

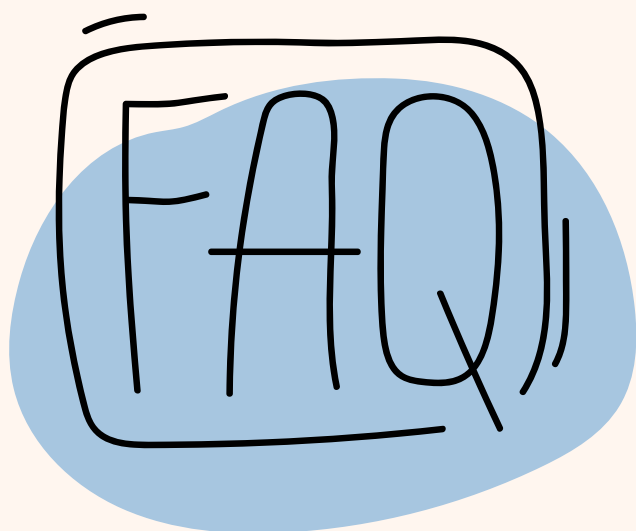


# NEWSLETTER

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February 2025

**We answered 844 questions in January**




Appointments  
Baby PN symptoms  
MatB1 requests  
Early pregnancy <16/40  
Fetal movements  
Badgernet  
Medications  
Antenatal Classes  
Cold/Flu remedies  
Vaccines

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.





## HUTH

Thank you... 

Special thanks to Annie on Maple Ward for doing everything she could to make sure we had the birth we wanted and to Ashleigh on labour ward for making us feel so comfortable through all of the chaos 🥰

On 26th September, we heard the worst news we possibly could "I'm sorry, there's no heartbeat". Sam from the bereavement team has been an absolute lifeline from that moment we found out. She's been there to help us navigate through every torturous moment since losing our baby girl, through her arrival and ever since. The support groups have been a lifeline 🥰 We would have been lost without you. Thank you Sam ❤️❤️

A special thank you to Gemma, Liv, and Amy, who were absolutely amazing during the induction process and, at times, even literally a shoulder to cry on. Your kindness and support meant the world to us.

The EPAU girls, all of them I met were fab during the month or so of back and forth in November this year. I couldn't have coped with it all without their friendly faces and how personable they all are. You can tell they all really take the time to get to know you. Thanks ladies 💖

The whole of maternity triage, but also specifically Sam, Emilee, Charlotte, Helen, Naomi and Louise. I've been back and forth due to my twins and they have always been so comforting and reassuring. They've helped sort issues and confusion out with my other appointments, ensured I knew what the plan was going forward, been shoulders to cry on when everything feels like it's too much. They're honestly such an incredible service and feel so privileged we have this service and I've been able to have use of it! These ladies are the lifelines that are getting me through the end of a very tough pregnancy and although I'll be happy once the twins are here, I will be gutted I don't get to see them!! Thank you team triage! ❤️

## NLAG

I gave birth to my beautiful baby boy louie yesterday morning at Grimsby hospital! All the midwives I see was absolutely amazing but I would like to say a huge thank you to Jade and Steph! They was there the whole time and got me through it all even when I was crying to go home and saying I couldn't do it!! You two rocked and got me through this! Thank you so so much!! xxx

I had a three day failed induction last Thursday which ended up in a section. The staff at Scunthorpe were amazing! To name a few who made my experience better were Laura b, Laura e, Lara and Rowen. Each of them showed me so much care and I cannot thank them enough. Ms Mohammed was also the best Dr have ever seen and there was also a lovely healthcare assistant who's name unfortunately I didn't catch but she spent time with me helping me and I really cannot thank her enough. You are all real life angels 🙌❤️❤️ xx

u want to thank all the amazek t staff on jasmine ward and triage who's taken absolutely amazing care of me and my bump this week absolutely. amazeing some of rhouse women especially Michelle





## YORK & SCARBOROUGH

I'd just like to say thank you to all of the wonderful staff that work across the maternity services at York hospital - my son was born on 28/12 via emergency c section after he was breech upon arrival at hospital. Every person that supported us was so friendly and helpful. Special thanks to these people who ensured our experience was relaxed and calm despite being an emergency:

Lisa - working in Triage that night

Isaac (registrar), Faith and Stephen (anaesthetist) plus all of the other staff who's names I can't remember! - all were there during surgery

Cherry - my lovely midwife during the c section and on labour ward

Kim, Laura and Amy - my midwives during my stay on G2

Mollie - maternity support worker on labour ward and G2 - she is a true superstar that went above and beyond and I'm sure will make an excellent midwife herself one day!

Poppy and Eleanor are amazing midwife's. I gave birth on Christmas Day at York hospital and they were both brilliant 😊 Thank you



## HARROGATE

My baby was born on the 22nd November at Harrogate Hospital. I just wanted to say a big thank you to the midwives team at Harrogate Hospital they are an absolutely great team ! Throughout my pregnancy and my babys birth they were amazing so kind and caring made me feel so at ease. I was treated with so much care. I had a c section and was not expecting it as my first baby was a vaginal birth and I was so scared and worried but the team were absolutely amazing ! They talked me through everything and just made me feel like I was at 5\* star hotel with the care they gave me I cant thank them enough. They looked after me and my baby so well.

The consulant and theatre team were also amazing they really looked after me well and also made me feel at ease! Such a great team.

