

Strawberry Hill Medical Centre – Midwife Information (Fushia Team)

Booking appointments are made by the midwife.

Please telephone 0118 322 8964 / Option 1 to arrange a booking appointment.

More information is available on our website www.strawberryhillmedicalcentre.co.uk.

Our community midwife can be contacted on: 07768752564.

Antenatal clinics are held on Mondays, Tuesdays, Wednesdays and Thursdays for follow-up antenatal appointments. These clinics are held here at Strawberry Hill Medical Centre.

Midwife General Enquiries: 01635 273387 (8am - 9.30am every day including weekends and Bank Holidays)

Labour Line, Royal Berkshire Hospital (ring when in labour): 0118 322 7304 or the hospital where you plan to have your baby.

Stage of Pregnancy	Recommended for first time mothers or all?	Who will you see?	What happens during the visit
Pre-booking appointment <8 weeks		Contact Reception	A referral to the midwife will be processed. You will be provided with midwife information.
8-10 weeks	All	Midwife	Booking Appointment: 1. Place of birth 2. Assess risk factors 3. Fill in paperwork, liaise with health Visitor 4. Discuss diet and exercise 5. Discuss screening tests 6. Arrange Nuchal/dating scan (11-13 weeks) 7. Blood pressure, urinalysis 8. Healthy Start/financial matters 9. Calculation of BMI 10. Answer patient's questions 11. Family medical history
12 weeks	All	Hospital	Ultrasound scan

16 weeks	All	Midwife	Antenatal Examination including fetal heart, blood results, BP check, urinalysis. Discuss antenatal classes to be booked after 20 weeks. Discuss injection of Anti-D – if blood group Rh negative Book with nurse for whooping cough vaccination.
19-22 weeks	Scan	Hospital	Anomaly scan
From 24 weeks it is important to keep a careful note of the baby's movements. If your baby is not moving as it normally does contact your hospital immediately.			
25 weeks	First time pregnancies	Doctor	Antenatal check. Give MatB1 form
28 weeks	All	Midwife	Antenatal examination, blood results, give MatB1 form (if not given before).
31 weeks	First time pregnancies	Doctor	Antenatal Check.
34 weeks	All	Midwife	Antenatal examination, blood results. Confirm presentation of baby. Preparing for birth talk.
36 weeks	All	Midwife	Antenatal examination.
38 weeks	All	Doctor	Antenatal examination.
40 weeks	First Time Pregnancies	Midwife	Antenatal examination. Offer membrane sweep.
41 weeks	All	Midwife	Antenatal examination. Discuss and arrange induction of labour. Offer membrane sweep.
At 41+ weeks patients are offered a vaginal examination to sweep the membranes. This may be enough to begin labour, without the need to be induced. An appointment will be made to attend the Delivery Suite of patients choice 12 days after due date.			

See below a list of hospitals offering Maternity Services:

Great Western Hospital Marlborough Road Swindon Wiltshire SN3 6BB	Antenatal Clinic Antenatal Appointments Delivery Suite Scan Department	01793 604071 01793 604070 01793 604575 01793 604822
North Hampshire Hospital Aldermaston Road Basingstoke Hampshire RG24 9NA	Labour Triage Antenatal Ward Ultrasound Switchboard	0300 123 9001 01256 314720 01256 314776 01256 473202
Royal Berkshire Hospital London Road Reading Berkshire RG1 5AN	Day Assessment Unit Switchboard Triage Line	0118 322 8741 0118 322 5111 0118 322 7304

Midwives give the following information to the patients:

Anti D Clinic at WBCH: Appointment arranged by midwife (Friday mornings)

Antenatal Classes: Information given by midwife for patient to make booking

Postnatal Clinics: (See above information)

Health Visitor: Vicky Berry/Tel: 01635 273385

Planned Home Births: Book home birth with the midwife, who will refer you to the Home Birth Team

Supervisors of midwives

A supervisor of midwives is an experienced midwife who is appointed to act as a source of advice and support for both midwives and women. She monitors standards of midwifery practice and helps midwives to develop new skills to ensure that appropriate care is available for women and their babies. If you wish to speak to one of the supervisors, they can be contacted via the RBH switchboard 0118 3225111 at anytime or email supervisorsofmidwives@royalberkshire.nhs.uk

Postnatal care

The day after you come home with your baby a midwife will visit you between 8am-4.30pm at home. If nobody arrives by 4.30pm please telephone 0118 322 7319 to let us know.

We cannot offer a timed visit for home appointments. We run a Mon-Fri Postnatal clinic at WBCH and can give you a set appointment then. The clinic is held in the 'children's department'. Please remember to bring your postnatal notes and red book with you to all appointments. To book an appointment at the clinic please telephone 01635 273387 between 8.30-9.30am.

Women will be seen when they request a visit, or at least:

Day 1 at home

Day 3-4 for baby weight

Day 5-6 for Neonatal blood spot

From Day 10 for discharge at WBCB, at Strawberry Hill Medical Centre, or at home.

Visits however are flexible, if you require more support we will ensure you get it. Some visits may be conducted by our Maternity Care Assistants who are trained to a high standard with breast feeding and support issues.

Maternity Clinic at Newbury Hospital

(Based in the Children's Clinic area of Newbury Community Hospital)

Rookes Way, Thatcham RG18 3AS

Tel: 01635 273387 between 8.30am – 9.30am

www.berkshirewest-pct.nhs.uk

For information on Children's Centres visit:

www.westberks.gov.uk

Maternity Clinic at Royal Berkshire Hospital, Reading

(Based in the Fertility Clinic Area of Maternity Unit, Level 2)

Saturdays, Sundays and Bank Holidays 9.30am – 4.00pm

Royal Berkshire Hospital, London Road, Reading RG1 5AN

Tel: 0118 322 8059 between 8.30am – 9.30am

www.royalberkshire.nhs.uk

Useful Websites:

www.rbhmaternity.co.uk – Patient Information Leaflets can be downloaded.

www.infochoice.org – Information about options of procedures for births, breach, epidurals.

www.womens-health.co.uk – Information for women having babies

www.nctpregnancyandbabycare.com – National Childbirth Trust Information

www.nhs.uk/Planners/pregnancyareplanner/Pages/PregnancyHome.aspx - NHS pregnancy guide

www.dsa-uk.co./frameset.htm - Downs Syndrome Association

www.eatwell.gov.uk – detailed information about healthy eating and drinking

www.alcoholconcern.org.uk – concerns about drinking

www.berkshirewomensaid.org.uk – for vulnerable women

www.screening.nhs.uk – for information on Downs syndrome and neonatal screening.