

MY PERSONAL MATERNITY CARE CHOICES

“ Every woman, every pregnancy, every baby and every family is different. Therefore, quality services (by which we mean safe, clinically effective and providing a good experience) must be personalised ”

Better Births, Improving outcomes of
maternity services in England, 2016



Content:

Congratulations on your pregnancy	3
Personalised choice and care	4
Choosing a Maternity Provider	5
Deciding where to birth your baby.....	6
● Home Birth.....	8
● Freestanding Birth Centre	10
● Alongside Birth Centre	12
● Delivery Suite/Labour Ward.....	14
Bolton NHS Foundation Trust	16
Manchester University NHS Foundation Trust	18
Pennine Acute Hospitals NHS Trust	20
Warrington and Halton Hospitals NHS Foundation Trust	22
Wrightington, Wigan and Leigh NHS Foundation Trust	24
What matters to me.....	26
Glossary	28
More information and useful websites	29

Congratulations on your pregnancy

Having a baby is a special time in your life. Your local National Health Service (NHS) would like to make sure you receive the maternity care you want in the place you want wherever possible.

The aim of this booklet is to summarise the main options available to you in Greater Manchester Pioneer and will help you decide your preferences.

Your midwife will discuss the choices available and offer advice and support to help you make the right choices for you and your family.



Personalised choice and care

This is your pregnancy and it is your choice as to where, when and how you wish to be cared for. To help us personalise your care, your provider will need to know:

- How they can help you
- What you want to happen
- The choices you have made

Your midwife will guide and support you to make the right choices for you and your family including:

- Your chosen maternity provider
- Where you can access and receive ante-natal care
- Where you wish to birth your baby
- Where you can access and receive post-natal care following the birth of your baby

As your pregnancy progresses and your baby develops, your preferences and personal needs may change. If this happens your midwife and/or obstetrician will explore your options with you and help you with any new decisions/choices.

Choosing a Maternity Provider

Within your locality, maternity services are available in the Greater Manchester Pioneer in Bolton, Wigan, Manchester, North Manchester, Oldham and Salford provided by the following hospitals and communities:

- **Bolton NHS Foundation Trust:**
<http://www.boltonft.nhs.uk/>
- **Manchester University NHS Foundation Trust**
(St Mary's and Wythenshawe): <https://mft.nhs.uk/>
- **Pennine Acute Hospitals NHS Trust**
(North Manchester and Oldham):
<http://www.pat.nhs.uk/>
- **Warrington and Halton Hospitals NHS Foundation Trust:**
<http://www.whh.nhs.uk/>
- **Wrightington Wigan and Leigh NHS Foundation Trust:**
<http://www.wwl.nhs.uk/>

Each hospital offers a range of standard and specialist maternity care within your local community and hospital setting. The following information will help you choose which maternity provider you wish to be cared by during your pregnancy, place of birth and following the birth of your baby.

One or more options may be recommended to you, based on your personal medical history and previous pregnancies. If your circumstances change or if you or your baby develop complications you may need to consider making new choices even if you have already arranged to have your baby elsewhere. This is your pregnancy and this is your choice.

Deciding where to birth your baby

Planning where to give birth to your baby is a very important decision. NICE guidance uses the evidence from the Birth Place Study (2011) which reviewed 65,000 births and shows giving birth in the UK is generally safe:

‘For low risk women the incidence of adverse perinatal outcomes is low in all birth settings’

One or more options may be recommended to you depending on your medical history and previous pregnancies. You may however choose a different option and will be supported with your choice.



Your birthplace choice in Greater Manchester

Home	Freestanding Birth Centre Midwife led
Alongside Birth Centre/ Midwife Led Unit	Delivery Suite/Labour Ward Consultant Led

Birth at home or in a midwife led unit is recommended for women who have a straight forward/low risk pregnancy.

Birth in a delivery suite is led by a consultant obstetrician and recommended for women with known health conditions or risks associated with their pregnancy and or baby.

Wherever you choose to birth your baby in Greater Manchester you will have access to expert facilities from highly skilled and experienced staff to ensure you receive the best quality safe care during your birth.

