



This resource was co-produced with women and their families, healthcare professionals and commissioners in Cheshire and Merseyside and all participants were thanked for their input on development.

We would also like to thank colleagues for the use of their resources in developing this content.

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**A joint initiative by:**

Bridgewater Community Healthcare NHS Foundation Trust  
Cheshire and Merseyside Women's and Children's Partnership  
Countess of Chester NHS Foundation Trust  
Liverpool Women's NHS Foundation Trust  
Mid Cheshire Hospitals NHS Foundation Trust  
St Helens and Knowsley Teaching Hospitals NHS Trust  
Southport and Ormskirk Hospital NHS Trust  
Warrington and Halton NHS Foundation Trust  
Wirral University Teaching Hospital NHS Foundation Trust



## Your pregnancy, your choice.

Choosing a provider and place of birth  
in Cheshire and Merseyside



## Introduction - improving your choice

Use this booklet to look at your choice of provider and the options available. The NHS in Cheshire and Merseyside is looking at ways of improving choice and a more personalised pregnancy for women and aims to:

- help you have a maternity journey that is personal to you
- give you information on the range of options available and
- help you make choices that are right for you

## How will this booklet help you?

**This information will help you to:**

- think about the questions you would like to ask your GP or midwife about pregnancy
- work out what is important to you about your birth
- choose options that are available to you and record these decisions through your pregnancy and birth

## What are my choices for birth?

Most women can choose where they receive antenatal care, although some women with particular medical needs may be advised to attend hospital for appointments.

We want to ensure you receive the best quality, safe care during your birth. It is your choice whether to accept or decline any test, vaccine, treatment or appointment that are offered.

### Labour

This booklet will help you decide where you would like to give birth to your baby. One or more options may be advised, based on your health, any previous pregnancy and current pregnancy to you. But you may wish to choose a different option - remember, it is your pregnancy and your choice.

# My maternity journey - a handy guide showing what to expect when

1st trimester 0-12 weeks	2nd trimester 13-28 weeks	3rd trimester 28 weeks-birth	After baby is born	Post-natal care
<p>As soon as you know you are pregnant, see your GP or self-refer to the provider of your choice. You should receive your booking appointment before ten weeks. Your journey will start with an initial discussion of care and place of birth.</p> <p>Consider where you want to have your baby:</p> <ul style="list-style-type: none"> <li>• Midwife-led unit</li> <li>• Home</li> <li>• Hospital</li> </ul> <p>Ask your midwife for a maternity exemption certificate to benefit from free prescriptions and NHS dental treatment.</p> <p>You will be offered: Routine blood tests, ultrasound scan also known as the dating scan (around 12 weeks).</p> <p>There are foods you should avoid when you are pregnant, visit <a href="http://www.nhs.uk">www.nhs.uk</a> for the latest guidance.</p> <p>Always check with your GP, pharmacist or midwife before you take any medicine.</p> <p>Visit <a href="http://www.Start4life">www.Start4life</a> for tips on keeping yourself well during pregnancy</p>	<p>Ask your midwife for a MAT B1 certificate (after 20 weeks). This confirms your pregnancy for your employer.</p> <p>Book your antenatal classes - your midwife will give you details.</p> <p>If you are out of work or on a low-income visit <a href="http://www.gov.uk">www.gov.uk</a> to see what benefits you are entitled to.</p> <p>You will be offered: Routine blood tests, ultrasound scan (around 20 weeks) to check your baby's growth.</p> <p>You will also have the option to find out the gender of your baby should you wish to.</p> <p>You will be offered:</p> <ul style="list-style-type: none"> <li>• Whooping cough vaccination</li> <li>• Seasonal flu vaccination</li> <li>• Oral glucose tolerance test for women at risk of gestational diabetes</li> <li>• Screening for HIV, syphilis and hepatitis B</li> </ul> <p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>General</li> <li>Scans, screening and tests for your baby</li> <li>Looking after yourself</li> </ul>	<p>To prepare your birth plan your midwife will have a personal discussion with you and will give you the information you need about your choices.</p> <p>You will be offered: Scans, screening and tests for your baby, and routine blood tests for you. Anti D treatment if you are rhesus negative.</p> <p>Looking after yourself - visit <a href="http://www.nhs.uk">www.nhs.uk</a> to get advice on common health problems during pregnancy.</p> <p>Please visit <a href="http://www.gov.uk/working-when-pregnant-your-rights">www.gov.uk/working-when-pregnant-your-rights</a> for more information on your rights including maternity leave.</p>	<p>Shortly after your baby is born you will be given a personal child health record (PCHB), also known as the red book. This may be in an electronic format that is currently being rolled out across areas of England.</p> <p>You will be offered: Vitamin K and a physical examination at birth, and a more detailed examination within 72 hours.</p> <p>BCG vaccination.</p> <p>You will be seen at home by your midwife after which, a health visitor will visit you at home to help you, your family and your new baby stay healthy.</p>	<p>Register the birth of your baby within 42 days - visit <a href="http://www.gov.uk">www.gov.uk</a> for details.</p> <p>You will be offered: A heel prick test which tests your baby's blood for nine rare, but serious health conditions.</p> <p>A hearing screening will also be carried out if you had your baby at home. If you had your baby in a birth centre or hospital, this will be arranged for you after the birth.</p> <p>If you were due for a cervical screening test while pregnant, this should be rescheduled for at least 12 weeks after the birth.</p>

