



Welcome to The Welbeck Team



Welcome from the Welbeck Team

This booklet contains lots of information about your team of midwives and may address some questions you have.

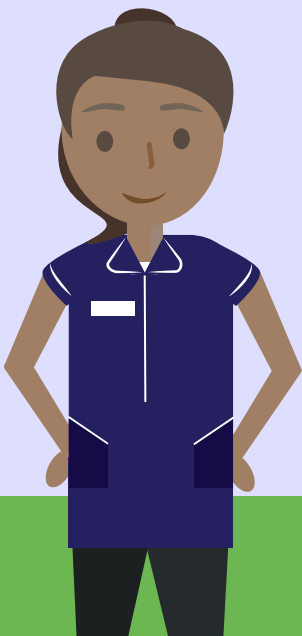
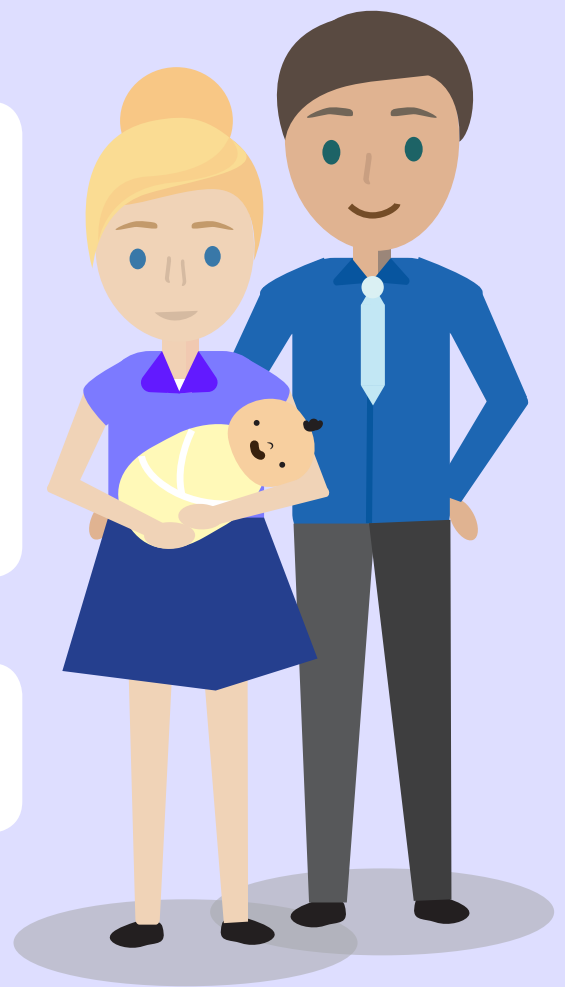
However, it is not intended to replace any discussion with your midwife. If you have any further questions or concerns, please discuss these with your midwife or a member of the team.

What is Continuity of Carer?

Continuity of Carer is not a new concept but it may be different to maternity care you have experienced before. It is a gold standard model of care based on evidence and research and it helps us to make sure you and your baby get the safest care. It is based on a relationship of mutual trust and respect between you and your midwife and takes into consideration your decisions about your care and proven benefits for both new mums, babies and their families

What this means for you

You will have a named midwife who will coordinate your care throughout your pregnancy, birth and beyond.



What this means for your midwife

Midwives who deliver continuity of carer have a better work-life balance, enjoy a more autonomous way of working and are happier with the care they give as they are able to look after you, taking your individual decisions and circumstances into consideration.

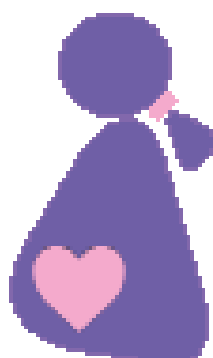
Women who received models of midwife-led continuity of care are...



