



Lancashire and
South Cumbria
Health and Care Partnership

Maternity and
Newborn Alliance



Your Birth Your Choice

What matters to you, matters to us



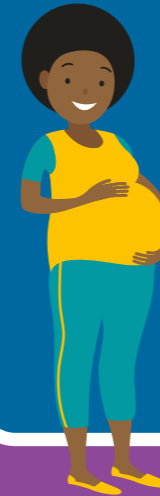


Your Birth, Your Choice...

This booklet summarises choices that are available to you.

We encourage you to consider your personal needs and wishes so that you can have conversations with your chosen maternity care provider. This booklet is also available on-line.

<https://www.healthierlsc.co.uk/BetterBirths>



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1. Congratulations on your pregnancy

Welcome to the maternity choices booklet that we hope will provide you with useful information to help you consider what is important to you as you prepare for your baby's birth.



Why is choice important to you?

Your maternity service encourages you to make choices about your maternity care including where you give birth to your baby and what you would like available to you in pregnancy and labour.

Understanding all your options means you can make choices and be fully involved in decisions about your individual care. This will help to make your experience positive even if unexpected things happen along the way.

“I feel in control about what is important to me”

“I feel respected as an individual”

“Expressing my preferences helped me have the breech birth I wanted.”



Your care providers (the midwives and doctors at your chosen NHS Trust) will listen to your preferences, answer your questions and concerns and provide you with unbiased information, explaining the risks and benefits of each option in any situation.

You will have regular opportunities to have conversations about your personal circumstances. Being informed will mean that you can make the decisions which are right for you.

Please take time to consider your wishes and please don't hesitate to ask about anything. We recommend that you talk over your thoughts with your midwives and doctors so that your care can be personalised. Everyone's situation is different.

In some circumstances the midwives or doctors may recommend a particular pathway or place of birth but they will respect your wishes and do everything they can to support your choices however straight forward or complex your personal situation.

We would encourage you to get in touch soon after you have a positive pregnancy test so that your personalised care and support plan can begin.

Every woman is entitled to antenatal care and the early weeks of pregnancy are significant in the baby's growth and development so we would love to hear from you soon.

2. Where can I choose to give birth?

At home

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

- At home you will be in a familiar place and feel comfortable in your own surroundings helping you to relax without the need to interrupt labour to go into hospital.
- A midwife will be with you for your labour and a maternity support worker or second midwife will be there for the birth of your baby.
- You are more likely to see the same person throughout your care.
- Minimises the need for medical intervention.
- If you or your baby need to see a doctor, your midwife will call an ambulance and you will be transferred to a hospital obstetric unit.
- Coping options may include a bath or birthing pool, gas and air (Entonox), or your own relaxation techniques such as massage.

In a free standing midwifery led unit

Free standing midwifery led units are not on the same site as other maternity services. They are staffed by midwives and are particularly suitable for all women with straightforward pregnancies, including first-time mothers. The emphasis is on creating a calm environment, which helps labour to progress. Birth pools are available and encouraged.

- A freestanding midwifery unit is usually 'home-like', and is in a different place from the hospital obstetric unit.
- A midwife will be with you for most of your labour and a maternity support worker or second midwife may also be there.
- You are more likely to see the same person throughout your care than you would in an obstetric unit.
- If you or your baby need to see a doctor, your midwife will call an ambulance and you will be transferred to a hospital obstetric unit.
- Coping options may include a birthing pool (if available), gas and air (Entonox), or an opiate injection for pain relief.
- Transfer times to the obstetric units will vary, please ask your midwife.

birth
pools are
encouraged



In an alongside midwifery unit

Alongside midwifery units are staffed by midwives and are particularly suitable for all women with straightforward pregnancies, including first-time mothers. The emphasis is on creating a calm environment, which helps labour to progress. Birth pools are available and encouraged.



