West Yorkshire and Harrogate
Health and Care Partnership

NHS

EasyRead

My journey through maternity care

Helping you make decisions about your care

This Easier to Read leaflet is about maternity care in West Yorkshire and Harrogate.

It gives you the information you need to help you decide how and where you would like to have your baby.

Your midwife will talk to you about your medical history and any other babies you have had. What you tell them may affect the care that is recommended for you.

The NHS organisations in West Yorkshire and Harrogate are working together as a Local Maternity System or LMS for short.

The LMS will support you, your partner and your family so you can make the decisions that 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 facilities.

Personalisation is: a maternity care plan for me.

Before your baby is due (Antenatal care)

As soon as you know you are pregnant, see your GP or a midwife. A midwife is someone who is trained to look after pregnant women and their babies. Your midwife will co-ordinate your care and help with anything you need.

You will have lots of different tests and appointments. Some women might need more than others. This might be because of your medical history or another health condition that you may have.

The tests include blood tests, blood pressure check, urine (wee) tests, and ultrasound scans.

Some of your antenatal appointments will be at your GP surgery or a children's centre near to where you live.

Some appointments, for scans and obstetricians will be at a hospital outpatient clinic. An obstetrician is a pregnancy doctor.

You should have your first antenatal appointment before you are 10 weeks pregnant.

Your partner is welcome to come to any of your appointments with you. They are also welcome to be at the birth of your baby if you want them to be.

Birth of your baby

There are different places that you can choose to have your baby. Your midwife and obstetrician may recommend a couple of places to you but it is your decision.

We want to make sure you have the best quality, safe care while you are pregnant and during the birth of your baby.

There is a list of the different hospitals in West Yorkshire and Harrogate and what they offer later on in this booklet to help you decide.

Home birth

You can choose to have your baby at home. It is a safe choice if you and your baby have no health concerns. Midwives will come to your home and support you during labour and birth.

Many women find being in their own home during birth more relaxing and comfortable. Many choose to have their babies in a birth pool.

If there are any problems during labour you will be able to go to the hospital with your midwife.

Birth Centre

A birth centre is led by midwives. It has a more homely feel to it than a hospital.

Many women who have their babies at a birth centre want to have their baby without any medical intervention, like a caesarean section or any pain relief.
There are birth pools at birth centres if you want to have your baby in water.

There are two different types of birth centres. Alongside birth centres are in the same building as the delivery suite. Freestanding birth centres are away from the delivery suite, often away from a hospital.

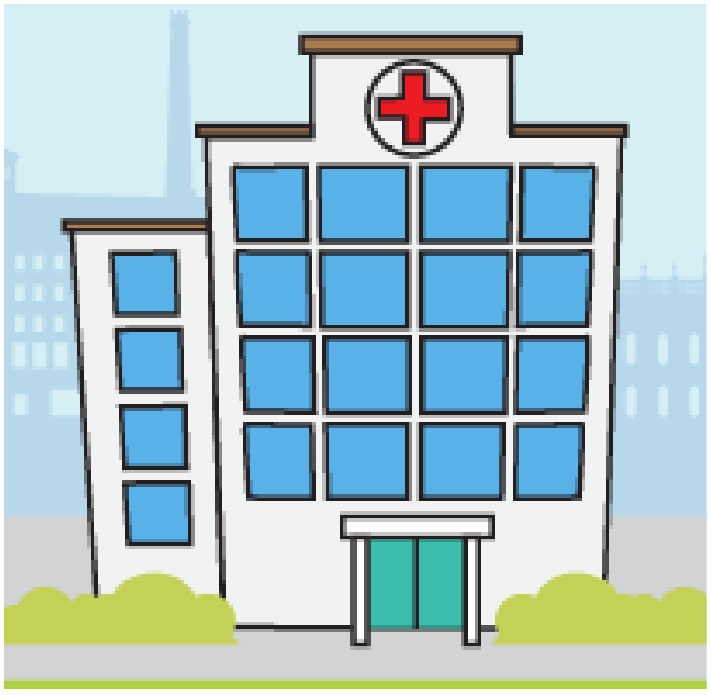
If there are any problems during labour you will be able to go to the hospital with your midwife.

Delivery suite (Labour ward)

If you or your baby has any health concerns your midwife will recommend you have your baby in the delivery suite at the hospital. Doctors will be available to help you if needed.

You will have your own room to give birth in.

If you need a caesarean section your care and operation will happen in the delivery suite or the hospital theatre department.



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	✔	✔	✔	✔	✔	✔

After your baby is born (postnatal care)

After your baby is born you will be cared for by your midwife for a short time then a health visitor. They will check on your physical and emotional wellbeing and the wellbeing of your baby.

You will be offered support to feed your baby. Breast milk is best for your baby. It gives protection from infections and diseases and can help you and your baby to bond.

Your baby will have a new born examination, a hearing test, and a blood test.

They will also be offered Vitamin K. This helps their blood to clot. They can have it by an injection or medicine.

Your care and visits with your midwife and health visitor will be planned with you. They will take place in your home or close to where you live.