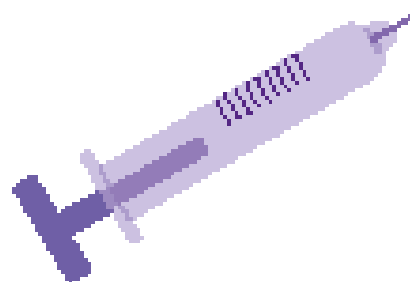
7% more likely to be attended at birth by a known midwife



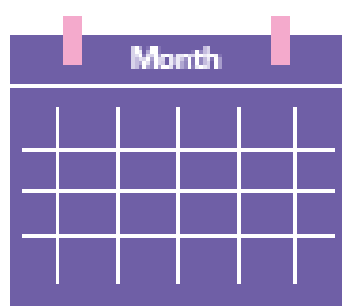
16% less likely to lose their baby



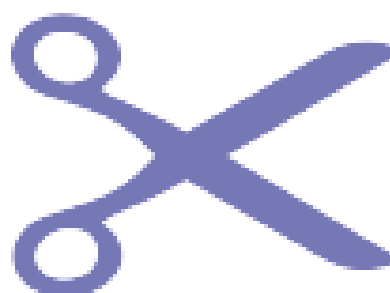
19% less likely to lose their baby before 24 weeks



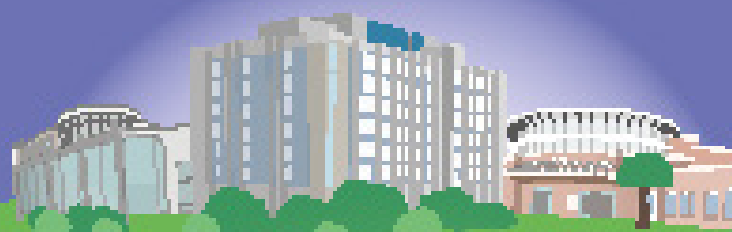
15% less likely to have a regional analgesia



24% less likely to experience pre-term birth



16% less likely to have an episiotomy

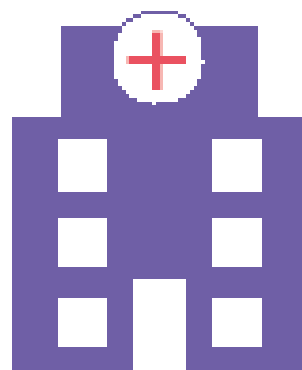


Women's Experience

Women attended at birth by a known midwife reported higher ratings of maternal satisfaction with...



Information



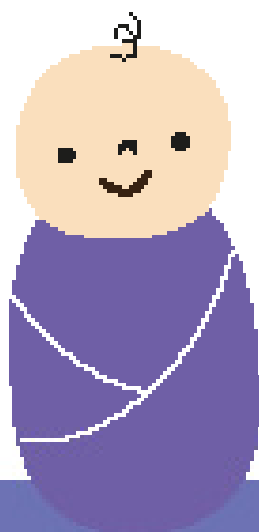
Place of Birth



Advice and explanation



Feeling in control



Preparations
for Labour
and Birth

Choice
for Pain
Relief



Who will care for me during my pregnancy?

The Welbeck Team includes eight midwives, one of these members will be your named midwife throughout your pregnancy, birth and beyond. Over the course of your pregnancy it is intended that you will meet all members of the team before you give birth. If your care requires you to see a Consultant Obstetrician, your named midwife will share your care with the obstetric team.

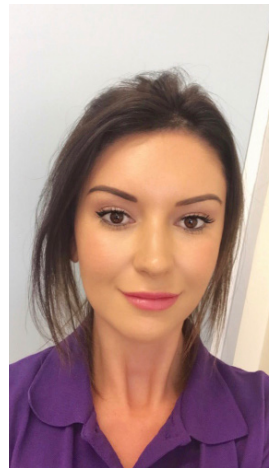
When you have your baby, your named midwife will be your first choice care provider, however, in the event that they are unavailable, another member of the team will endeavor to step in to support and care for you.