- An alongside midwifery unit, which is usually 'home like', is situated on the same hospital site as the obstetric unit.
- A midwife will be with you for most of your labour and a maternity support worker or second midwife may also be there.
- You are more likely to see the same person throughout your care than you would in an obstetric unit.
- If you or your baby needs to see a doctor, you will be transferred to an obstetric unit on the same site. A neonatal / special care baby unit is also available on site; these will differ in levels of care provided.
- Coping options may include a birthing pool (if available), gas and air (Entonox), or an opiate injection for pain relief.

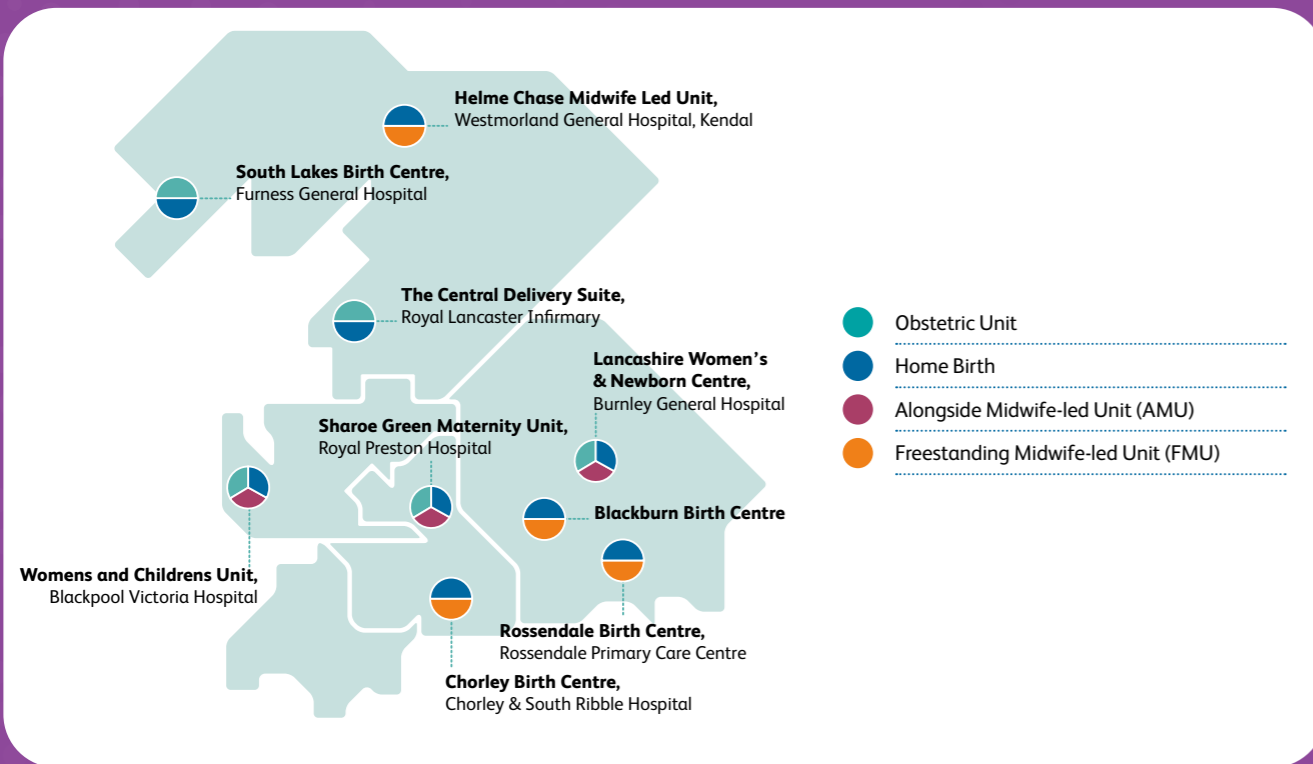
In an obstetric unit

Women who have any complicating factors which might reduce the chances of a straightforward labour may be recommended to have their baby in an obstetric unit, where doctors are available to help if needed. This will be discussed throughout your pregnancy