**For more information visit [www.nhs.uk](http://www.nhs.uk) and search for screening tests for you and your baby. Your urine and blood pressure will be checked at each antenatal appointment.**

## You can choose to have your baby:



### At home - a homebirth

Home births are a popular choice for some women. They are suitable for women who have an uncomplicated pregnancy and want to give birth in familiar surroundings with support from midwives.

The 2011 'Birth Place in England Study' focused in particular on birth outcomes in healthy women with straightforward pregnancies who are at 'low risk' of complications.

#### **Research showed:**

For healthy women having second and subsequent babies, home births are just as safe as hospital births for the baby. There are less chances of a mother needing a caesarean section or other medical intervention are lower. For example, the likelihood of having a caesarean birth is four times less than in hospital.

For healthy women expecting their first baby, birth at home seems to slightly increase the chance of problems for the baby though the overall risks are still very low. If there is a problem during labour, you will be offered a transfer to hospital,

accompanied by your midwife. Just under half of all first-time mothers transfer from a home birth to hospital during or after labour. However, only around one in ten women require a transfer who have given birth before.

Speak to your midwife if you are considering a homebirth.

#### **Homebirth - reasons to consider**

- You want to increase the likelihood of having a straightforward birth and avoid medical interventions
- You want to enjoy your own surroundings and comforts - your own bed and bathroom for instance - to help you relax and be as comfortable as possible, without the need to interrupt labour to go to hospital
- You are more likely to be cared for during labour by a midwife that you know
- You can have access to a water birthing pool if you have room for this within your home



### In a birth centre

Birth centres are staffed by midwives and are particularly suitable for all women with straightforward pregnancies, including first-time mothers. The emphasis at any birth centre is on creating a calm 'home-from-home' environment, which women feel helps labour to progress better. Birth pools are available and encouraged.

Birth centres can be either "standalone", which are birth centres that are not on the same site as other maternity services, or "alongside" which are on the same site as other maternity services.

In the 2011 'Birth Place in England Study', research showed:

- For first-time mothers, 60 per cent will not need to transfer to a delivery suite from a birth centre
- If you are having a straightforward pregnancy, birth centres are just as safe for babies as delivery suites and there is less likelihood of needing an intervention such as a caesarean section. Other medical interventions are much lower.

- For example, women who start their labour in the birth centre are 50 per cent less likely to have a caesarean birth. This applies even if the mother moves from the birth centre to a delivery suite during labour

- If a problem occurs during labour or you need an epidural, the mother will be offered a move to the delivery suite, accompanied by her midwife

- If you have previously had a vaginal birth after caesarean section, please discuss possible options for a birth with your midwife or at a clinic.

