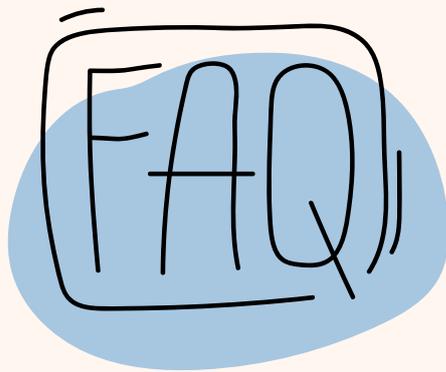




# NEWSLETTER

August 2025

We answered over 1400 questions in June and July



Appointments

Blood Tests/Results

Discharge

Constipation

Early pregnancy <16/40

Travel

Hayfever

Vomiting

Medications

Mental Health

PGP

## DID YOU KNOW?

ONE OF OUR FAQ AROUND THIS TIME OF YEAR.....

*"CAN I GO IN THE HOT TUB???"*

There's little research on using saunas, jacuzzis, hot tubs and steam rooms during pregnancy.

You may choose to avoid them because of the risks of overheating, dehydration, and fainting. It is also possible that a significant rise in your core temperature could be harmful in pregnancy, particularly in the first 12 weeks. If you have any chronic health conditions or complications in pregnancy then it is best to stay out of them.

If you still want to use them then

- Limit time in the hot tub to less than 10 minutes.
- Avoid sitting near the inlet that provides newly heated water.
- Avoid submerging your head, arms, shoulders, and upper chest.
  - Get out of the hot tub if you feel any discomfort.
- Keep an eye on the temperature as it shouldn't be above 35C

Have a look at the NHS website to help make your decision,

<https://www.nhs.uk/common-health-questions/pregnancy/is-it-safe-to-use-a-sauna-or-jacuzzi-if-i-am-pregnant/>



# ASK A MIDWIFE



Humber and North Yorkshire  
Health and Care Partnership

A HUGE thank you to Cara, Mariam and smw Sophie who safely delivered our baby, Martha on 14th June 2025. They were all amazing and it was such a lovely experience x

Hi just messaging as a small appreciation to the midwife's who have looked after me these past few days (Chloe Dixon) and (Ashlea north) maple ward (Danielle shepherd) and (Lois Bradley) and the student paramedic that delivered my baby last night and the staff on Rowen ward and the Neo doctors x

possible to thank Ms Adedipe my consultant for getting me to 37 weeks. Our first child was born at 25 weeks and the birth was very chaotic. The midwives made this time made me feel so relaxed and comfortable.

Hello, I am not sure if this will get through to the correct people, however I would really like to thank all the staff involved in the birth of my son Brodie on Monday 28th July! Every single midwife/consultant involved in my care was absolutely fantastic.

There was one particular midwife Jen, who honestly was absolutely fantastic, she showed so much care and attention and gave me so much reassurance, and because of her, I was able to have the experience I will never forget. I honestly cannot thank her enough, since the day, I have thought about her every day, she may not remember me, but I will forever be grateful and remember her! Please can I ask that if possible my message of thanks can be passed onto her, or let me know if there is a more official way I can do this as she deserves the recognition?

Thank you again to all the team!

Hello! I'd just like to send a thank you message to our lovely midwives, Terri & Zoe. Our pregnancy was filled with anxiety due to a previous loss but both midwives made us feel at ease & as Terri said, we 'laughed' the baby out!

Our rainbow Ralphie was born on the 3rd July

I couldn't have done it without them!

# HUTH

THANK YOU

# HARROGATE

I recently had the privilege of being cared for by Annabel during my postpartum recovery, and I felt compelled to share my experience. After a particularly challenging time due to feeding issues with Oliver, I was overwhelmed and in need of support. From the moment she walked into the room, her kindness and compassion made a world of difference.





## YORK & SCARBOROUGH

We couldn't have felt more heard and listened to by our wonderful midwife Niamh & Student midwife Liv.

Liv was my absolute angel in disguise, providing so much care and compassion, even though this was my third labour, taking me through every step to ensure I was comfortable and knowledgeable about every step. I remember Niamh & Liv gutted that they couldn't stay on past their shift to see the birth of our baby boy. Liv, you were my true strength throughout my labour, nothing was too much for you, the natters about nothing to tidying my hair and putting it in a ponytail for me were actions I will never forget. Thank you for making me feel like a person, and thank you for treating me like I wasn't just a number / another patient that comes through your doors. You truly made me a stronger mamma than I thought possible. I recall at one point answering Niamh asking if I wanted to move to the bed, I said I was comfy where I was, her response was if we're saying we're comfy in labour we're winning!