- An obstetric unit is a hospital environment with a medical team (obstetricians, anaesthetists, neonatologists/paediatricians) and medical equipment.
- A midwife will be with you for most of your labour and a maternity support worker or second midwife may also be there.
- In many hospital settings, you are less likely to see the same person throughout your care.
- If you or your baby needs to see a doctor, your midwife will call a doctor who is available on site who will come to your room. A neonatal unit / special baby care unit is also available on site; these will differ in levels of care provided.
- Coping options may include gas and air (Entonox), an opiate injection for pain relief, a birthing pool (if available), and an epidural. Note: An epidural is only available in a hospital obstetric unit.



3. Choosing your place of birth



University Hospitals of Morecambe Bay

Royal Lancaster Infirmary

Maternity services at the Royal Lancaster Infirmary (RLI) offer midwife-led and obstetric consultant-led care for complex and uncomplicated pregnancies.

Nothing is too much trouble for our experienced and dedicated midwives, doctors, maternity support workers and clerical staff.

They will strive to provide you with all the help and support you need to make sure you receive the best possible experience in our care.

At RLI we have an antenatal and post natal ward, an antenatal clinic, early pregnancy unit and a dedicated ultrasound service.

We have an active birth room in the central delivery suite which also contains a birthing pool.

For further information about maternity services at Royal Lancaster Infirmary, or to speak to a midwife, please call: 01524 583850

Ashton Road
Lancaster
LA1 4RP

South Lakes Birth Centre

Our maternity services at Furness General Hospital (FGH) offer midwife-led and obstetric consultant-led care for complex and uncomplicated pregnancies.

We aim to make your birth experience as special as possible, whilst also ensuring that it is safe and results in the best possible outcome for you and your baby.

Within the South Lakes Birth Centre, there are ten birthing rooms and four active birth rooms, along with two dedicated operating theatres, a special care baby unit, a maternity assessment area, and a transitional care facility.

We have four birthing pool rooms. Each room is large and airy, providing a comforting and relaxing surrounding for women in labour, and each has ensuite facilities.

For further information about maternity services at South Lakes Birth Centre, or to speak to a midwife, please call: 01229 491035

Dalton Lane
Barrow-in-Furness
LA14 4LF

Helme Chase Midwife Led Unit

Our midwife-led unit at Westmorland General Hospital. We pride ourselves in being able to provide a tranquil and home-from-home environment, which allows you to focus on your body and the baby.

We have a team of dedicated and experienced midwives and maternity support workers who will provide all the support and help you need to have your baby in a true 'home-from-home' setting.

Our birthing pool room at Helme Chase has recently been upgraded and has en-suite facilities. The room is large and airy, providing a comforting and relaxing surrounding for women in labour.

For further information about maternity services at Helme Chase, or to speak to a midwife, please call: 01539 795375

Westmorland General Hospital
Burton Road
Kendal
LA9 7RG

Specialist midwives

We have a team of specialist midwives working in the Trust, they include, perinatal mental health, teenage pregnancy, antenatal and newborn screening, bereavement, diabetes, safe active birth, safeguarding and professional midwifery advocates.

Parent education

We offer a wide range of parent education sessions across Morecambe Bay. Please ask your community midwife for details of what's available in your local area.

How to refer to our services

Complete a self-referral online @ <https://www.uhmb.nhs.uk/maternity>

If you need to speak to a member of our administration team or need help completing your on line referral please call us:

If you live in or around Barrow or Kendal areas;
Please call **01229 403838** Mon-Fri 09.00 – 16.30

If you live in or around the Lancaster area;
Please call **01524 584130** Mon-Fri 09.00 – 16.30

Blackpool Teaching Hospitals

Blackpool Maternity Unit is located within the Women's and Children's unit.