#### **Birth centre/Midwifery-led units - reasons to consider**

- You want to give birth in a homely environment
- You want to be able to have a water birth
- Smaller units with support from midwives
- You want to increase the likelihood of a straight-forward birth and avoid medical intervention.



## In a hospital delivery suite

In a hospital delivery suite also known as an obstetric unit, Women who have any complicating factors which might reduce the chances of a straightforward labour will be recommended to have their baby in a delivery suite, 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.

You may wish to change your mind about your choice of birthplace if your circumstances change. If you develop complications, you may need to consider changing where you have your baby.



### Delivery suite/labour ward - reasons to consider

You have complicating factors which mean that you may need additional care during the labour

- The opportunity to give birth in a birthing pool on delivery suite
- Your baby may need special care immediately after birth
- If you definitely want an epidural then you need to birth in the delivery suite. If you change your mind when in labour you can transfer to the birth centre if its on-site (choosing a hospital with an alongside birth centre may be appropriate)



## Maternity providers in Cheshire and Merseyside

1. Bridgewater Community Healthcare NHS Foundation Trust Pages 10 - 11
2. Countess of Chester Hospital NHS Foundation Trust Pages 12 - 13
3. Liverpool Women's NHS Foundation Trust Pages 14 - 15
4. Mid Cheshire Hospitals NHS Foundation Trust Pages 16 - 17
5. St Helens and Knowsley Teaching Hospitals NHS Trust Pages 18 - 19
6. Southport and Ormskirk Hospital NHS Trust Pages 20 - 21
7. Warrington and Halton Hospitals NHS Foundation Trust Pages 22 - 23
8. Wirral University Teaching Hospital NHS Foundation Trust Pages 24 - 25



## Bridgewater Community Healthcare NHS Foundation Trust

Bridgewater Community Healthcare NHS Foundation Trust is a leading provider of Community Health Services in the North West of England. We provide high quality midwifery community services to women living in Cheshire and Merseyside, predominantly living in Widnes and Runcorn.

Bridgewater Community Midwives are a safe, friendly welcoming service who will provide your care within the local community setting.

The majority of our services are delivered in locations close to where you live. We care for approximately 1600 women per year in the antenatal and postnatal period. All women have a named midwife.

If you choose a homebirth your named midwife is responsible for providing your antenatal, birth and postnatal care.

Bridgewater midwives ensure that a home birth is a realistic option, with midwives providing a 24 hour on call midwifery service.

In addition, we work in partnership with your local hospital, so if you choose to have your baby in hospital we will refer you to the local hospital of your choice.

**[www.bridgewater.nhs.uk/haltonsthelens/midwiferyservices](http://www.bridgewater.nhs.uk/haltonsthelens/midwiferyservices)**

### Core and specialist services

- ✓ Home births
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Screening
- ✓ Access to bereavement support service
- ✓ Hypnobirthing
- ✓ Access to complementary therapy services\*\*
- ✓ Access to smoking cessation clinics
- ✓ Breastfeeding support
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Car parking
- ✓ Post-natal care in the community up to 4 weeks
- ✓ Perinatal mental health services

\*\* Aromatherapy and yoga

#### Bridgewater Community Healthcare NHS Foundation Trust

Widnes Urgent Treatment Centre  
Oaks Place  
Caldwell Road  
Widnes  
WA8 7GD

**Tel:** 0151 495 5079





## Countess of Chester NHS Foundation Trust

The Trust provides care to around 3000 women per year. The overall philosophy of Maternity Services is to provide each woman with the appropriate care, at the appropriate time, for the wellbeing of both mother and baby in a warm and friendly manner.

All women are booked for Midwifery Led Care unless the risk assessment undertaken at booking indicates that Consultant care is required, care is then shared between the Midwife and Consultant Team.

We provide support for women who require additional assessment during pregnancy. The hospital has a well-established Obstetric Day Unit, Fetal Medicine Unit, Medical Disorders, High Risk Clinics and Birth Options Clinics.

