



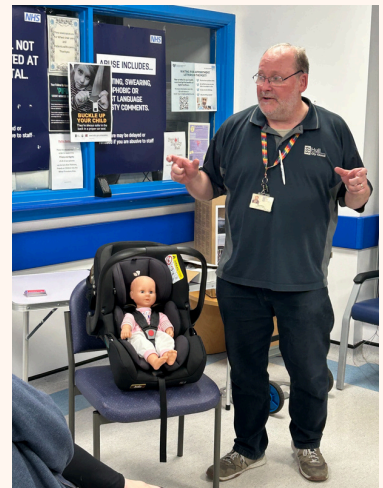
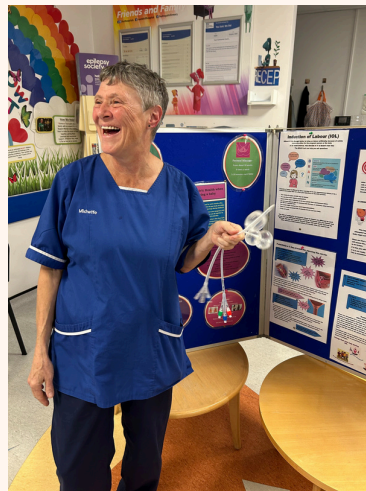
# NEWSLETTER

December 2024

The Ask A Midwife team enjoyed attending Hull Women and Children's HEYBABY Carousel in November.

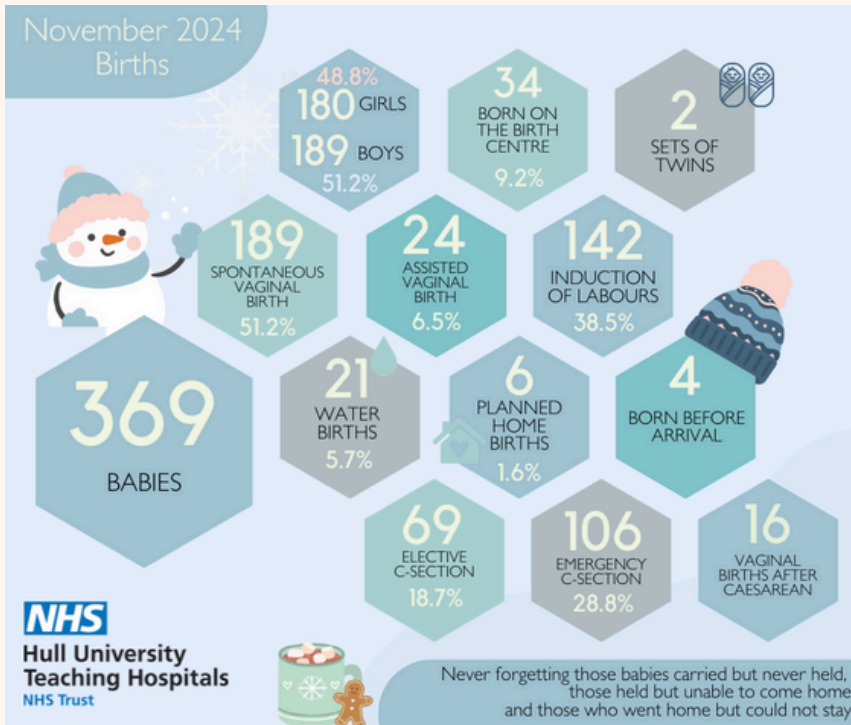
**\*114 people attended\***

The AAM service hopes to attend each Carousel, representing the service and working closely with a stand for Community Midwifery