Our maternity services at Blackpool Teaching Hospitals offer midwife led and obstetric consultant led care.

We pride ourselves in listening to; respecting and valuing what our service users want and need from their experience within our service.

With experienced dedicated midwives, doctors, maternity support workers and clerical staff nothing is too much trouble. They will strive to help guide and support you through your journey, whilst ensuring that you and your baby remain safe and well cared for receiving the most appropriate care.

At Blackpool Teaching Hospitals we have a 22 bed mixed antenatal and postnatal ward, an antenatal clinic, early pregnancy unit and a dedicated ultrasound service.

With Blackpool you have lots of choices about your labour and birth experience. We have a dedicated and passionate team of community midwives who offer home births and will go the

extra mile keeping you and your baby safe, whilst making sure you feel special and supported.

If that's not what you want, we have a beautiful alongside birth centre which has four "home from home" rooms, two of which have birthing pools. All rooms have en-suites and facilities for your birth partner to stay with you. To make your experience extra special the midwives can support with holistic therapies such aromatherapy and massage.

For those who have more complex pregnancies we have an obstetric unit which we refer to as delivery suite, with nine birthing rooms, two theatres and a recovery bay. We also have a pool room for women who want the option to give birth in water.



If you have had a positive pregnancy test there is no need to book a GP appointment.

Please go to: <https://www.bfwh.nhs.uk/our-services/maternity/maternity-self-referral/> and it will take you to our online pregnancy self-referral.

Alternatively, you can search for the “Blackpool Teaching Hospitals Maternity Self-referral” online. Once you have found the website, under our services, there is ‘maternity self-referral’. You will be asked to fill out some details and you will be contacted within 72 hrs. If this does not happen, please resubmit the form.

Maternity Services, Women’s Unit
Blackpool Victoria Hospital
Whinney Heys Road
Blackpool, Lancashire
FY3 8NR

For more information visit Blackpool Teaching Hospitals:
www.bfwh.nhs.uk



East Lancashire Hospital Trust

At East Lancashire Hospital Trust we strive to offer choice to women for their birth and have a range of settings available through midwife led and obstetric environments. Over 6000 women choose to have their babies at East Lancashire Hospitals NHS Trust (ELHT) each year.

Homebirth

We encourage homebirths and work closely with women and their families to plan your homebirth in order to facilitate a safe and trusting relationship. We have our dedicated community midwifery staff who support our home birth services who are experienced in caring for women in their own home.

Free standing midwife led birth centre

We have two free standing birth centres available for you to choose from.

Blackburn Birth Centre

This birth centre offers 4 birthing rooms with the availability of 3 birthing pools. It is designed to be a home-from-home experience. The rooms are decorated with soft comfy furnishings and lighting to enable a calm and tranquil setting

for birth. We also provide initial support postnatally with caring for and feeding your newborn baby. The birth centre offers a holistic environment that is welcoming and safe.

Rossendale Birth Centre

Our second free standing birth centre is in Rawtenstall. The birth centre is staffed when women require the facility. It has one birthing room with a pool and offers a unique one-to-one experience. We promote an early transfer home within a couple hours of the birth. We follow up with postnatal care in the community.

Burnley Birth Centre

Our birth centre at Burnley is located within the Lancashire Women’s and Newborn Centre in Burnley General Hospital. We strive to maintain a comfortable home from home environment that reduces the feel of a clinical hospital environment. It is a midwife led unit alongside the obstetric unit. This is our largest birth centre with 7 birthing rooms containing 3 birthing pools. We provide all postnatal care and feeding support and transfer home takes place from the birth centre. The birth centre provides a friendly and supportive environment for women who choose to give birth within a hospital setting with the feel of a home environment. Within all our birth centres midwives can offer extra holistic

services in aromatherapy and massage to support and maintain a calming and positive environment.