Jane



Jane is an experienced midwife of 15 years who has a passion for normality and is an ambassador for complementary therapies.

Rebecca



Rebecca qualified as a midwife in 2018 and is a member of the PROMPT faculty for obstetric emergency management, she has a keen interest in helping with the training and skills of the team.

Sarah



Sarah has been qualified for three years, she is the third generation of midwives in her family and is looking forward to providing women with seamless care throughout their pregnancy.

Sophie



Sophie is a newly qualified midwife who is looking forward to providing personalized care for women while completing her preceptorship period.

Lindsey



Lindsey has been a midwife for over four years and has a keen interest in antenatal education and is a qualified hypnobirthing instructor.

Rebecca



Rebecca is an experienced midwife of nine years, she is looking forward to building relationships with women and providing continuity.

Kerry



Kerry has been a community midwife since 2016 and is looking forward to supporting women to have the birth they want, she is qualified in Neonatal and Infant Physical Examination and holds the Advanced Neonatal Life Support.

Jess



Jess is a newly qualified midwife who has been part of Welbeck team since she was a student midwife, she has a passion for aromatherapy and is looking forward to providing continuity of care to women and families.



Have you been to a
'Meet your Midwife'
session?

How will my care be different with The Welbeck Team?

Your care will be much the same as other women's, you will have the same number of appointments which cover the same amount and type of information, however, you will find your care is more personalised to your individual needs.

We hope you will find your care more seamless from the beginning of your pregnancy throughout the birth process and beyond. We aim to provide more flexibility of appointments and a wider choice of birth locations.

The Welbeck Team of midwives will provide all of your care with your named midwife being your main care giver, however you will be given the opportunity to meet all members of the team at meet the midwife events and your antenatal education workshops.

How often will I see my Midwife?

Under The Welbeck Team, your appointments will be carried out at more convenient and comfortable locations including your own home, local children's centres, GP surgeries or the hospital.

It is important to note that there may be occasions when your named midwife will need to attend another lady in labour and may need to cancel or rearrange an appointment on short notice. On these occasions, the team will endeavour to work with your midwife to give you the support you need. We hope you understand that soon it will be your turn and The Welbeck Team will be there for you and your baby.



Contacting your Midwife

Your named midwife will be:

.....

You can contact them on:

.....



If you have an urgent problem or any immediate concerns, please call the labour ward on:

01909 572227 or 01909 572235

If you have a non-urgent question, you can email them to: **dbth.cmwwelbeckteam@nhs.net**. We will respond within 3-5 working days.

If you are over 37 weeks pregnant and you suspect your labour has started please call: **07944 201 821**.



Who should I contact with concerns in my pregnancy or after birth?

For any pregnancy concerns before 16 weeks, please contact the Early Pregnancy Assessment Unit (EPAU) on 01909 572307.

	During Pregnancy	After birth
GP or Pharmacist	<ul style="list-style-type: none"> To book your whooping cough and flu vaccine General health concerns Mental health concerns Questions around medication and prescriptions 	<ul style="list-style-type: none"> Book your 6 week check-up for you and baby To discuss contraception General health concerns Mental health concerns Questions around medication and prescriptions To register your baby at the GP
Welbeck Midwife	<ul style="list-style-type: none"> To change your midwife appointment Non-urgent questions and queries To book parent education classes 	<ul style="list-style-type: none"> To change your community midwife appointment/visit Any non-urgent questions or queries To request breastfeeding support
Hospital Wards	Labour ward (From 16 weeks onwards) - 01909 572227 <ul style="list-style-type: none"> A change in the baby's movements Signs of labour If your waters break or you have any concerns regarding vaginal loss Headache, swelling, right sided rib pain and blurred vision Any maternity concerns 24/7 	Ward A2 (After Birth) - 01909 572232 <ul style="list-style-type: none"> Excessive or offensive smelling blood loss Excessive pain or concerns with vaginal/perineal stitches or caesarean wounds Your baby is jaundiced or is not feeding, passing urine or passing stools as normal
999 or A&E	<ul style="list-style-type: none"> Any threat to life Shortness of breath Suspected blood clot Haemorrhaging (excessive bleeding) Head injury Trauma e.g. car accident or suspected fracture Seizures 	<ul style="list-style-type: none"> Any threat to life Shortness of breath Suspected blood clot Haemorrhaging (excessive bleeding) Head Injury Trauma e.g. car accident or suspected fracture Seizures If your baby is unresponsive, blue or floppy

