

Welcome,

Thank you for signing up to East Riding Maternity Voices (MVP), a forum where parents, healthcare professionals, clinicians and NHS managers responsible for buying maternity services in the local area come together to allow opportunities for discussions and feedback about experiences of maternity services, to help us shape and improve maternity services where needed to ensure a high quality service that is kind, professional and safe is provided for expectant parents in the East Riding.

To help us keep in touch, we have created this newsletter as a way of ensuring you are kept informed of local events as well as local and national news/updates affecting maternity services. Moving forward these will be produced on a regular basis.

Meet your NEW MVP Chair!



Hi! I wanted to introduce myself and the new East Riding Maternity voice partnership. We want to ensure that everybody has a voice in our maternity care and services. I would value any ideas, comments and concerns, and hope this is something that will benefit the future of East Riding.

So who am I?

I'm simply a mum of 3 who supports the NHS plan to make our services about us. I am also a mental health nurse so I am particularly interested in ensuring both antenatal and postnatal services incorporate the support and personalised care for all women, children, and families.

Our NHS is for us and should remain about us. Everybody has the same goal to ensure care is provided where it is needed, but the NHS umbrella, commissioners, and the front line staff cannot do this without the involvement of the community.

As a mum I have had 3 very separate and different experiences with each of my children, both negative and positive. Reflecting on this, I feel it's a mixed bag of whys, and like anything, it won't change without acknowledgement and mutual sharing and awareness.

As a nurse myself, I am aware that sometimes this is about systems and sometimes these systems do not work for everyone. This is the highlighted need for more personalised care, and better communication across the board.

My vision is about being heard, personal expression, and positive pregnancy experience for all. I have already heard many ideas but I want more. I want to know your experiences and your expectations.

If you would like to get in touch, please email: eastridingMVP@icloud.com

Thanks Emma x



For more information on East Riding MVP visit:

<https://www.eastridingofyorkshireccg.nhs.uk/get-involved/mvp/>

If you would like to contribute to future publications or if you would like to opt out from receiving future MVP newsletters please contact:

ERYCCG.MVP@nhs.net

Out & About!

MVP Withernsea Meeting – October 2019

The second Maternity Voices Partnership (MVP) was held on the 2nd October in the Withernsea Children's Centre. The group was well attended by Midwives, Commissioners, Public Health Representatives and members from the Local Maternity System. A presentation was provided by Hull and East Yorkshire Mind who are currently undertaking a 12 months engagement project on Perinatal Mental Health using a multimethod approach and will include developing a peer support model. Feedback on the project will be provided on a regular basis.

Next MVP Meeting – Bridlington!

Why not visit the next Maternity Voices event on:

Tuesday 26 November

1pm-3pm

Bridlington Children's Centre, Butts Close,
Bridlington
YO16 7BS

Changes to the booking system at Hull University Teaching Hospital!

Changes to accessing Parent Education

Previously expectant parents living in the East Riding of Yorkshire would book for parent education via their local Children's Centre.

From 1st October 2019 a new system has been introduced, enabling expectant parents to book onto their antenatal classes and the optional breastfeeding session via the Hull Women's and Children's Hospital website.

See the following link

<https://www.hey.nhs.uk/maternity/book-antenatal-classes/>

Courses are available to all parents and are free of charge within the NHS.



NEWS - Special Hospital Clinics set up to help women protect their babies this winter.

From next week special clinics will be set up at Hull Women and Children's Hospital to help pregnant women protect their baby from serious illness this winter. Midwives trained to administer the flu vaccine will run the clinics every Tuesday to ensure women are protected against the flu virus which has been linked to miscarriage, premature birth and stillbirth.

Women will also be able to receive the vaccine at the HEY Baby Carousel on the last Wednesday of every month throughout the flu season, which begins on October 1. (NB. You will not be able to receive the vaccine if you do not bring your green hand-held pregnancy notes.)

Healthy Lifestyle Midwife Caroline Clark said: "Becoming a mother means protecting your baby and getting the flu vaccine in pregnancy is as essential part of that role. *"Catching flu in pregnancy can be severe not just for the mum but for the baby too. We've made it as easy as possible for women to receive the vaccine so they can be assured of doing the best for their child."*

Around 5,500 babies born in Hull every year and studies have shown pregnant women are particularly susceptible to flu which can cause miscarriage in the early stage or stillbirth in the later stages of pregnancy. As women's immune systems are more suppressed in pregnancy, they are more susceptible to flu and it can have serious consequences for women and their babies. Pregnant women are also able to get the flu vaccine from their GP or local pharmacy.

The next Carousel event will be held on October 30 at the Clinical Skills building near the Eye Hospital in Fountain Street between 6pm and 8pm. As well as giving women the flu vaccine, Hull's team of midwives, midwifery assistants and birth educators will also be on hand to give out hints and tips on having a healthy pregnancy.

Parents-to-be will be shown how to fit nappies, bath their baby and gain safer sleeping advice during practical demonstrations in a safe, non-judgemental learning environment.

We are officially on Facebook!

The Maternity Voice partnership gives us all a voice in the development of the care we receive. It enables mothers, fathers, and families to review their own experiences and help to further develop the local maternity provision. The new Facebook page offers universal access to shared information, resource, and a community angle to unite the families of the East Riding in the positive vision we all have for future maternity care. The page encourages engagement, and hopes to offer a hub for other services to link into. It also offers an open platform for anyone to share relevant content to the page and engage with the community.



The page can be accessed:

<https://www.facebook.com/eastridingmvp/>

NEW Maternity Website launched!

A new website has been launched to support people who are thinking about having children, who are already pregnant or who have recently had baby.

The aim of the website is to provide a single point of information for people wishing to learn more about maternity services in the Humber Coast and Vale area, to help them choose the most appropriate place to receive care base on their needs.



Features of the website include:

- A map of local hospitals, midwifery units and birth centres
- A timeline which explains how your baby is growing and developing
- Antenatal and postnatal information
- Advice on what you should do when you find out you are having a baby
- What to expect during the different stages of pregnancy
- Advice on staying healthy while pregnant

To visit the new website, please visit:

www.humbercoastandvalematernity.org.uk