What to expect and when

Weeks 0-12

As soon as you know you are pregnant contact your midwife or GP.

If you or anyone in your household smokes, you will be offered support to stop smoking thoughout your pregnancy.

Think about where you want to have your baby, at home, in a birth centre, or hospital.

Ask your midwife for a maternity exemption certificate. You might be able to get free prescriptions and free NHS dental treatment.

There are some foods you shouldn't eat when you are pregnant. Look at www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant

You might be able to get vouchers to help you buy healthy food like fruit, vegetables and milk.

Check with your GP or pharmacist about any medicine you take. Some may be harmful to your baby.

Weeks 13-28

Ask your midwife for a MATB1 certificate if you work. Give it to your employer to tell them you are pregnant.

Book your antenatal classes. They will help you to plan for the birth of your baby and you will meet other pregnant women. They are free on the NHS.

At around 20 weeks, you will have a scan. This is to check your baby's development.

You will be offered a whooping cough vaccination and a seasonal flu vaccination. These are to protect you and your baby.

Weeks 28 – birth

Most people start to feel their baby move inside them between 18-24 weeks. Every baby is different and you will get used to how often your baby moves.

If your baby's movements inside you slow down, stop or change then tell your midwife or your maternity unit straightaway. Your maternity unit will be open any time of the day or night, every day of the week.

Make your birth plan. This tells everyone what you would like to happen during labour and the birth of your baby. Your midwife can help if you want.

Pack a bag of things you need for the birth to take with you. Pack some things for your baby too, like a sleepsuit and nappies.

Check what you will need for feeding your baby. Make sure you are prepared. Your midwife or antenatal classes will be able to give you some information.

After your baby is born

Register the birth of your baby within 42 days. You can find out how by looking at www.gov.uk.

If you were due to have a cervical screening test while you were pregnant you should have this around 12 weeks after your baby is born.

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

Booking details:

Contact our friendly team on 01535 292411 to arrange your first appointment. You can also 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 Monday-Friday 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 and Parking: Pay & 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/

Womens and Newborns Unit
Smith Lane, Bradford,
West Yorkshire, BD9 6RJ

Booking details:

You can ring us on 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 Monday-Friday 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
- Smoking cessation service
- Transitional Care Unit

Travel and 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, 929, 680
Find more information here:
www.bradfordhospitals.nhs.uk/womens-and-newborns-unit/

Huddersfield Family Birth Centre, Huddersfield Royal Infirmary, Acre Street, Lindley HD3 3EA
Calderdale Royal Hospital, Salterhebble, Halifax, HX3 0PW

Booking details:

Please make an appointment with the Community Midwife at your local Children's Centre or GP surgery.

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 special care cots on the postnatal ward
- Hypnobirthing courses
- Infant feeding advisors
- Electronic maternity records, which women can access from home.

Travel and Parking:

Calderdale: Pay and display in the A&E car park and on surrounding roads. Pay on exit at the front of 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 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

Booking details:

Please self-refer by accessing our form at:
www.onlineforms.hdft.nhs.uk/pregnancyreferal
Please email the form to; MatSelfReferral@hdft.nhs.uk or send it in the post to Antenatal Services at the above given address

Other services include:

- Early Pregnancy Unit on Nidderdale Ward
- Maternity Assessment Centre (Mon-Fri 08.30-20.00)
- 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 and 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 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

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; Mulltiple Pregnancy; Young Parents; Birth Matters.
- Bereavement Midwife
- Maternity Assessment Centre 24 hours (MAC)
- Transitional Care Units
- Infant feeding support/clinics.

Travel and Parking:

St James's has a pay on return car park. There are a number of pay and display car parks outside the grounds.
LGI has a number of pay & 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 information here:

www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/

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

Booking details:

Please contact one of our friendly community teams: Dewsbury 01924 319354; Pontefract Mon-Fri 01924 543424; Or contact your 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 and Parking:

Pay & 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 information here:

www.midyorks.nhs.uk/maternity-services

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

Stop Smoking services

https://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

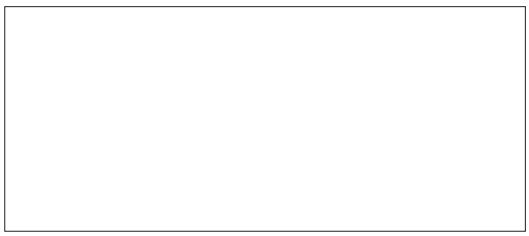
www.unicef.org.uk/BabyFriendly/Parents/Resources/AudioVideo/

Miscarriage

www.miscarriageassociation.org.uk/

Bereavement

www.sands.org.uk/



Would you like to know more?

More information

Contact details

btm
the home of accessible information

For more information or extra copies please contact:

BARCODE HERE

11-12 Eldon Place
Bradford BD1 3AZ
Telephone: 01274 848150
SMS / Text: 07535 120222
E-mail: enquiries@btm.org.uk

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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

EasyRead

EasyRead version by BTM, 11-12 Eldon Place, Bradford BD1 3AZ

Tel: 01274 848150 or visit www.btm.org.uk

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