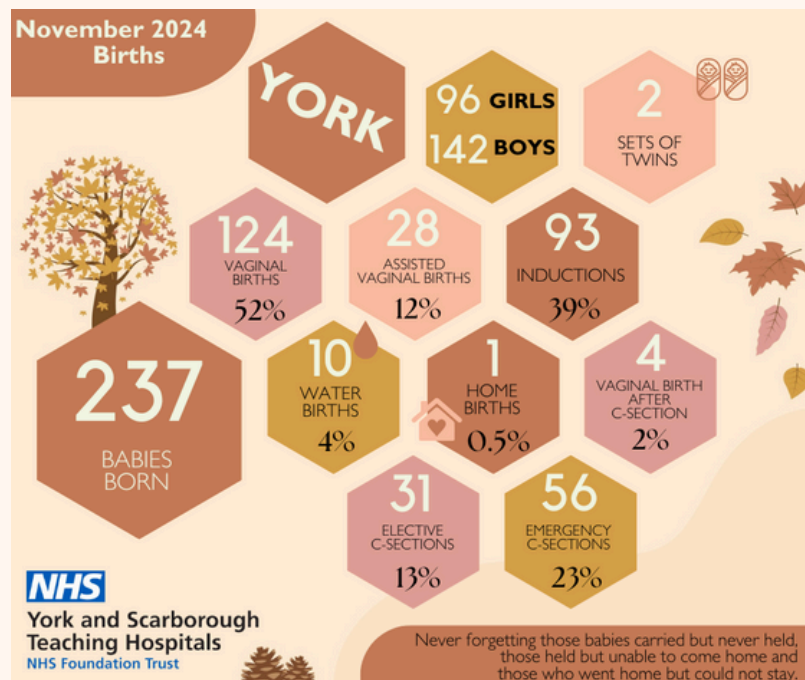


# BIRTH STATS



# HUTH

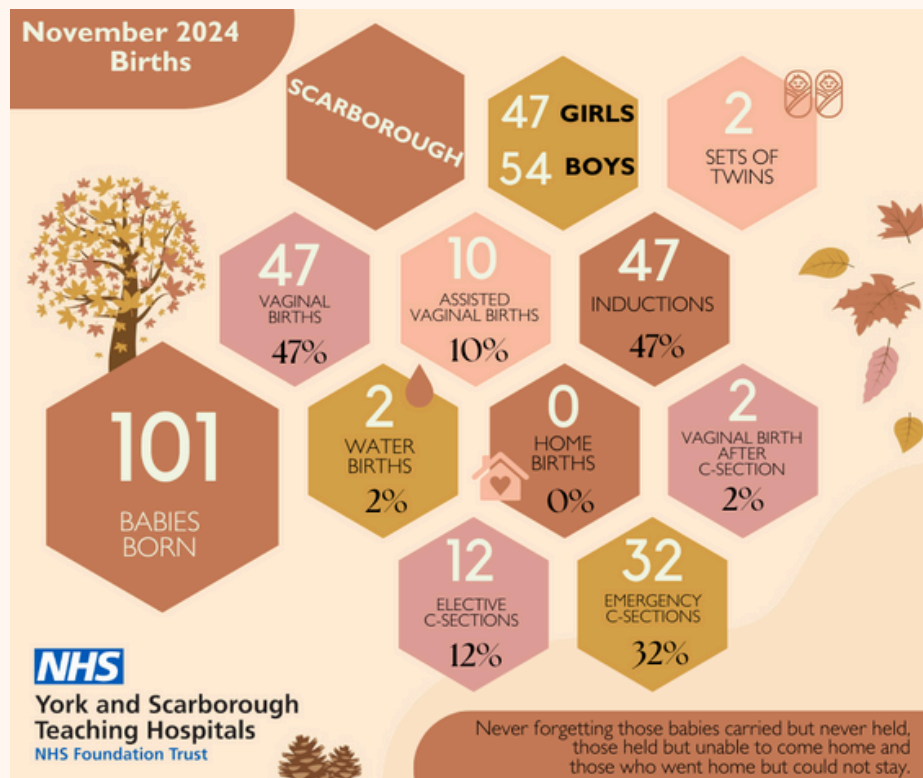
# YORK





# BIRTH STATS

## SCARBOROUGH





## FREQUENTLY ASKED QUESTIONS THIS MONTH

Antenatal Symptoms  
Antenatal Education  
Appointments  
Badgernet  
LSCS information  
PGP  
Scans  
Vaccinations



Thank you very much for this detailed response!

Thank you so much for putting my mind at ease!

Thank you very much you have been a lot of help and put my mind at rest with worrying about being rhesus negative!  
Thank you again 🍷

Thank you lovely ❤️ Once again so grateful for this page!

Amazing service so far that I've had! This is a new thing for my 2nd pregnancy but definitely a positive!