Home births

Home births are recommended for women who have a low risk/ uncomplicated pregnancy and want to birth in their own home with support from midwives.

The Birth Place Study (2011) reviewed 65,000 births in England of women who were low risk and had a straightforward pregnancy.

The research showed that, for second and subsequent babies, home births are just as safe as hospital births for the woman and baby. Home births reduce the likelihood of needing a caesarean section.

Women having their first baby have a slight increased risk of their baby having a problem, however the overall risk is low: 9.3 adverse perinatal outcomes per 1000 planned home births compared to 5.3 per 1000 in planned obstetric birth.

If there is a problem during labour you will be offered transfer to your local maternity hospital and accompanied by a midwife.

The Birth Place Study also showed:

88% of women having a second or subsequent birth at home are likely stay at home when in labour.

55% of women having their first baby at home are likely to stay at home when in labour.

Analgesia (pain relief) options include gas and air (Entonox), paracetamol and birthing pool.

Please speak to your midwife if you are considering a home birth.

Reasons to consider a home birth

- Safe birthing environment for women whose pregnancy is low risk
- You can enjoy the comforts of your own home to help you relax, help progress your labour naturally and positive birth experience
- Minimises the need for medical intervention



Freestanding Birth Centre

A freestanding birth centre is recommended for all women who wish to birth their baby in a home-like centre away from their local maternity hospital and whose pregnancy is straight forward/ low risk.

At a freestanding birth centre you will receive one to one care in labour by midwives and maternity support workers.

Women planning to birth their baby in a freestanding birth centre are less likely to need medical assistance and have significantly fewer intervention and more normal births than those planned to birth at an obstetric unit.

Analgesia (pain relief) options include gas and air (Entonox), paracetamol and birthing pool.

Ingleside is a freestanding birth and community centre set in Oakwood Park, Salford and is accessible via A580, in Greater Manchester. It has 4 ensuite birthing rooms, birthing pools and projectors which display natural images and sounds to help women relax and progress labour naturally.

In the event the woman and/or baby develops a complication they will be transferred to Bolton NHS Foundation Trust via an emergency ambulance.

67% of first time mothers stay on a free standing birth centre when in labour.

91% of mothers having their second and subsequent baby are likely to stay at a freestanding birth centre when in labour.

Please speak to your midwife if you wish to birth your baby at Ingleside.

Reasons to consider birth at a freestanding birthing centre

- Safe birthing environment for women whose pregnancy is low risk
- More likely to have a birth without medical assistance
- Home-like environment accessible to all women in Greater Manchester
- More opportunity to birth your baby in a birthing pool



Alongside Birth Centre

An alongside birth centre is a 'home from home' birthing centre situated in a hospital and is in close proximity to the main obstetric unit. This setting is recommended to all women whose pregnancy is classed as low risk including first time mothers.

In labour you will be cared for by midwives and support staff and have access to the use of facilities and birthing aids which help promote natural birth which helps reduce the need for intervention. Women also have the option to birth their baby in a birthing pool.

Analgesia options include birthing pools, TENS (trans electrical nerve stimulation which triggers the release of the body's own pain relief), gas and air (Entonox) and opiates (injection of pethidine or diamorphine).

The chances of you or your baby having a serious medical problem is the same for women planning to birth in a freestanding unit or delivery suite in an obstetric unit.

Women planning to birth their baby in an alongside birth centre are less likely to need medical intervention such as caesarean section and episiotomy.

If you or your baby need medical assistance this can be called immediately and transferred to the main delivery suite quickly. You will be accompanied by your midwife.

60% of first time mothers stay on an alongside birth centre during labour.

87% of women having their second and/or subsequent baby stay on an alongside birth centre during labour.

Following the birth of your baby the midwife will help you to get ready to go home within a few hours. If you require to stay in hospital you will be transferred to the postnatal ward where your care will be continued.

If you wish to birth your baby in an alongside birth centre please discuss this with your midwife.