Hannah, the senior midwife who took over, thank you for being my rock and person who truly got me through my end stage of labour, I will forever be in your debt for the courage and determination you gave me in those final moments before our son was born.

Thank you to all the team before, during and after birth, you made my final labour the most enjoyable out of my 3, for truly making me feel like I was a warrior x x x

*On Friday 13th June, after I came over to Scarborough from another hospital due to many reasons, I was quite distressed and anxious but upon arriving I was treated with such care and compassion! I couldn't have been given a warmer welcome than what I was given.*

*The staff couldn't do enough for me to welcome our little Harry into the world within just a few hours from my waters being broken, safely and calmly and with pregnancy risk factors a top priority.*

*I will be forever thankful to all the staff that played a part in the birth and aftercare, it gave me such a lovely experience for my final baby! I was made to feel like my feelings and thoughts were completely valid, and was encouraged to listen to my body, which was not what I had experienced before - a huge positive!*

*I am happy I could help student midwife Abbie with another birth for her too 😊*

So to :

*Amy, Abbie, Anna, Kim, Amber, Gemma, Ann, Margot & Rosie - THANK YOU SO MUCH! 🙌😊*

Thank you ... 

# NLAG

I gave birth 6th may 3.29am to a beautiful little boy named Zak in Scunthorpe hospital. We travelled from hull to Scunthorpe due to needing to be induced and no space in hull and oh my goodness I cannot praise the staff on Scunthorpe delivery suite they were amazing and supportive to not only myself but my boyfriend too. My midwife Angela was amazing singing with me and having a little dance to get me through my labour she was simply the best. To top it off my absolutely outstanding student midwife Tamara also met us at Scunthorpe hospital I met her at my 8 week midwife appointment and months later she was there to hand me my beautiful boy. The support from her just like Angela was just amazing I could not have done it without them even when I lost faith in myself when tired and lacked energy those women where there to tell me I could do this and that's what I did. I will forever be grateful for Angela and Tamara ❤️

I would just like to thank Lisa and Jade for helping me bring my boy into the world on 10/04/25

I just want to say a huge thank you for everything you did for me and my baby during the birth of my son. From the moment I arrived, you made me feel safe, supported, and truly cared for. You helped me stay calm during a time that was exciting but also scary, and I will never forget how kind and patient you were with me.

Giving birth is one of the biggest moments in anyone's life, and I'm so grateful that you were there to help me through it. You answered my questions, listened to me, and guided me every step of the way. Even when things got tough, you kept encouraging me and helped me believe I could do it — and I did, thanks to you.

Your care didn't just help me physically, it also helped me emotionally. I felt like I was in such good hands the whole time. I could tell that you truly care about the people you look after, and that means more than I can put into words.

Thank you for bringing my son safely into the world and for being there during such a special and life-changing moment. I will always remember your kindness, your support, and how much you helped me.





Don't forget to tell your service users we are here to answer all their non-urgent questions.

If you would like some postcards or posters to put in your area please get in touch.

[hny.lms@nhs.net](mailto:hny.lms@nhs.net)



ASK A  
MIDWIFE

## Who do I contact?

Urgent	Non-urgent
I'm not happy with baby's movements	Can I eat this?
I have vaginal bleeding	How can I help with nausea/constipation /cold and flu
I have a persistent headache	How do I book antenatal classes?
I have fallen and bumped my abdomen	I have hip pain
I have itching, especially on my hands and feet	What vitamins should I take?

## Could you be the face of our social media pages!?

The Ask A Midwife team would like to share the love of all roles and experience in maternity and wondered if you could help?



If you don't mind having your image shared on social media with a little write up of what you do - then we would love to hear from you!



**Get in touch with  
your Ask A Midwife**

*Emily @Hull*

*Claire @York*

*Abbie @Harrogate*

*Lily & Jo @ NLaG*



## 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 your local AAM midwife  
or email [hny.lms@nhs.net](mailto:hny.lms@nhs.net)  
for further information**

### Our Email Addresses

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

