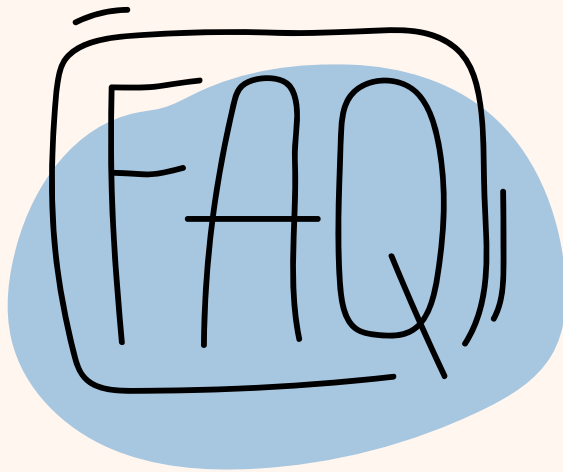




NEWSLETTER

April 2025

We answered 814 questions in March



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

Thank you, I appreciate you guys being a message away.
Thanks, have a nice day x


I have only used the service once through private message and I'm not sure on what response I was going to get. I had just had a 2nd c-section and was suffering quite badly with pain which I knew would be normal but just wanted some reassurance from a midwife 🥰 I got a reply within 10 minutes and although it was more of a confirmation of my concerns, just to have someone reply and provide some quick advice made me feel that bit better!
Of course it's not a personal human face to face interaction but it's great to have a first response at the end of a message for something that might seem trivial 🥰

Thankyou so much this service is
AMAZING! Really appreciate it X


... you've been a
massive help all the way through this!
Appreciate it! X


Just want to send a message to say thank
you to the team for all your hard work
keeping the ask a midwife service running
❤️ I got in touch a few times when I was
pregnant and you were always so helpful
and I still follow your posts now I have my
baby. Just want to share my appreciation
to the team as you are amazing and all
deserve it 🥰




Thank you... 


HUTH


I would love to say thank you to the amazing nicu nurses that looked after my Aurélia during her first week of life in February. My poor baby girl had a chest infection and her brain was being monitored for seizure activity as they saw concerning movements in her breathing and her arm when she was only 9 hours old. The nurses in the nicu were so so lovely to me and my partner through a scary time and were amazing with my daughter's care! I would also love to say thank you to one of the midwives on the Rowen ward called Bev, she went above and beyond for me when I was admitted to there after giving birth and while my daughter was in the nicu and I appreciated it so so much. Such a lovely and caring lady 

I had my little boy Jude in February 2022, and I'm still grateful for the midwives everyday. I had a very quick labour and we suffered with shoulder dystocia, but the team kept my mind at ease the whole time and I only have fond memories of the experience! 

The team who looked after us while I was pregnant were amazing too 


Rowan was born by emergency c-section on the 20th of February, my midwife Laura was amazing and supported by student Lucy too. I can't thank them both enough! Huge thank you to the team of doctors, surgeons and anaesthetists that kept me calm throughout the whole process, whilst also doing all they needed for our baby boy. Also a big thanks to the NICU staff for looking after him so well for the 2 days he spent in there! And every single midwife that helped us on Rowan ward for our 4 night stay whilst Baby Rowan completed his antibiotics.

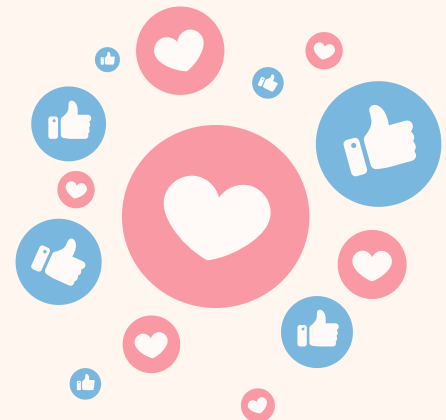
Everyone involved in our care was incredible and we will remember each and every single one of you 

