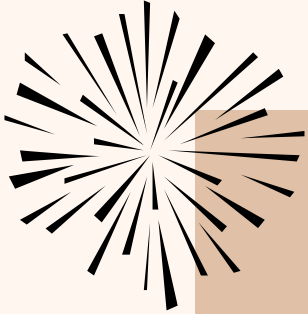




NEWSLETTER

November 2024



**Winners of the award for
'Outstanding Contribution to
Midwifery Services: Digital'
at the RCM Awards 2024**



The Ask A Midwife team are over the moon following their win at the RCM Awards 2024, held at The Brewery in London on the 18th October.

The atmosphere was one to 'bottle up' as the room filled with the supportive cheers of women supporting women, midwives supporting midwives, MSWs supporting MSWs - what a lovely experience to be part of.





Our Ask a Midwife Team



Emily



Claire



Lily



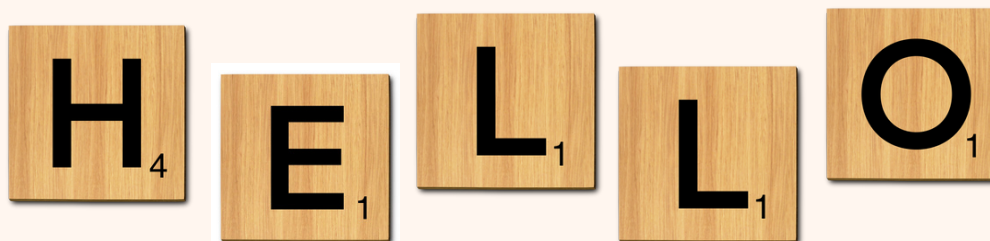
Leah



Joanne



Humber and North Yorkshire
Health and Care Partnership



As we say goodbye to our wonderful *Karen Sinaga*, who has secured a post of Screening Coordinator, we welcome our newest member to the Ask A Midwife team - *Emily Cook*. Emily is a community midwife based in Hull, has two young children, and is excited to support women in an alternative format to some of the more 'traditional' methods of providing advice, care and guidance



FREQUENTLY ASKED QUESTIONS

(hot topic of enquiries coming through the AAM service this month)

Antenatal Symptoms
Antenatal Education
Appointments
Birth Afterthoughts/Debriefs
MatB1/FW8 forms
Medications in pregnancy
Scans
Vaccinations



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 - Emily 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.

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



NLAG



HARROGATE



YORK &
SCARBOROUGH



YORK & SCARBOROUGH

It's Friday, but a massive special shout out to Isobel who delivered my beautiful baby boy and was her 40th baby !! She is now fully qualified and the moment we all shared in that delivery room I will never forget 💙

1w Like Reply Hide

2 ❤️

I recently gave birth at York hospital and I honestly can't thank Eleanor, Debbie and Claire who helped deliver our little boy. They went above and beyond to keep me and my husband informed what the next steps were when going to theatre. I honestly feel so lucky to have had such a great team. Thank you so much ladies. You really are the most amazing midwives. 🥰

1w Like Reply Hide

2 ❤️

Well, I know it's Friday, but we had our baby on Wednesday and we couldn't have had better staff looking after us. Everyone from the theatre team to G2 were outstanding and we couldn't be any happier with everyone. We feel very lucky having such an amazing team working at our hospital, thank you from the bottom of our hearts ❤️❤️❤️

1w Like Reply Hide

4 🍀🍀

My amazing midwife Claire is just the most amazing person I've ever met. She is so kind and caring, and throughout my whole pregnancy made me feel at ease! She is still my go to when I have questions about anything and when I lost my first born son to a heart condition, Claire made sure I had everything I needed and sent people over to do checks etc whilst I was in the hospice! She came to my house to make sure we were okay and I just love her so much! Next time I become pregnant I am asking for her to be my midwife again! Thanks Claire for everything you did for us, you will never truly know how grateful we are for you and the work you did 💙

3w Like Reply Hide Edited

3 🍀🍀



NLAG

Thank you to Sadie who delivered my baby boy on Holly ward on Saturday night! She jumped into action for a rapid and unexpected delivery when I turned up very far on and had called triage at the wrong hospital 😊 we have named him Kit 💙 xxx