🍷 thankful Thursday 🍷

I just wanted to message on here after seeing your Facebook post.

I couldn't be anymore eternally grateful for every single one of you guys who responded to me throughout my whole pregnancy.

I had a very anxious time during my pregnancy with a lot of reduced movements and raised PI and other issues.

Every single time I came on here I was replied to promptly, and was always given the best advice which helped me feel so much better

I think it's a fabulous services it's not always easy to get hold of people as they're so busy.

I cannot thank this service enough for what it did for my throughout my pregnancy.

Your all amazing and i really hope you get the recognition and gratitude you all so very much deserve ❤️

Thank you 🍷❤️

Please continue to send service users the Ask A Midwife leaflet through Badgernet, or alternatively signpost them to one of our posters or QR codes.



## STUDENTS

The Ask a Midwife service are offering student midwives a day with the team. This would allow the students to see how the AAM service operates, answer questions under supervision, and develop a health promotion social media post.

This will give them opportunity to meet some of their proficiency requirements , such as public health, record keeping, communication and interdisciplinary working.

Please contact [hny.lms@nhs.net](mailto:hny.lms@nhs.net) for further information





## YORK & SCARBOROUGH

Thank you to Frankie at York in the delivery suite. She was such a kind, caring and attentive midwife. She made my labour be the best it could possibly be and supported me, my husband and my baby when things got difficult

My community midwife Rachel was incredible throughout 2 pregnancies! She always listened to me and respected my choices, but also gave cracking advice. She's such a calm, friendly and informed midwife and I was so pleased to have her twice 😊😊



Jane the best support I could of wished for in my 1st pregnancy, throughout my whole pregnancy she supported me every step of the way, eased my worries and kept me calm, I genuinely believe I had an incredible experience because of Jane, trust her implicitly and really took care of me. No judgement and an all round a fabulous community midwife.

Jo looked after me while Jane was on annual leave the kindest lady with the sweetest heart! I am so grateful it was Jo who stepped in when Jane was on annual leave! No judgement and so fab.

Both midwives are a credit to york community midwife team and I am so grateful for the care I had from them!

I would also like to thank along Kim, Nova and Jo on labour ward and Vicky who was on triage the night I went into labour!

You're all incredible and thank you so much!



Your post about maternity support worker day reminded me to send you a message, I'm not sure if this is the right place but there's a maternity support worker in Scarborough, an aussie lady called Margot - she was on nights after I had my little girl 8 months ago on 21st March and she was absolutely amazing helping me feed her pretty much all night. If there's any way you can pass on my thanks to her- from the lady with the constantly rooting baby born on 21st March (just in case she remembers!) She made such a difference x



## HARROGATE



Thank you to Alicia [Alicia Harriet Walker](#) who helped bring my baby boy, Walter into the world in September this year. After a gruelling labour, her shift started towards the end of my labour and she was a breath of fresh air - so calm and reassuring, she was just wonderful. Thank you Alicia and merry Christmas x

I would like to Thank the lovely Hayley for the safe delivery of our baby Girl Harlo on Thursday she was amazing xx

There's loads of people I'd love to thank but only a few names I remember. Megan Daniels being one she saw me through the end of my pregnancy, my little girl was born on the 30th August at 37 weeks due to raised PI and slow growth Megan did my Doppler scans twice a week keeping an eye on my blood flow and baby and every time I'd be in for a CTG too she was just so friendly and kept me reassured at all times and I thank her for that.

It was Bella who was there and another lady I can't remember her name through my labour and birth who let me do what I needed to and such great company and happy to help when I needed it. Then after she was born after receiving news of down syndrome the support we were given by soo many of you was amazing I can not fault harrogates service at all you are all amazing and thank you from the bottom of my heart for everything. We have since been told she has a hole in her heart but she's beautiful and so like other babies right now and she's gaining weight and feeding amazing.



