



NEWSLETTER

Jan/Feb 2024

Do you know how Ask A Midwife is run?

The Ask A Midwife (AAM) service is run across social media platforms. The staff that run the service are seconded to their roles on a part time basis to the LMNS, whilst also working clinically. We have a member of staff from each Trust, Karen is the link for Hull, Claire is the link for York and Scarborough, Jo and Lily are the links for NLAG and Leah is the link for Harrogate. Each Trust has their own Facebook and Instagram pages but these are managed through one Meta business account. Each member of the team is responsible for all of the pages when they are online and answer messages from all over the region. The team has access to each trust's policies and protocols and signposts to local services.

People send private messages, they receive an automated response explaining this is a non urgent service and who to contact for urgent queries. We receive the most messages from Hull, followed by York, NLAG and Harrogate. Most messages we receive are regarding antenatal symptoms such as abdominal pain, headaches, PGP, tightenings, mental health, maternity rights and benefits. We get many messages asking for information about inductions, signs of labour and pain relief options in labour. We also get many messages about caring for newborns.



- 1 - Hull Royal Infirmary
Labour Ward, Fellingdon Birth Centre
(Alongside Midwifery-led Unit), Level 2 Neonatal
Care
- 2 - Diana Princess of Wales Hospital, Grimsby
Labour Ward, Level 2 Neonatal Care
- 3 - Scarborough General Hospital
Labour Ward, Level 2 Neonatal Care
- 4 - York Hospital
Labour Ward, Level 2 Neonatal Care
- 5 - Scarborough General Hospital
Labour Ward, Level 2 Neonatal Care
- 6 - Harrogate and District Hospital
Labour Ward, Level 2 Neonatal Care
- 7 - Fife Hospital, Northallerton
Midwifery-led Unit
- 8 - Goole and District Hospital
Home From Home Midwifery-led Unit



Meet the team

The Ask a Midwife team consists of Karen Sinaga, Claire Welford, Jo Lilley, Lily Wheldrake and Leah Hutchinson. If you require more AAM cards or posters for your area, please email us.

karen.sinaga1@nhs.net - HUTH

claire.welford5@nhs.net - YSTHFT

leah.hutchinson5@nhs.net - HDFT

joanne.lilley7@nhs.net - NLAG

lily.wheldrake@nhs.net - NLAG

Our Ask a Midwife Team



Karen



Claire



Lily



Leah



Joanne



Humber and North Yorkshire
Health and Care Partnership

ASK A MIDWIFE



Humber and North Yorkshire
Health and Care Partnership

2023 was a busy year for AAM

We answered over 5000 messages and published over 300 public health information messages. We were nominated for the RCM award "Excellence in Midwifery for public health".

Our service is also featured as a case study in the NHS three-year delivery plan for maternity services.

<https://www.england.nhs.uk/long-read/three-year-delivery-plan-for-maternity-and-neonatal-services/>

We have also filmed our "couch talks" videos that can be accessed here

https://www.humberandnorthyorkshirematernity.org.uk/support1/ask-a-midwife/couch-talks-/?fbclid=IwAR0bsc_RxHZDd87yeyefWGY7KFzPHA-ST_INpIRrOU947URxYq9hE-4V-LU

We expect our messages to increase as AAM becomes embedded in practice.

If you would like us to put any public health messages out over social media, please get in touch. We aim to post about all awareness days and events. We appreciate you getting in touch to highlight any events that might be coming up.

We have welcomed our very own Ask A Midwife baby!



Baby Alfred was born at home on 15th January 2024. We send huge congratulations to Abbie and family.



We know how important it is to have easy access to information, after discussing with service users we realised that the AAM poster was confusing with too much information. With this in mind, we have created individual QR codes and posters for each trust. We have sent these out to all areas but if you would like any more to put around clinical settings please get in touch by emailing hny.lms@nhs.net

Humber and North Yorkshire Health and Care Partnership
Hull and East Yorkshire Hospitals NHS Trust

Do you have a question about your pregnancy, labour, birth or postnatal period?
Contact us on social media

Ask A Midwife

FOLLOW US

[@heyhswct](https://www.instagram.com/heyhswct)

Hull Womens and Childrens Hospital

If your enquiry is urgent please contact the single point of access.

Humber and North Yorkshire Health and Care Partnership
Northern Lincolnshire and Goole and Foundation Trust

Do you have a question about your pregnancy, labour, birth or postnatal period?
Contact us on social media

Ask A Midwife

FOLLOW US

[@askamidwifelnag](https://www.instagram.com/askamidwifelnag)

Nlagmaternity

If your enquiry is urgent please contact maternity triage direct.

Humber and North Yorkshire Health and Care Partnership
Harrogate and District NHS Foundation Trust

Do you have a question about your pregnancy, labour, birth or postnatal period?
Contact us on social media

Ask A Midwife

FOLLOW US

[@hdfmaternitymumsandmidwives](https://www.instagram.com/hdfmaternitymumsandmidwives)

Maternity Mums and Midwives

If your enquiry is urgent please contact the maternity assessment centre direct.

Humber and North Yorkshire Health and Care Partnership
York and Scarborough Teaching Hospitals NHS Foundation Trust

Do you have a question about your pregnancy, labour, birth or postnatal period?
Contact us on social media

Ask A Midwife

FOLLOW US

[@askamidwife_ysft](https://www.instagram.com/askamidwife_ysft)

yorkandscarborough
bumps2babies

If your enquiry is urgent please contact maternity triage direct.