We will support our women in their choice of where to have their baby either in the home or at the hospital. Our aim is to be flexible in our care so that your individual wishes are met.

[www.coch.nhs.uk/all-services/maternity-services.aspx](http://www.coch.nhs.uk/all-services/maternity-services.aspx)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Hypnobirthing
- ✓ 24 hour telephone helpline to access a midwife
- ✓ Access to smoking cessation clinics
- ✓ Breastfeeding support
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 4 weeks
- ✓ Perinatal mental health services

### Countess of Chester Hospital

Labour ward  
Countess of Chester  
Liverpool Road  
Chester  
CH2 1UL

**Booking line:** 01244 363487

**Community midwives:**  
01244 365166





## Liverpool Women's NHS Foundation Trust

At Liverpool Women's we specialise in the health of women and their babies - both within the hospital and in the community.

We are the only specialist Tertiary Trust in the UK for women's services.

Our Maternity Team cares for women and their babies from conception to birth, and are supported by our Neonatal Team who are available to provide around the clock care for premature and new born babies who may require specialist treatment. Our support does not end there as we will be on hand for postnatal care and appointments up to four weeks following the birth of your baby.

As soon as you know you are pregnant you can contact your GP to organise your antenatal care with us or you can call us direct on: 0151 247 4747.

The care we provide is centred around our women and their families. We offer flexible appointments which can be arranged at a time convenient to you, should they be needed.

Choosing to have your baby at Liverpool Women's will give you immediate access to specialist advice, care and treatment 24/7.

Our highly-skilled team of consultants, obstetricians, midwives and other clinical experts deliver over 8,200 babies each year and are here to support and guide you before, during and after your pregnancy.

[www.liverpoolwomens.nhs.uk](http://www.liverpoolwomens.nhs.uk)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
- ✓ Hypnobirthing
- ✓ Partners staying overnight
- ✓ Complementary therapy services\*\*
- ✓ Access to smoking cessation clinics
- ✓ Breastfeeding support
- ✓ Perinatal mental health service
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 4 weeks

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy, acupuncture, yoga and reflexology

#### Liverpool Women's Hospital

Crown Street  
Liverpool  
L8 7SS

**Tel:** 0151 708 9988

**Booking:** 0151 247 4747

**Community midwives:**  
0151 702 4175





## Mid Cheshire Hospitals NHS Foundation Trust

Mid Cheshire Hospitals NHS Foundation Trust Maternity service is based at Leighton Hospital, Crewe. Offering Homebirth, an alongside Midwifery Led Unit and Consultant Led Unit we undertake approximately 3000 births per year. Antenatal and Postnatal Care is also provided to women across our semi-rural area.

Staff of the Maternity Unit warmly welcome you and your family. We offer a safe and high-quality service. We are sensitive to your physical and emotional needs and are flexible in our care so that your individual wishes are met.

All healthcare professionals you encounter will respect you as an individual undergoing a significant and emotionally intense life experience. You will be in control, listened to and cared for with compassion.

Your care will be planned taking into consideration your individual needs and wishes. We will provide you with evidence based information so that you can make informed choices. Your consent will be sought for any intervention or treatment offered.

Our Maternity Services provide a hospital of excellence for the community, by continually striving to provide a first class service to meet the local wider needs.

At Mid Cheshire Hospitals NHS Foundation Trust we provide dedicated, highly motivated and appropriately trained staff, and using resources available, we provide a diverse health care service specifically targeting the needs of surrounding communities.

[www.mcht.nhs.uk/  
information-for-patients/  
departmentsandservices/  
maternity/](http://www.mcht.nhs.uk/information-for-patients/departmentsandservices/maternity/)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
- ✓ Hypnobirthing
- ✓ Complementary therapy services\*\*
- ✓ Breastfeeding support
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Partners staying overnight
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 6 weeks

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy, acupuncture, yoga and reflexology, midwifery, access to smoking cessation services

### Mid Cheshire Hospitals NHS Foundation Trust

Middlewich Rd  
Crewe  
Cheshire  
CW1 4QJ

**Maternity outpatient reception:**  
01270 273127





## St Helens and Knowsley Teaching Hospitals NHS Trust

The Trust provides care to around 4000 women per year. To achieve women's expectations we aim to offer a friendly, supportive and safe service for women, their partners, babies and their families. We believe in promoting normality in pregnancy and labour and we strive to maximise one to one care during labour promotion of skin to skin and breastfeeding.