Reasons to consider an alongside birth centre:

- Safe birthing environment for women whose pregnancy is low risk
- Home from home like unit
- Reduces the risk of requiring medical intervention in labour
- Opportunity for partners to be more involved



Delivery Suite/Labour Ward

Women who have experienced complications either during their current or in a previous pregnancy are recommended to birth their baby on a delivery suite/labour ward which is situated in a hospital. Care during birth is led by an obstetrician and provided by a team of midwives and doctors.

Women whose pregnancy has been classed as high risk are more likely to need medical assistance and additional help during birth. Should your baby need additional assistance a neonatal team and unit is also on site where your baby can be cared for. A delivery suite also has dedicated maternity theatres should a woman need to have a planned or emergency caesarean section.

After the birth of your baby your care will be continued in hospital until you and your baby are well enough to return home.

Analgesia options include, gas and air (Entonox) opiates (injection of pethidine or diamorphine), epidural, remifentanil and birthing pools may be available in some delivery suites.

A delivery suite is located in a hospital in the maternity unit.

A midwife will care for you during your birth.

A team of obstetricians, anaesthetists and neonatologists are on site to care for women and their babies who experience complications during birth.

For women whose pregnancy is low risk, birthing your baby on a delivery suite may increase the likelihood of intervention during birth (Birth Place Study, 2011).

The Birth Place Study reports:

More than three quarters of all low risk women, who planned to birth their baby in a midwife led setting had a 'normal birth' without medical interventions, compared with 58% of women in the obstetric unit group

If you wish to birth your baby on a delivery suite please discuss this with your midwife.

Reasons to consider birthing on a delivery suite

- If your pregnancy has been classed as high risk
- If you or your baby has a known medical condition and need specialist care
- Personal choice
- You wish to have an epidural in labour



Bolton NHS Foundation Trust

Address:

Bolton NHS Foundation Trust Hospital, Minerva Road,
Bolton, BL4 0JR

Telephone number:

01204 390 390

Website:

www.boltonft.nhs.uk

Bolton FT provides a range of quality maternity services in Bolton, Salford and Bury. The maternity team are happy to share this special time in your life and guide you through your pregnancy and parenthood journey, providing you with the support and reassurance you require. Bolton is proud to be the only provider in Greater Manchester to offer 4 birthing environments inclusive of Ingleside, a newly refurbished freestanding birthing centre set in the unique setting of Oakwood Park Salford. Ingleside is in an ideal location accessible to all areas in Greater Manchester.

Booking details:

Self-referral via your community midwife office Tel: 01204 390 023 or at your GP surgery

Place of birth choice:

Midwife led settings: Home, Ingleside Freestanding Birth Centre (Salford) and Alongside Birth Centre at BFT.

Obstetric led setting: Delivery Suite at BFT

One to one care in labour, ensuite facilities and birthing pools available in all settings

Specialist services:

- 24 hour consultant obstetric care in pregnancy and birth
- Maternity triage
- Designated maternity theatre
- Diabetes service
- Early pregnancy unit
- Dedicated tongue tie clinic
- Breastfeeding support team UNICEF BFI Level 3 accreditation
- Specialist midwifery support for women with mental health issues, asylum seekers, refugees, FGM & HIV
- Consultant midwife in normal birth
- Complex care ante-natal clinics
- Ante-natal day unit
- Smoking cessation
- Ante-natal education/aqua-natal/birth and beyond
- Bereavement midwives
- Hypnobirthing (fee applies)
- VBAC workshops
- ECV Breech
- Birth options clinic
- Neonatal special and intensive care unit

Car parking:

BFT hospital site: maternity visitors pay and display car park; designated parking for blue badge holders. Ingleside: free parking.

Manchester University NHS Foundation Trust

Saint Mary's

Address: Oxford Road, Manchester, M13 9WL

Website: <https://mft.nhs.uk/saint-marys/>

Telephone number: 0161 276 1234

Saint Mary's at Wythenshawe

Address: Southmoor Road, Manchester, M23 9LT

Website: <https://www.uhsm.nhs.uk/hospitals/wythenshawe-hospital/>

Telephone number: 0161 998 7070

A full range of maternity services are delivered across our four sites at Oxford Road, Wythenshawe, Trafford and Salford.