## HUTH



Our little girl is just over 6 weeks old now and we have had so much support from wonderful people in Women and Children's. We are so grateful. I had a high risk pregnancy and felt like the ADU was my second home in the second and third trimesters. I still can't quite believe that we have a happy and healthy baby and that I'm nearly recovered from the birth too. I can't imagine how we would have got here without the help of the fantastic doctors, nurses, sonographers, midwives and the whole team of people who have helped us. Huge, huge thanks to you all. Xxx

I had the most amazing care during my induction, labour, and 5 day stay in hospital last month. Elsie was born on the 22nd October, we finally got to go home on the 27th and I will never be able to speak highly enough of the members of staff that looked after us. Unfortunately I can't remember everyone's names, but Stef and Mary on maple ward, Lucy (it was her last shift on labour), Jade (couldn't have wished for a more supportive and lovely person to get me through labour), Nik, Izzy and Mary again on labour ward (also to the theatre team that gave me an amazing experience in theatre too), and then Hilary, Jen, Chelsea, Kez, Sarah and so many others on Rowan ward gave me outstanding care and support throughout my stay. I'm so sorry I can't remember more names of the amazing people on these wards, but I will never be able to speak highly enough of everyone involved. THANK YOU!!

Thank you to the midwives Emily, Jasmine and Jessica who delivered our baby girl on MLU on the evening of the 22nd of October. We had a great experience thank you so much for looking after us ❤️

Thank you to my midwife Laura on 17th Oct and her student midwife Sophie along with all the staff who delivered my baby safely via emergency c section. Not how I planned my night but I couldn't have been in better hands keeping me safe. The ladies on Rowan Ward from Elle to Caroline, who looked after me and baby so well, Kelly who allowed me to finally get some sleep and Sonya who helped so much. And everyone in between who cared for us. Each an absolute superstar in their own right.

## NLAG

My community midwife Zoe who looked after me throughout my pregnancy she was amazing.

Claire from honeysuckle ward who delivered my baby Freddie on Saturday morning went above and beyond to make sure we was okay

Two very amazing women who put there all into their job and I can't thank them enough 💙

Please thank Amy, Steph and Ellie (student) for getting our gorgeous boy here and supporting me every step of the way.

And sorry for giving you a shower Amy after my waters broke all over you 🙈🙈 remember those spare pants to work!

In the end, we named him Bear 🐻🐻💛

I cannot thank Sadie enough on Holly team! 💙 this time 2 weeks ago she was by my side every second of the day. Helping me with epidurals at 2am and stopping me going insane ! Holly Ward - Grimsby. She will remember me as the most frightened patient alive 🤡





## Involving Partners



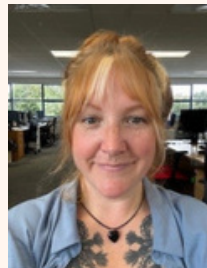
Matthew Wooffindin is the new LMNS Partner Project Lead

He is a Dad to three children, with a son born before Covid, and twins delivered during the pandemic, resulting in two very different birth journeys.

He is committed to collecting and understanding the individual stories of partners to ensure local maternity services are doing everything they can to support and involve them. He firmly believes that educating, including and caring for partners from the very start of the maternity journey will improve the wellbeing of the whole family at such an exciting and vulnerable time.

## Birth Reflections

Women from all 4 Trusts are now able to submit a form via the LMNS website to request a Birth Reflection appointment/seek further support postnatally. The completed form is triaged by Phoebe Baines, our new Birth Reflections Maternity Support Worker, who will then signpost the women to additional support relating to their need. This may be referring for pelvic health support, arranging a birth debrief by a healthcare professional, or signposting her or a family member to some mental health support.



Please encourage women to self refer through the website:

<https://www.humberandnorthyorkshirematernity.org.uk/after-the-birth/birth-reflections/>.







## Do you have anything to share?

If you would like a specific topic, public health message or recent 'good news' event publishing within our newsletter, or on our social media pages please get in touch. Contact either your local AAM midwife, or email [hny.lms@nhs.net](mailto:hny.lms@nhs.net)



If you require more AAM cards or posters for your area, please email us.

[emily.cook31@nhs.net](mailto:emily.cook31@nhs.net) - HUTH  
[claire.welford5@nhs.net](mailto:claire.welford5@nhs.net) - YSTHFT  
[leah.hutchinson5@nhs.net](mailto:leah.hutchinson5@nhs.net) - HDFT  
[joanne.lilley7@nhs.net](mailto:joanne.lilley7@nhs.net) /  
[lily.wheldrake@nhs.net](mailto:lily.wheldrake@nhs.net) - NLAG