In the antenatal period we provide preparation for birth such as hypnobirthing coaching and preparation for infant feeding too.

We will support our women in their choice of where to have their baby either in the home or at the hospital, which is a modern build providing a spacious, clean bright environment for women who decide to choose us.

Women have antenatal care in the community setting provided by the Trust community midwifery teams who also provide 24/7 cover for home births.

If a woman chooses to have her baby at the hospital, we have a modern Delivery Suite with 14 fully equipped rooms, inclusive of a birthing pool and a selection of birthing aids that women can use.

If your pregnancy is low risk we have a 4 bedroomed alongside Midwife Led Unit, where there are 2 pools to labour and birth in.

**[www.sthk.nhs.uk](http://www.sthk.nhs.uk)**

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
- ✓ Hypnobirthing
- ✓ Complementary therapy services\*\* up to 4 weeks
- ✓ Access to smoking cessation clinics
- ✓ Breastfeeding support
- ✓ Perinatal mental health service
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Partners staying overnight
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy

#### Whiston Maternity Unit

St Helens and Knowsley Teaching Hospitals NHS Trust  
Whiston Hospital L35 5DR

#### Maternity community booking line:

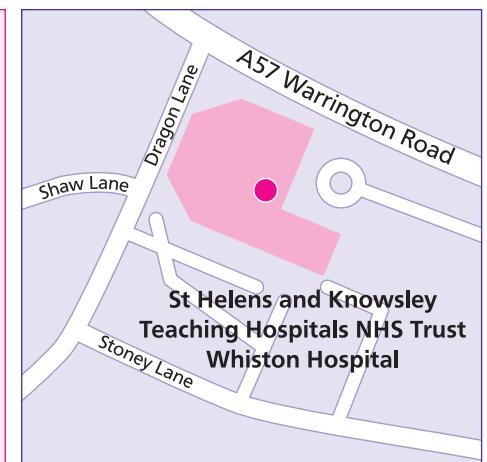
0151 290 4561

#### Community Midwives:

0151 426 1600

#### Maternity Triage:

0151 430 1492





## Southport and Ormskirk Hospital NHS Trust

The Trust provides care to around 2600 women per year and the Maternity Unit is based in Ormskirk. We aim to provide supportive, safe, friendly, high quality care which meets the expectations of the women and families we care for.

Having a baby is a life changing event and touches everyone. It can be both an exciting and emotional time with lots of questions along the way. Our expert maternity team is equipped with the skills and competencies to support you through your pregnancy and the delivery of your baby whether it is perfectly normal or more complex.

Working together with you we will develop a safe individualised plan of care for you at every stage of your pregnancy, birth and following the delivery of your baby.

If you chose to have your baby at home our community midwives provide an on call service 24/7 and can provide birth pools when required. Within the Hospital we have 5 fully equipped Delivery rooms and 3 midwife-led rooms, birth pools and natural birth aids are available for use in all of these rooms.

If your delivery is more complicated we have a fully equipped theatre and an epidural service 24/7. Whether you choose to deliver your baby in the Hospital or at home we strive to provide a high level of care that meets your needs.