Birth Suite

Our birth suite is our consultant obstetric unit which is located within the Lancashire Women and Newborn Centre at Burnley General Hospital. It is a large unit containing 19 birthing rooms, two of which have birthing pools. The birth suite is supported by both doctors and midwives.

Within all our birthing settings we strive to give safe, personal and effective care at the right time, in the right place. We aim to provide care and services which are evidence based and family centred. Your midwife will discuss and guide you through your choices and preferences regarding mode of birth and the best suited environment for yourself and your baby.

We are also extremely proud and honoured to be the first Trust in the world to be awarded the UNICEF Baby Friendly Initiative Gold Standard accreditation. This means we

consistently demonstrate best practice standards around infant feeding and relationship building with new mums and their babies.

We offer antenatal care within all community settings in our geographical area. If you require an appointment with a midwife to book your pregnancy please contact your GP and they will arrange an appointment with the lead midwife within their surgery. However if they do not have a midwife clinic running through their services please call our booking line number **01282 804512** and an appointment will be made for you in your local community midwife clinic.

Lancashire Women's & Newborn Centre

Burnley General Hospital
Casterton Avenue
Burnley
BB10 2PQ

Blackburn Birth Centre

Park Lee Road
Blackburn
BB2 3NY

Rossendale Birth Centre

Bacup Road
Rossendale
BB4 7PL

Lancashire Teaching Hospitals

Lancashire Teaching Hospitals aims to provide a range of welcoming, relaxed, comfortable, and supportive environments for women and their families. You will be cared for by midwives with the support of maternity support workers, with the input of obstetricians, anaesthetists and neonatologists as required. Childbirth is a major life event and our services are committed to the promotion of a positive life experience, which enhances the long term physical and emotional wellbeing of women and their families. Women and their birth companion(s) are involved in all aspects of care to enable them to feel safe, confident and empowered. All our maternity team provide high quality, evidence-based care, thereby supporting you with competence and confidence.

Delivery Suite

Based in the Sharoe Green Unit on the Royal Preston Hospital site our delivery suite has a range of state of the art equipment to support women who have more complex pregnancies or underlying medical conditions as they give birth to their baby. It is staffed by midwives and obstetricians with the support of anaesthetists and neonatologists.

The delivery suite offers a calm and comfortable environment to support and promote relaxation. There are 12 rooms each equipped differently to accommodate a variety of circumstances. There are 4 active birth rooms with birthing pools. Coping strategies available include birthing pools, hypnobirthing, aromatherapy, gas and air (entonox), an opiate injection such as pethidine/diamorphine, and epidurals.

If you need a review by an obstetrician during your labour, your midwife will ask them to attend. A neonatal intensive

care unit (NICU) is also available on site should your baby require any support from the neonatal team.

Following the birth of your baby your care will be transferred to our maternity ward for your postnatal stay unless you wish to have an early transfer and it is safe to do so. Once you have returned home postnatal care will continue to be provided by your local midwifery team at home and community clinics.

For further information about maternity services at the Sharoe Green Unit, or to speak to a midwife, please call: 01772 524495

Royal Preston Hospital
Sharoe Green Lane
Fulwood
Preston
PR2 9HT

Maternity Theatre Suite

Our maternity theatre suite is situated next to the delivery suite and is easily accessible if a caesarean section or other surgical intervention is required during labour, birth or following the birth of your baby; or if you have chosen a caesarean as your preferred mode of birth. Our dedicated staff will ensure that you feel safe and relaxed in their care. You will be supported by midwives, obstetricians, anaesthetists and the theatre team. Afterwards you will usually return to suite for a short period of time before being transferred to the maternity ward.

Preston Birth Centre

Preston Birth Centre is an alongside midwifery unit based within the Royal Preston Hospital Sharoe Green Unit, but separate from the obstetric unit. Midwives take responsibility for your care during labour, and support you during the birth of your baby. The birth centre is particularly suitable for women with uncomplicated pregnancies.