Thank you 🙏

I'd like to say a huge thank you to the midwife who helped bring my baby girl Rose into the world on new year's day, Emma Barker. Emma was amazing with me, my husband and my mum during her very long night shift with us. We had a bit of a struggle at the end and I wouldn't have been able to manage without her 😊 she even came back on the day shift a couple of days later and came to visit us in pannal ward. She is a gem 💕💕 Thank you again to everyone on the labour ward, the surgeons and pannal staff 😊

My little girl was born on 9th September and ended up staying in SCBU for 4 days before being reunited with me on Pannal for another 2 before we were discharged. I want to thank everyone on delivery suite, Pannal Ward and in SCBU who looked after us through a very challenging week. It definitely wasn't what we expected but it was made much easier to deal with because of how amazing you ladies are! Also a huge thank you to the midwives in MAC who looked after me when I was in several times throughout my pregnancy! I was never made to feel like I was wasting anyone's time. Harper turned 4 months old today and is absolutely thriving. Her and her big sister are the best of friends 😊🥰💕

T H A N K Y O U

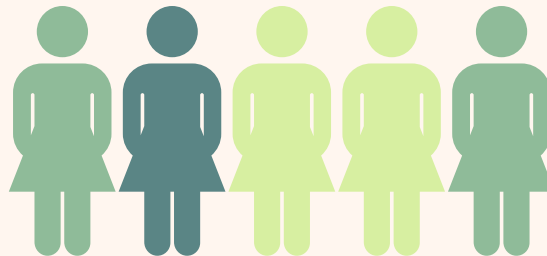


## Perinatal Pelvic Health

1 in 3 women  
experience urinary  
incontinence 3  
months after birth

1 in 7 women  
experience faecal  
incontinence 6  
months after birth

1 in 12 women  
report symptoms  
of pelvic organ  
prolapse



These distressing issues can affect women's ability to work, their sexual and social relationships, and their mental health.

Whilst these symptoms are common, they are not normal and can be managed by the right services.

## Perinatal Pelvic Health Self-Referral

Local Perinatal Pelvic Health Services will:

- Ensure all women are offered a self-assessment of their pelvic health as early as possible in pregnancy - and by 18 weeks at the latest
- Educate all women on the risk of pelvic floor dysfunction and birth injuries and preventative action they can take to reduce this risk
- Provide additional support to those at higher risk of pelvic health problems
- Reduce NHS waiting times and minimise administrative barriers to treatment
- Allow affected women to access appropriate physiotherapy assessment and personalised treatment.



## Meet Laura...

'Hi, I'm Laura – the new Perinatal Pelvic Health Specialist Midwife for the Humber Health Partnership (Pan group for Hull, Scunthorpe and Grimsby).

I qualified as a midwife in 2017 and have since worked as a Rotational Midwife, Labour ward Coordinator and LMNS Prevention lead Midwife for Weight management and Alcohol Prevention during pregnancy. Alongside this, I have qualifications and experience within Personal Training, Pre/Postnatal Training and Aquanatal. I am currently working towards my master's degree in clinical Exercise Physiology.

Pelvic health within maternity is something I am so keen to drive forward alongside the support of such experienced physiotherapists, with it being an issue which is evolving every day and effects so many people. Providing individuals with support and guidance which can mould their birthing experience and future health is pivotal to this role and I hope I can make a difference by embedding this service to our existing maternity offer!

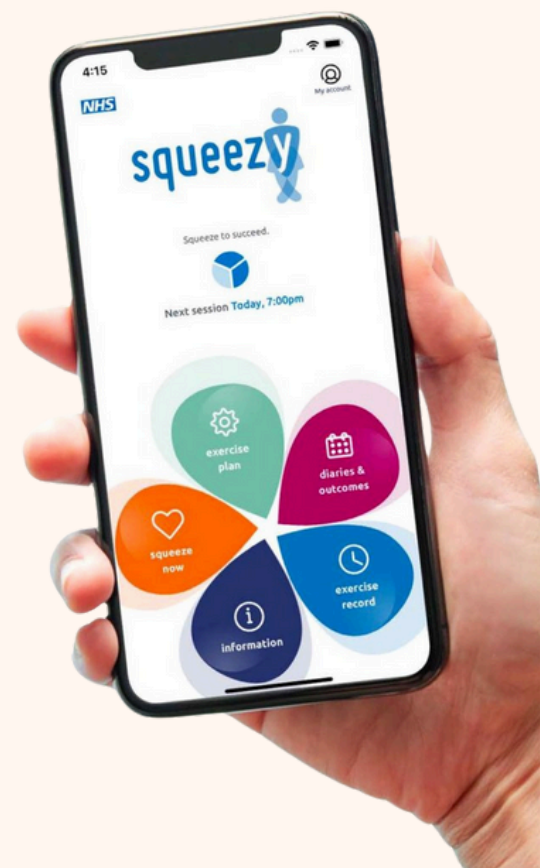


## Squeezy App

Starting pelvic floor exercises early in pregnancy can reduce stress incontinence in late pregnancy and after birth. Squeezy is a smartphone and tablet app that helps people with their pelvic floor muscle exercises.

Women living in Humber and North Yorkshire can download and use the app for free, more information can be found at:

[www.humberandnorthyorkshirematernity.org.uk/perinatal-pelvic-health-services-/squeezy-app/](http://www.humberandnorthyorkshirematernity.org.uk/perinatal-pelvic-health-services-/squeezy-app/)





## 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)



## 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

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

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