[www.southportandormskirk.nhs.uk/maternity/default.asp](http://www.southportandormskirk.nhs.uk/maternity/default.asp)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a Midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
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- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
- ✓ Hypnobirthing
- ✓ Complementary therapy services\*\*
- ✓ Breastfeeding support
- ✓ Perinatal mental health service
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Partners staying overnight
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 4 weeks

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy, acupuncture, yoga and reflexology

### Southport and Ormskirk Hospital

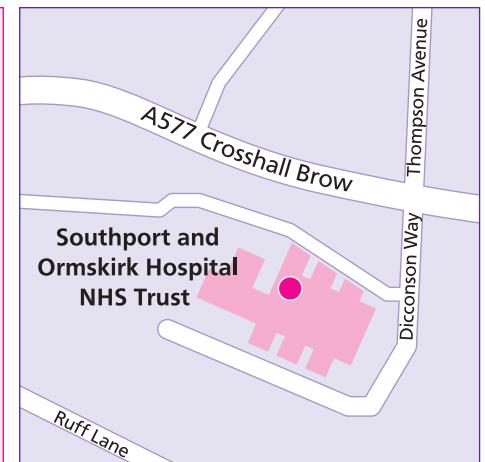
Wigan Road  
Ormskirk  
L39 2AZ

**Referrals:** 01695 656924

**Community midwives:**

01695 656668

**Triage:** 01695 656604





## Warrington and Halton NHS Foundation Trust

Providing care to around 3000 women and their families every year, our aim is to provide a safe, friendly and supportive maternity service.

Putting Women and families at the heart of our service, we actively encourage shared decision making between women and their caregivers to facilitate your individual needs during pregnancy, birth, and the postnatal period.

Our expert teams provide care for women with uncomplicated pregnancies, as well as those with more complex care needs requiring closer monitoring. Maternity care services are offered in a variety of local community settings, as well as at our Warrington and Halton Hospital sites.

When the time comes for you to have your baby, you want to be in a place where you feel comfortable, relaxed, confident and secure, and for everything

to go as smoothly as possible. We promote choice in where you wish to give birth, including; home birth, midwifery led unit (alongside) or in our Obstetric Unit. We are currently exploring the provision of a freestanding birth centre within the community.

We are here to give you all the information you need to help you to make the right decisions for you. We welcome women and their families to tour the Unit at any stage of your pregnancy to support you in your choices.

At Warrington Hospital, we will be with you every step of the way, offering you help and advice throughout your pregnancy, care and reassurance when it's time to give birth, and all the guidance you need as you embark on your journey through pregnancy to parenthood.

[www.whh.nhs.uk](http://www.whh.nhs.uk)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a Midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
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- ✓ Complementary therapy services\*\*
- ✓ Access to smoking cessation clinics
- ✓ Breastfeeding support
- ✓ Perinatal mental health service
- ✓ Teenage pregnancy
- ✓ Substance misuse
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Unit tours
- ✓ Partners staying overnight
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 4 weeks

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy

### Warrington and Halton Hospitals NHS Foundation Trust

Warrington Hospital  
Lovely Lane  
Warrington  
WA5 1QG

#### Community midwives:

01925 662092

#### Antenatal clinic:

01925 662260





## Wirral University Teaching Hospital NHS Foundation Trust

Wirral Women's and Children's Hospital is based on the Arrowe Park Hospital site and is a flagship hospital located in the heart of the Wirral peninsula. The Trust prides itself on the quality of its Maternity Service which provides safe, family orientated, personalised care both in an acute hospital and community setting with approximately 3300 births per year. A co-located level 3 Neonatal unit provides highly specialised care to those babies requiring intensive and special care which includes family accommodation in Ronald McDonald House.

Women receive 1:1 care from a named midwife and are provided with choice regarding place of birth. This choice includes all 4 place of birth options:

- Obstetric Delivery Suite
- Alongside Midwifery Led Unit (Eden Suite)
- Freestanding Midwifery Led Unit (located in Seacombe Children's Centre)
- Home birth

A dedicated caselowering midwifery team – Highfield Team, are based at Seacombe Children's Centre providing continuity of care to those women choosing to birth at the unit or at home.

Antenatal care is provided in the Antenatal Outpatient department and additional specialist antenatal support is provided by experienced, highly skilled midwives working within the Maternity Day unit and Fetal Medicine unit with advice being available 24/7 from the Maternity Triage.

Inpatient antenatal and postnatal care is delivered in a patient centred, friendly environment with women benefiting from individual private rooms with partners welcome and encouraged to stay overnight. We aspire to provide a high standard of personalised midwifery and obstetric care and welcome you to our maternity service.