The birth centre offers a homely environment to make you comfortable

and aid relaxation. There are 4 birthing rooms. Each room has a birthing pool and a variety of equipment to support you to have an active labour and birth. Coping strategies available include hypnobirthing, aromatherapy, gas and air (entonox) or an opiate injection such as pethidine. In addition to the birthing rooms there are two postnatal rooms where you can stay for up to 24 hours following the birth of your baby.

You may be cared for by the midwife or midwifery team you have seen in the community.

If you need a review from an obstetrician during your labour, your midwife will transfer your care to the delivery suite which is located on the floor above the birth centre. A neonatal intensive care unit (NICU) is also available on site should your baby require any support from the neonatal team.

Short stay postnatal care will be provided on the birth centre and continued by your local midwifery team at home and community clinics.

For further information about maternity services at Preston Birth Centre, or to speak to a midwife, please call: **01772 528223**

Royal Preston Hospital
Sharoe Green Lane
Fulwood
Preston
PR2 9HT



Chorley Birth Centre

Chorley Birth Centre is run by a team of midwives who provide you with continuity of carer. The Chorley Birth Centre is a freestanding midwifery unit meaning it is on a separate site from the obstetric and neonatal unit facilities. The birth centre is particularly suitable for women with uncomplicated pregnancies.

The birth centre offers a homely environment to make you comfortable and aid relaxation. There are three birthing rooms. Each room has a birthing pool and a variety of equipment to support you to have an active labour and birth.

Coping strategies available include hypnobirthing, aromatherapy, gas and air (entonox) or an opiate injection such as pethidine. You can stay for up to 24 hours following the birth of your baby.

You are more likely to see your named midwife throughout your ante natal and postnatal care and have met the midwife who will care for you during your birth.

You are less likely to require medical intervention; however, if you need a review from an obstetrician, during labour or after birth, your midwife will transfer you via ambulance to the delivery suite at Royal Preston Hospital.

Postnatal care will be provided by the team, your first visit will be at home followed by appointments at Chorley Birth Centre planned in response to your individual needs.

For further information about maternity services at Chorley Birth Centre, or to speak to a midwife, please call: **01257 245116**

Chorley and South Ribble Hospital
Preston Road
Chorley
PR7 1PP

Home Birth

The Ivy homebirth team are a dedicated team of midwives who are experienced in supporting women who choose to stay at home during labour and for the birth of their baby. They will provide your antenatal care, be on call to attend when you are in labour and giving birth, and provide all your care following the birth in the postnatal period.

At home you will be in a familiar place, feel comfortable in your own surroundings, and have the freedom to move around, be in control and be with your family. You are likely to see the same midwife throughout your care.

Coping strategies available include hypnobirthing, aromatherapy, gas and air (entonox) or an opiate injection such as pethidine.

If you need a review from an obstetrician the midwife will transfer you via ambulance to the delivery suite at Royal Preston Hospital.

Postnatal care will be provided by your named midwife in your home.

For further information about having a homebirth, please call: 01257 245193 (answerphone out of hours) or email homebirth.team@lthtr.nhs.uk

Specialist midwives

We have a number of specialist midwives and teams working within the trust, they include a consultant midwife, antenatal and newborn screening team, perinatal mental health midwife, enhanced support team (for issues such as teenage pregnancy, domestic abuse and drug and alcohol misuse), safeguarding midwife, bereavement team, and diabetes team.

We also have a number of midwives who are professional midwifery advocates.