Booking details:

Access to maternity care at Saint Mary's Managed Clinical Service is via your community midwife or GP; many of our midwifery clinics have a direct midwife referral service. A referral will be completed to Saint Mary's Oxford Road Campus or Saint Mary's at Wythenshawe and an ante natal appointment arranged at one of our four sites.

Place of birth choice:

Midwife led setting: Home, Alongside Birth Centre Saint Mary's Oxford Road Campus and Saint Mary's at Wythenshawe

Obstetric led setting: Delivery suite Saint Mary's Oxford Road Campus and Saint Mary's at Wythenshawe

Specialist services:

- Neonatal intensive care unit
- Early pregnancy unit
- 24 Hour consultant obstetric cover
- Maternity triage
- Ante-natal assessment unit
- Specialist clinics: diabetes, hypertension, cardiac, renal, neurological, raised BMI, pre term labour clinic, MAVIS clinic, haematology, twins, previous caesarean section, anaesthetist clinic
- Neonatal surgical unit
- Fetal medicine unit
- Sickle cell unit
- Specialist midwives supporting specialist high risk clinics
- Ante-natal education including aqua-natal classes
- Infant feeding coordinators
- Community midwifery services
- ECV Breech
- Smoking cessation
- Counselling Service

Car parking:

Please refer to our website information for Saint Mary's and Saint Mary's Oxford Road Campus at Wythenshawe.

Pennine Acute Hospitals NHS Trust

North Manchester General Hospital

Address: Delaunays Road, Crumpsall, Manchester. M8 5RB

Website: www.pat.nhs.uk

Telephone number: 0161 702 7021

The Royal Oldham Hospital

Address: Rochdale Road, Oldham, Manchester. OL1 2JH

Website: www.pat.nhs.uk

Telephone number: 0161 652 5811

North Manchester General Hospital and Royal Oldham Hospital offer a full range of high quality maternity services for women and their families across North Manchester, Bury and Salford, Oldham and Rochdale. We are committed to providing safe and effective care that is personalised to your needs and we pride ourselves in supporting you through your pregnancy journey. The maternity teams are friendly and welcoming and wish to guide you through the most important time in your life.

Booking details:

Self referral to your community midwife via your GP surgery.

Place of birth choices:

Midwife led settings: Home and Alongside Birth Centre

Obstetric led setting: Labour Ward

One to one care, ensuite facilities and birthing pools available in all areas.

Specialist services:

- Neonatal intensive care unit
- 24 Hour consultant obstetric cover
- Maternity triage
- Designated maternity theatres
- Ante-natal day unit
- Specialist midwives support women with: diabetes, mental health issues, drug and alcohol dependency, infectious diseases (including HIV), bereavement, teenage pregnancy, asylum seekers.
- On site counselling service (North Manchester)
- Community midwifery service covering North Manchester, Bury and Salford, Oldham and Rochdale.
- Antenatal clinics based at North Manchester and Fairfield Hospital, Oldham and Rochdale.
- Specialist clinics: diabetes, anti D, endocrine, perinatal mental health.
- ECV Breech
- Parent education programme including guided birth available in the hospital and community settings.
- Fetal medicine unit (Oldham)

Car parking:

Pay and display parking is available on all hospital sites.

Warrington and Halton Hospitals NHS Foundation Trust

Address:

Croft Wing, Lovely Lane, Warrington, Cheshire WA5 1QG

Telephone number:

01925 662092

Website:

www.whh.nhs.uk

Warrington and Halton maternity services welcome women to have their baby with us at any stage of their pregnancy, even if arrangements have been made to have your baby elsewhere. We provide care in your home, community setting and within our maternity unit in Warrington Hospital

Booking details:

Self-referral via your community midwife office Tel: 01925 662 092 or via your GP surgery.

Place of birth choice:

Midwife led setting: Home and Alongside Birth Centre

Obstetric led setting: Delivery suite at Warrington Hospital

One to one care, ensuite facilities. Birthing pools available in alongside midwifery led unit.