[www.wuth.nhs.uk/our-locations/wirral-women-and-childrens-hospital/prenatal-neonatal-postnatal-services](http://www.wuth.nhs.uk/our-locations/wirral-women-and-childrens-hospital/prenatal-neonatal-postnatal-services)

### Core and specialist services

- ✓ Home births
- ✓ Alongside midwifery unit
- ✓ Free standing midwifery unit
- ✓ Pool birth availability
- ✓ Continuous support from a midwife during labour
- ✓ Obstetric unit
- ✓ Screening
- ✓ Epidural service
- ✓ Neonatal services
- ✓ Bereavement support service
- ✓ Bereavement support room
- ✓ Bereavement facilities on ward\*
- ✓ Access to perinatal mental health service
- ✓ Hypnobirthing
- ✓ Complementary therapy services\*\*
- ✓ Breastfeeding support
- ✓ Teenage pregnancy
- ✓ Substance use service
- ✓ Telephone helpline
- ✓ Parent education
- ✓ Online unit tours
- ✓ Partners staying overnight
- ✓ Car parking
- ✓ Fetal medicine
- ✓ Post-natal care in the community up to 4 weeks
- ✓ Access to smoking cessation services

\* Bereavement room, cold cot, photographer and bereavement midwife and team

\*\* Aromatherapy and acupuncture

### Wirral University Teaching Hospital

Arrowe Park Road  
Upton  
Wirral CH49 5PE

**Wirral Hospital** 0151 678 5111  
**Maternity Triage** 0151 604 7111  
**Community Midwives**  
0151 604 7501



Wirral University  
Teaching Hospital  
NHS Foundation Trust

## Frequently asked questions

**What is important to me during my pregnancy?**

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**What is important to me after my baby is born?**

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

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**Who will be my midwife and will I see the same one all the time?**

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## Glossary

**Antenatal screening** - tests that will be done whilst you are pregnant and before birth.

**Birth/birthing centres**, which include rooms with birthing pools, holistic care and is staffed by midwives 24 hours a day.

**Delivery suites** (these are sometimes referred to as labour wards) with specialist maternity services for giving birth and specialist theatres for women needing caesarean sections.

**Epidural** - Epidural anesthesia blocks pain in a particular region of the body. The goal of an epidural is to provide pain relief, rather than anesthesia, which leads to total lack of feeling. Epidurals block the nerve impulses from the lower spinal segments.

**Friends and Family Test (FFT)** - The Friends and Family Test (FFT) is a feedback tool that supports the principle that people who use NHS services should have the opportunity to provide feedback on their experience. It asks people if they would recommend the services they have used and offers a range

of responses. The FFT provides a method to highlight both good and poor patient experience. This kind of feedback is vital in transforming NHS services and supporting patient choice.

**Holistic care** - means consideration of the complete person, physically, psychologically, socially, and spiritually, in the management and prevention of disease as there is a link between our physical health and our more general 'well-being'.

**Increased consultant care** for women who need more complex care and support.

Midwife-led care for women by a highly experienced team of midwives 24 hours a day, seven days a week.

**Newborn screening** - tests that will be done for your baby after birth.

**NHS Choices** - NHS Choices is an NHS website that provides information on services and for maternity, it provides patient information, advice and support for women and their families.

It also includes reviews and ratings from members of the public and this is the data that we have used for the birth centres within this leaflet [www.nhs.uk](http://www.nhs.uk)

**Recovery areas or maternity HDU** for women who have given birth in theatre or have very complex care needs.

**Special Care Baby Units** and intensive care units/neonatal units for babies requiring continuous medical and nursing care due to prematurity or complex needs.

**Specialist midwife** - A Clinical Midwife Specialist is a highly skilled and experienced registered midwife who has an extended level of independence and works closely with managers and senior clinicians.

**Vitamin K injection for babies** - In the UK, parents of new babies are routinely asked if their baby is to have supplementary vitamin K by injection or oral supplement, which is needed to make blood clot and prevent excessive internal bleeding, if required.