The biggest thank you to all on Honeysuckle ward, who helped bring Jesse into the world on the 21st Feb. Extra special thank you to Lauren and Elena for helping me deliver, Sally for being reassuring on the night shifts and Saskia for getting the whole process started. You're all stars and amazing at what you do 🥰💙

York and Scarborough

A huge Thankyou to all of the team at Scarborough hospital! In particular our midwife Linda who went above and beyond to help with anything throughout the pregnancy and also to Denise in Hawthorne ward who gave me an exceptional level of care when I was admitted 5 days pre birth with gallstones. She was unbelievable and really supported me through a challenging time. Always there to answer questions and provide me with anything needed. The midwives and doctors in the delivery suite made the whole process of labour calm and the anaesthetist John was hilarious and made my epidural and emergency section a very upbeat and memorable experience! Thank you again from the bottom of our hearts, Neisha, Adam and our new baby Tommy xxxx

4 w Like Reply Hide



NLAG

I would like to say thankyou to the staff who helped me through my water birth of July last year with my second daughter. It was the most amazing experience I could have asked for and the staff was so calm with me it was just amazing. My little girl Lyra-Rae is now 7months old x

So thankful to the staff on blueberry ward who supported us through our birth of Darcie on Sunday, in particular our midwife Shem who was so lovely and supportive. Special thank you also to Kayla and Jade, Maaike for her incredible post partum care and all of the ladies we saw this weekend ❤️❤️❤️

I would like to thank ALL the staff at Scunthorpe! Last week (Wednesday) I had my first c section as my baby girl hadn't turned and was breech. Jaime made me and my partner feel at ease as we were both so nervous (my first born was a vaginal birth).

All the staff in theatre were so lovely, everything was calm and ran smoothly.

All the staff on a night were attentive and I didn't feel like I was being a burden, they helped me with everything and responded to my dings promptly!

Thank you for making my experience a positive one, as I was worried about having a section and the recovery afterwards!

You're all stars! 🌟

Pic of the three of us, we're ever so grateful xx

I had Clementine in Jan at York and managed to have a VBAC. I had a fair few midwives as I was in labour for 48 hours and can't remember all their names but want to say a special thank you to Helen, Bethany, Polly and Amy. We ended up staying in a little longer as Clemmie was struggling to breastfeed and they all gave me so much support and I'm still exclusively breastfeeding 4 weeks later 😊 Thank you again, James, Charlotte and Clemmie xx

I can't write too much or I'll cry, but El at York helped me through labour on Sunday night/Monday morning this week and I can't thank her enough. A beautiful soul ❤️

3 w Like Reply Hide



ASK A MIDWIFE



Humber and North Yorkshire
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Hull

I would like to thank Izzy, she is a student midwife. She was on maple ward whilst I was going through a lengthy induction, she always really brightened my day. She then was my midwife on Labour ward, she remembered me from maple ward which was so lovely. she was so kind and caring, so supportive. I was completely terrified after having to be rushed for an emergency c section but she held my hand and helped me stay calm and comfortable, not only did she help deliver my little boy she came to make sure we was okay before she left for the day. I will never ever forget her, she will make an excellent midwife when she qualifies. I am so great full to have had her

I would like to thank all my amazing colleagues for the brilliant care they give to the families they care for and also for the support we give each other on very trying days. Keep up the great work 🙌🏻👏 xx

Adele & Daisy my 2 community midwives and then I was so lucky to have Daisy as my midwife on the labour ward welcoming our little boy safely in the world via c section

Forever grateful for them both and Noah will know all about the amazing experience we had.
Not forgetting Matron Rymer who kept me calm on the Sunday whilst waiting for a bed.

The midwives are amazing! After I had given birth and moved to the Rowan ward, a lovely midwife came in my room on the evening and saw I was upset, I was overwhelmed and couldn't settle my baby so she took her for a little while and let me get some sleep. I can't for the life of me remember her name but she was so lovely and caring. This was last November! Thank you all for being amazing including the student midwives ❤️

I received the most amazing care on the labour ward/rowan ward on Valentine's day when i had my little girl , a special thanks to my midwife (ali i think) who made my labour the most empowering experience of my life from the moment i walked onto the ward , even though it ended in emergency section it was still the healing birth I wanted thanks to the care from all the staff ❤️

6 d Like Reply Send message Hide 2

Harrogate

Leah gave us such peace of mind by promptly diagnosing a tongue tie on our son and Jo then treated him with such care and support afterwards. Huge thank you to both of them! 🌞

6 d Like Reply Send message Hide 5

My midwife Susan I've had through out my pregnancy was beyond incredible! Her knowledge and support really helped me to be calm and able to deal with labour and delivery which ended up being complicated however all the midwife's and drs and the surgeon were amazing and really helped me through my labour and delivery as well as supported my husband I hounestly can't thank everyone enough! Everyone who helped me through my pregnancy and delivery of my beautiful boy were outstanding and an absolute credit to the nhs! I just wish I got everyone's name ❤️❤️

6 d Like Reply Send message Hide 7

We have had the most amazing experience with the Harrogate maternity team. Midwife Renée and Dr Annie were amazing delivering our little boy Freddie two weeks ago, I felt so safe and so well looked after. Renee was amazing at coaching us through the contractions and as a result I managed to keep to my ideal plan of just Gas and Air and when it turned into a bit of an emergency at the end I felt so safe with Renee and Dr Annie I didn't even realise his shoulder had gotten stuck they were so calm and reassuring. I felt so looked after by the whole team and it made my birthing experience one I will always cherish x

We have also had incredible care from the community midwife team since discharged especially Lizzie and Jo. My little boy has really struggled with feeding and weight loss and Lizzie was there with a reassuring hug and a plan when I was sleep deprived and upset whilst Jo has been amazing since his tongue tie was diagnosed and the quick and easy treatment from her and the team will hopefully help his feeding go from strength to strength. The first week with a newborn can be tough but the team made me feel so supported and that there was light at the end of the tunnel

1 w Like Reply Send message Hide 5