How to refer to our services

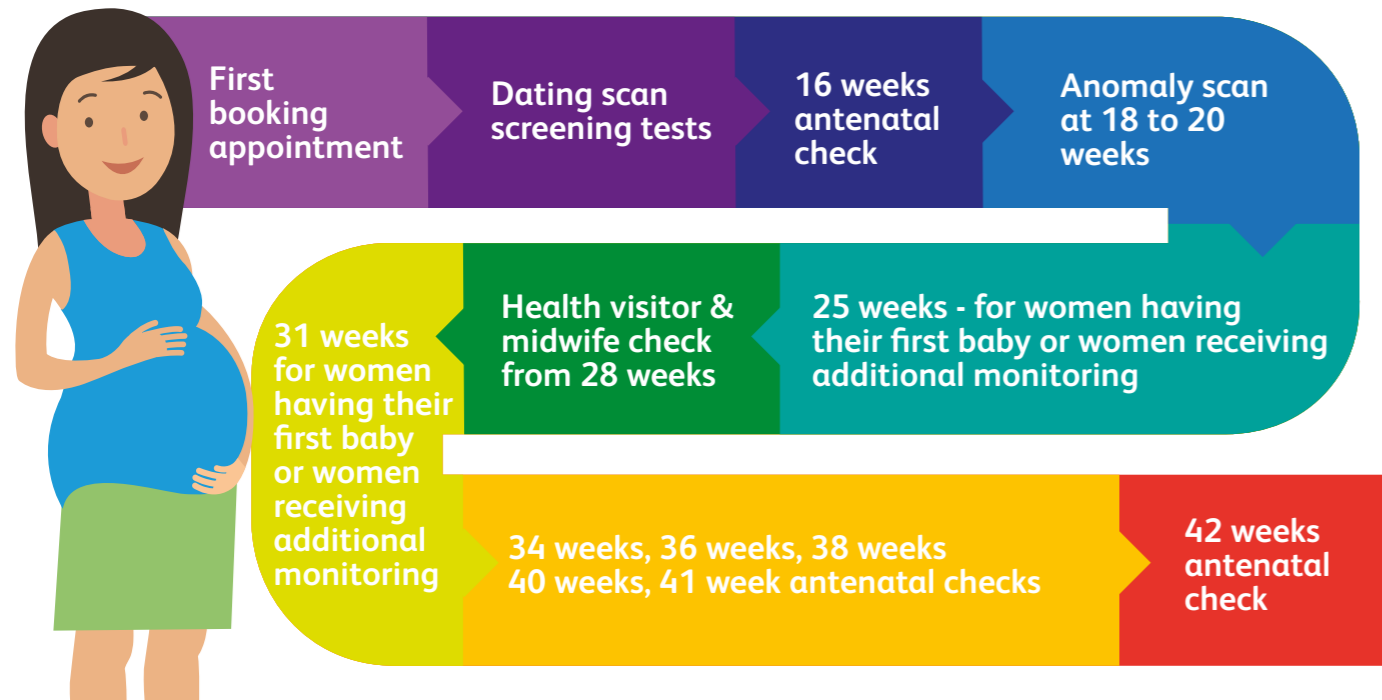
The quickest way to refer to our maternity services is to complete our online self-referral at <https://www.lancsteachinghospitals.nhs.uk/pregnancy-self-referral>

If you need to speak to a member of our administration team or need help completing your on line referral please call us on **01772 525272**



4. Before your baby arrives (Antenatal)

Every woman is entitled to antenatal care. You will be offered a range of appointments and tests. If you have a complicated pregnancy you may need more appointments or tests than those shown on these pages.



- Seven to ten appointments with your midwife, GP or obstetrician (a doctor who specialises in pregnancy and birth)
- Routine blood tests to identify your blood group and check for various illnesses or genetic blood disorders which include: HIV, syphilis, hepatitis B, anaemia (low iron), sickle cell, thalassaemia.
- There are foods you should avoid when you are pregnant – visit <http://www.nhs.uk> for the latest guidance. Always check with your GP, pharmacist or midwife before you take any medicines.
- Ultrasound scan (when you are 11 to 14 weeks pregnant) to confirm your expected due date. The scan can be combined with blood tests to screen for genetic conditions including Down's, Edwards' and Patau syndrome. If a problem is detected, you will be offered a chance to discuss the implications with a screening midwife.
- Ultrasound anomaly scan (18 to 20 weeks) to check your baby's development.
- At the beginning of pregnancy ask your midwife to arrange for your FW8 prescription and dental exemption. Ask for the MAT B1 certificate from 20 weeks.
- Flu vaccination is offered, as soon as possible after the vaccine becomes available (usually September), but may be given up until the end of March depending on availability.
- Whooping cough vaccine. This is usually offered between 16 and 38 weeks.
- Parent education, antenatal sessions are offered to help prepare for birth and parenthood.
- Covid Vaccination offered at anytime during pregnancy
- Information on feeding your baby.
- Your health visitor may contact you before you have your baby.