We ended up having Oliver (3 weeks old today) in York... but my midwife (Dee at morril street) who looked after us throughout my pregnancy and then after he arrived is simply amazing at her job, always so positive, professional and friendly - thank you so much 

HARROGATE

At the time it felt like she was the only one listening to me. The students are a credit to the hospital and department:-)

We would like to say a big thank you to Jessica who delivered our little girl Annabel in October. She was brilliant and made us both feel very relaxed and looked after us so well. Jessica also delivered our eldest daughter Evie back in January 2016. It feels very special to us that she delivered both our daughters. I was on Pannal ward for a few days being induced and all the staff we met were brilliant, so friendly and professional. Also thank you to Megan on Mac who scanned me fortnightly from 30 weeks and was always so thorough, kind and reassuring. Thank you 





YORK & SCARBOROUGH

I had an emergency csection on 28th February ♥ there were some super special ladies that held my hand, the anaesthetist that went through everything calmly, the lady who held my hand during the preparation of my section (i didn't get her name) the surgeon who delivered our little lady safely ♥

A huge thank you to Umu, Jenna, Ellie and Fran you made what felt a scary time after two spontaneous natural births a little easier ♥

You really do an amazing job xxx

I want to thank the team on the SCBU ward - my little one was born on 13th Feb, 4 weeks early and they couldn't have been more supportive and helpful. As a first time mum it was greatly appreciated.

Special shoutout to Ann-Marie - she was absolutely fabulous



I found consultant Dr Hughes really really helpful during my pregnancy. Unfortunately I dropped off of his list and he rang me to apologise and talk through all the questions I had! It was just a 5 minute chat but it meant the world to me!

NLAG

I just wanted to say a huge great big thank you to Zoe Redfearn, my amazing community midwife. She was a great patient advocate from my first appointment, throughout. She went above and beyond to support me, including attending my consultant appointments when she wasn't working at the hospital that day! She is amazing!

I also want to say a huge great big thank you to Kat (Honeysuckle) and Student Midwife Sophie on the safe delivery of my beautiful Etta. Kat delivered our first wonderful daughter and fought to keep us on the ward to deliver our 2nd daughter. Kat was supportive and kind and ensured we had maximum knowledge during all aspects of my labour. She had my full trust throughout and made me feel so comfortable and safe. Everything happened amazingly and quickly and I couldn't have had better care and support ♥

I had the most AMAZING midwife named Beth and student nurse, Martina for my first labour and birth (Scunthorpe hospital). I honestly don't think I could have done it without them. From the start of labour through to the aftercare was an experience I will never forget. You both made me feel so safe and relaxed. Such loving and caring midwives. Thank you 🍌♥

T H A N K Y O U



AAM Takeover

Fatima Allam Birth Centre - HUTH

We asked our followers to get in touch via Facebook and Instagram with any questions they wished to ask the members of staff working on the alongside midwifery led unit within Hull Women and Children's Hospital.

Questions

ASKED

- I would like to have a water birth, but I'm worried that I might need more pain relief. Would it still be an option to get out of the water and have an epidural if needed?
- Is it possible to come to the birth centre after a straightforward pregnancy, but a previous birth that ended in forceps and a PPH?
- If I'm consultant led will I still be able to birth on the birth centre?
- Can you give birth on the birth centre if you've previously had pre-eclampsia and had to be induced at 37 weeks?
- At what point should I call the birth centre if my waters break or if I start contracting at home?
- Can you have a VBAC on the birth centre?





- Do I need to explain my birthing preferences before I attend/book a pool room?
- Do you have any recommendations of things to bring when birthing on the FABC – what extras do I need for a water birth, or should I pack in my hospital bag?
- If I choose an induction, are there any methods available that would allow me to still birth on the FABC?
- Can I still birth on the FABC if I go past my due date?
- Can I still birth on the FABC if I have low PAPP-A but normal growth on my growth scans?



The AMLU team plan to video their responses to the questions, to be put out as a short film on social media in the coming weeks.

If you're interested in doing a department-specific 'takeover' through the Ask A Midwife pages, please get in touch.





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



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 for further information

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

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