1d Like Reply [Send message](#) Hide

2 ❤️

my midwife is absolutely lovely karina always makes me feel so comfortable when at my appointments such a lovely lady 💕

3w Like Reply Hide Edited

8 🍀🍀

Student midwife Lauren was amazing ❤️

3w Like Reply Hide

4 🍀🍀

I can't thank Sarah-Jane my palliative care nurse and her team, Lucy, Katie and everyone else enough for all the support they gave and continue to give. Also the doctor, my midwife's Tia and Sophie and everyone who was involved in the c section bringing my twins into the world and Kerry and other NICU staff that took care of Malakai and Miles. A special thanks to you all. Couldn't have hoped for me and my babies to be cared for by better people. The long nights and round the clock care for Miles, I appreciate you all more than you will ever know. Thank you so much 🍀💙

2w Like Reply Hide

5 🍀🍀



HUTH



Big thank you to everyone on the labour ward and Rowan ward who looked after me when I had my daughter just over 2 weeks ago. Special thank you to Beth, Sara, Ashleigh and Suzanna on the labour ward and to Carly and Hilary on Rowan Ward. All so lovely and helpful and made me feel so much more at ease during the delivery and days after. Also the ladies from Goodwin have been amazing with breastfeeding support xx

22h Like Reply [Send message](#) Hide Edited

8

Massive thank you to everyone in the antenatal clinic, from reception staff, support staff to midwives and doctors! You are all absolute treasures and are always smiling, helpful and go the extra mile to look after me, my baby and husband ❤️
Especially thank you Michelle, Miss Adedipe and Dr Fan ❤️ ❤️ ❤️

7w Like Reply Hide

I would like to thank everyone on maple ward for their amazing care in the week leading up to my daughter's birth last month especially libby for keeping me sane with the silly chats 😊
Also for the midwife Amy on rowan ward for helping me reassuring me and putting up with me panicking at 2am 😊
Last but not least thank you Ben snowdon for bringing Melody-Jane into this world safely ❤️

1w Like Reply Hide

Ainsley and Sam bereavement team supporting me to bring my rainbow twinnies into the world ❤️💙

1w Like Reply Hide

2

Tony from the ultrasound department. Kind, compassionate and caring in both sad times and happy times. ❤️

3w Like Reply Hide

4

HARROGATE

As massive thank you to Anna, she supported me in my final weeks which I found very challenging after my loss last year. She rang/ text and met me in person. She is an absolute angel and I am very grateful I had her support.

1d Like Reply [Send message](#) Hide

Big thank you to Rachel, Maggie and Martha working on MAC today (and yesterday). They were really supportive and attended to every thing I needed to feel okay. MAC isn't somewhere you want to be when pregnant but they really took the pressure off and reassured me that everything was fine and checked in as often as they possibly could! Staff at MAC are always so kind and compassionate.

1d Like Reply [Send message](#) Hide






Did You Know?

The Local Maternity and Neonatal System (LMNS) website offers lots of information for pregnant women and families, and professionals too.

Such as pictorial examples of the size of their baby, plus information relating to their gestational week. All of this information is able to be translated into their preferred language using ReachDeck



Week 40



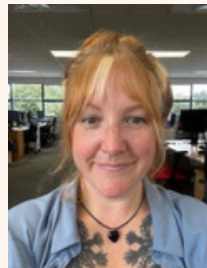
Your baby is now the weight of a small watermelon which is approximately 3.3kg and around 50cm in length.

Please visit www.nhs.uk/conditions/pregnancy-and-baby/40-weeks-pregnant/ for more information.

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/>.





What's Next?

The AAM team are hoping to increase their presence at the monthly Carousel event at Hull Women and Children's Hospital, alongside continuing to work closely with the Maternity and Neonatal Voices Partnership to keep open communication between ourselves and service users.



We are exploring ways that we can record when a woman contacts the service - for example by starting a Clinical Note within a woman's Badgernotes - however as we work across 4 Trusts this would involve 'Breaking Glass' if answering from a Trust external to where each team member works. More clarification on this hopefully to follow.

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

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