5. After your baby arrives (Postnatal)

- Skin to skin contact can gently help your baby transition to life outside the womb, keeps your baby warm and supports early feeding. Skin to skin also gives important protection to your baby as you will share the friendly microbes from your skin. As long as you and your baby are both well, uninterrupted skin to skin can be done following any type of birth. Your partner can also enjoy skin to skin contact. Of, course skin to skin contact is completely your choice.
- Delayed cord clamping is recommended and routinely offered.
- Colostrum is the first milk your body makes for your baby. It provides protection against infections and serves as your baby's first immunisation. It is rich in antibodies to develop your baby's immune system. However, you choose to feed your baby, giving colostrum is always an option for you to consider.
- Infant feeding support from midwives, maternity support workers and health visitors, who will advise and support you in your chosen method.
- Vitamin K for babies is routinely offered and can be given by injection or oral supplement. Vitamin K is needed to make blood clot and prevent internal bleeding.
- Newborn and infant physical examination, (NIPE), is routinely offered within the first 72 hours after birth.
- Newborn hearing screening is routinely offered.
- Newborn blood spot screening is offered around day 5 and involves taking a blood sample from your baby's heel to find out if your baby has 1 of 9 rare but serious health conditions: <https://www.nhs.uk/conditions/pregnancyand-baby/newborn-blood-spot-test/>
- Many women feel a bit down, tearful or anxious in the first week after giving birth. This is often called the "baby blues" and doesn't usually last for more than two weeks after giving birth. If these feelings continue beyond 2 weeks it is important to speak to your GP or health visitor. You can choose to talk to any of the health care professionals about how you are feeling after the birth of your baby.
- If you wish to discuss your birth experience further please let your midwife know who will refer you to the service at your maternity unit.



6. Would you like to know more?

There is a lot to consider so here are some links to help you look further into aspects of birth which may interest you:

Better Births website <https://www.healthierlsc.co.uk/betterbirths>

NHS Birth Choices <https://www.nhs.uk/conditions/pregnancyand-baby/where-can-i-give-birth/>

Which? Birth Choices <https://www.which.co.uk/birth-choice>

Nice Pathways Antenatal care for uncomplicated pregnancies overview NICE Pathways



7. Your thoughts about Maternity Care

During pregnancy we encourage you to complete your own Maternity Personalised Care and Support Plan in partnership with your midwives and/or doctor to help you to explore, understand and record your individual choices for your pregnancy, birth and early parenthood.

<https://www.healthierlsc.co.uk/BetterBirths>



Healthier Lancashire & South Cumbria | **Better Births**
Better births together - what matters to you, matters to us

Personal Maternity Care and Support Plan

This booklet is for you to complete during your pregnancy. Try and read this booklet early on and throughout your pregnancy. It has a lot of useful information for you to refer to.

Lancashire County Council | Blackpool Council | Blackburn with Darwen | Cumbria Health Foundation | NHS





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South Cumbria
Health and Care Partnership

Maternity and
Newborn Alliance



Website:

www.healthierlsc.co.uk/BetterBirths

Facebook:

www.facebook.com/lscbetterbirths

Twitter:

[@LSCBetterBirths](https://twitter.com/LSCBetterBirths)