Don't forget! You'll need to register your baby's birth at the Registry Office before six weeks of age.

Your Basic Care Plan

Antenatal Care

At your **booking appointment** we will gather your medical history and arrange your plan of care. We will discuss scans and pregnancy advice.

12 Week Scan

We will give you an estimated due date based on your ultrasound scan. Here there is an option for screening for chromosomal conditions

16 Week Midwife Appointment

At this appointment we will listen to your baby's heartrate, complete a health check and discuss your care. If appropriate, you may be booked in for an Anti-D injection.

20 Week Scan

At this scan we will your baby's organs and check for any anomalies. We will also be able to estimate the gender of your baby during this scan.

25 Week Midwife Appointment

This appointment is for first-time mums. If you have diabetes, you may be offered a glucose tolerance test between now and 28 weeks.

28 Week Midwife Appointment

In this appointment we will calculate your BMI, test your CO levels and you may be offered a blood test. We will start fundal height measurements.

41 Week Midwife Appointment

In this appointment you will be offered a membrane sweep if appropriate and we'll discuss induction with you where appropriate.

40 Week Midwife Appointment

Here we'll discuss induction with you and book it if necessary. If it's your firsty baby, or your consultant thinks it's appropriate you'll be offered a membrane sweep.

38 Week Midwife Appointment

Here we will do another health check up and discuss any concerns. We'll also discuss the possibility of a membrane sweep in your next appointment.

36 Week Midwife Appointment

In this appointment we will calculate your BMI again, re-test your CO levels and do another health check. You may be offered a blood test.

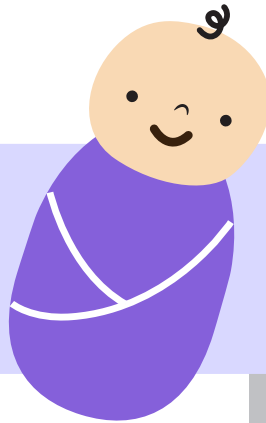
34 Week Midwife Appointment

As well as a health check up, we will discuss your birth preferences in this appointment.

31 Week Midwife Appointment

In this appointment we will do a health check up and discuss any of your concerns. We can book you onto parent education if you'd like to.

The big day!



This is a basic care plan for all pregnancies.

Depending on your circumstances, appointments may be more frequent.

Postnatal Care

First day home visit

At your first home visit, we will discuss safe sleeping and feeding for your baby. We'll also talk about your family's wellbeing and discuss pattern of Postnatal visits. We'll also go through the role of the Healthy Families Team.

Day 3 visit or appointment

At this appointment we will weigh your baby and discuss feeding, emotions and health.

Day 5 visit or appointment

At this appointment we will offer you blood spot testing for your baby. We will also weigh your baby and discuss wellbeing

You will be discharged to your GP or health visitor once:

- Your baby is above birthweight
- Your baby's cord is off
- You are physically and emotionally well
- Your baby is registered at a GP
- Contraception has been discussed or organised
- Your family is physically and emotionally well
- Your family know to register your baby's birth at the Registry Office

Day 10 visit or appointment

At this appointment we will weigh your baby and assess the wellbeing of your family.



Follow us!

Follow us on social media for more information, news and upcoming events.



@welbeckteamDBTH

We're looking forward
to caring for you
during your pregnancy

