561, 562, 563

Find more useful information here:

www.cht.nhs.uk/services/clinical-services/maternity-services/

Central Labour Ward Suite,
Harrogate District Hospital,
Lancaster Park Road, Harrogate,
North Yorkshire, HG2 7SX

NHS
Harrogate and District
NHS Foundation Trust

Booking details:

Please self-refer by accessing our form at: **onlineforms.hdft.nhs.uk/pregnancyreferral**

Please email the form to: **MatSelfReferral@hdft.nhs.uk** or send it in the post to Antenatal Clinic at the above given address.

Other services include:

- Early Pregnancy Unit on Nidderdale Ward
- Maternity Assessment Centre (Mon-Fri 8am-8pm)
- Bereavement Midwife
- Specialist clinics include: Diabetes, Perinatal mental health, Substance misuse, Teenage pregnancy, Birth Choices
- Parent education workshops
- Smoking cessation service
- Hypnobirthing
- Infant feeding support clinics

Travel & Parking: We have several different car parks, with the main car park located outside the main entrance. We operate a pay-on-foot parking scheme. As you enter the car park, take a ticket from the machine at the entrance barrier. Please keep this ticket on you and pay at the pay stations in the Hospital entrance lobby as you return to your car.

Bus Routes: 1, 1A, 1B, 1C, 770, 771

Find more useful information here:
www.hdft.nhs.uk/services/maternity-services/

St James's University Hospital, Gledhow Wing,
Beckett Street, Leeds LS9 7TF

Leeds General Infirmary (LGI), Clarendon Wing,
Leeds, LS1 3EX

NHS
The Leeds Teaching Hospitals
NHS Trust

Booking details:

You can make an appointment with a Midwife at your GP surgery, or at your local Children's Centre.

Other services include:

- Early Pregnancy Assessment Unit
- Antenatal Day Unit (ANDU) - open Mon - Fri 08.30-16.30
- Specialist clinics: Diabetes; endocrine clinic; bleeding disorders; cardiac; Fetal Medicine; Perinatal Mental Health; FGM; Multiple pregnancy; Young Parents; Birth Matters
- Bereavement Midwife
- Maternity Assessment Centre 24 hours (MAC)
- Transitional Care Units
- Infant feeding support/clinics

Travel & Parking: St James's has a pay on return car park, and there are a number of pay and display car parks outside the grounds.

LGI has a number of pay and display car parks. Please allow extra time to find a space.

Bus Routes:

St James's: 16, 16A, 42, 49, 50, 50A, 61, 61A, 86A

LGI: 5/LeedsCityBus. Many other buses stop on The Headrow, which is a short walk from the hospital.

Find more useful information here:
www.leedsth.nhs.uk/maternity

Pinderfields Maternity Unit/
Alongside Birth Centre,
Pinderfields General Hospitals,
Aberford Road, WF1 4DG

Bronte Birth Centre,
Dewsbury District Hospital,
Dewsbury WF13 4HS

Friarwood Birth Centre,
Pontefract General Hospital,
Pontefract, WF8 1PL

NHS
The Mid Yorkshire Hospitals
NHS Trust

Booking details:

Please contact one of our friendly community teams:
Dewsbury **01924 319354;** Pontefract **01977 747431;**
Wakefield **01924 543424.** Or your local GP Surgery

Other services include:

- Antenatal Day Units: Dewsbury Mon - Fri 08.30-17.30; Pinderfields Mon - Fri 07.30-19.30; Pontefract Mon - Fri 08.30 -17.30
- Specialist Clinics: Diabetes; Fetal medicine; Perinatal Mental Health; FGM; Multiple pregnancy; Birth Matters
- Bereavement Midwife and Pregnancy Loss clinic
- Transitional care
- Smoking Cessation Midwife/Service
- Infant Feeding Specialist Midwife/Support Clinics

Travel & Parking: Pay and display car parking, at all sites, please allow extra time to find car parking space.

Bus Routes:

Dewsbury: 113, 212, 212A, 213, 268, 268A
Pinderfields: 111, 113, 125, 146, 147, 173A, 174, 174A 175, 175A, 444, 446, X41

Find more useful information here:

www.midyorks.nhs.uk/maternity-services

Services to support you and your partner during your pregnancy and beyond

Stop Smoking services

www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines

Services to support your emotional wellbeing

As many as one in five women experience emotional difficulties during pregnancy and in the first year after their baby's birth. This can happen to anyone. IAPT stands for 'Improving Access to Psychological Therapy'. They give priority to pregnant women and new parents.
www.nhs.uk/Service-Search/Psychological-therapies-%28IAPT%29/LocationSearch/10008

Healthy eating in pregnancy

PHE Start4life: **www.nhs.uk/start4life/pregnancy/healthy-eating-pregnancy/**

NHS Pregnancy & Baby

www.nhs.uk/conditions/pregnancy-and-baby/

Best Beginnings including the free Baby Buddy App

www.bestbeginnings.org.uk/

Unicef Baby Friendly Leaflets

www.unicef.org.uk/BabyFriendly/Parents/Resources/Resources-for-parents/

Unicef Baby Friendly Videos

www.unicef.org.uk/BabyFriendly/Parents/Resources/AudioVideo/

Miscarriage

www.miscarriageassociation.org.uk/

Bereavement

www.sands.org.uk/

This information can be made available in alternative formats including Braille, easy read and community languages.

For more information:

01924 317659

westyorkshire.stp@nhs.net

If you are deaf you can text 07811 766006

www.wyhpartnership.co.uk

@wyhpartnership

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