Specialist services:

- 24 hour consultant obstetric care cover
- Dedicated home birth team
- Specialist midwives in smoking cessation, young parents, drug and alcohol dependency
- Post-natal community clinics
- Complementary therapies such as aromatherapy, acupuncture, reflexology
- Consultant midwife in normal birth
- Birth options clinic
- Water birth supported for women with complex medical needs
- ECV Breech
- Vaginal breech birth
- Dedicated maternity theatres
- Breastfeeding support team
UNICEF BFI accredited
- Transitional care on postnatal ward

Car parking:

Onsite designated maternity pay and display car park.

Wrightington Wigan and Leigh NHS Foundation Trust

Address:

Royal Albert and Edward Infirmary, Wigan Lane, Wigan, Lancashire, WN1 2NN

Telephone number:

01942 244000

Website:

www.wwl.nhs.uk

Wrightington, Wigan and Leigh NHS Foundation Trust is dedicated to providing the highest standard of healthcare for the local population. The maternity department is committed to placing women and families at the heart of what we do, and in the provision of safe, effective and personalised maternity care, our aim is to provide a welcoming, friendly reassuring and safe service for women and their families.

Booking details:

Self-referral via your community midwife at your GP

Place of birth choice:

Midwife led setting: Home

Obstetric Led setting: Delivery suite

Our delivery suite provides obstetric and midwife led care. All rooms are ensuite and a birthing pool is available.

Specialist services:

- 24 hour obstetric consultant care
- Dedicated home birth service
- Diabetes services
- Dedicated maternity theatre
- Maternity triage
- Ante-natal day unit
- VBAC workshops
- Hypnobirthing (fee applies)
- Parent education programme including breastfeeding workshops
- Birth after thoughts services
- Midwife-led aqua-natal
- Neonatal care unit
- Early pregnancy assessment unit
- Specialist midwives in young parents, public health, drug and alcohol dependency
- Smoking cessation
- Infant feeding team
- Tongue tie clinic
- ECV and vaginal breech birth
- BFI Accredited support

Car parking:

Pay and display parking available onsite and additional parking at Freckleton Street, 200 metres from the hospital main entrance.

Glossary:

Analgesia	Medication that acts to relieve pain
BFI	Baby Friendly Initiative Unicef UK breastfeeding award given to services which provide quality support to parents when feeding their baby
BMI	Body Mass Index The measure of someone being under or overweight
ECV	External Cephalic Version Turning a baby to head down when previously presenting its bottom first
Episiotomy	Surgical cut
FGM	Female Genital Mutilation Female circumcision
HIV	Human Immunodeficiency Virus Sexually transmitted disease
TENS	Transcutaneous Electrical Nerve Stimulation Method used to relieve pain
Obstetrician	Senior doctor who specialises in maternity care
VBAC	Vaginal Birth After Caesarean Section

More information and useful websites for your pregnancy

NHS Choices

www.NHSchoices@nhs.uk

NHS Choices pregnancy and baby guide

www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx

Health Help Now

www.healthhelpnow.nhs.uk

Ingleside Birth and Community Centre

<http://www.boltonft.nhs.uk/services/maternity/information/ingleside-birth-community-centre/>

NICE guidance

www.nice.org.uk/guidance/cg190

NICE guidance post natal care

www.nice.org.uk/guidance/cg37

Pregnancy, birth and beyond for dads and partners

www.nhs.uk/conditions/pre-and-baby/pages/dad-to-be-pregnant-partner.aspx

Voices for Better Births Pioneer:

www.facebook.com and search for Voices for Better Birth

Notes:

A series of horizontal dotted lines for writing notes, spanning the width of the page.

Produced by Greater Manchester Pioneer for Better Births. Collaborative partnerships between:

Bolton, Salford and Wigan Clinical Commissioning Groups; Bolton NHS Foundation Trust, Manchester University NHS Foundation Trust; Pennine Acute Hospitals NHS Trust; Warrington and Halton Hospitals NHS Foundation Trust and Wrightington, Wigan and Leigh NHS Foundation Trust.

April 2018

