



weavers
medical

PROSPECT HOUSE
LOWER STREET
KETTERING
NN16 8DN

INFORMATION PACK

ANTENATAL AND POSTNATAL SERVICES

Main Phone No. **01536 513494**
Fax No. **01536 526330**
Health Visitors: **01536 526348**
 or: 01536 526599

BOOKING APPOINTMENT: _____ **at** _____

MIDWIFE: _____

Dr Narendra Mistry
Dr Raffaella Poggi
Practice Manager:

Dr John McManus

Jo Barker

Dr Jonathan Sansome
Dr Stuart Pavey

September 2017

HOW OFTEN AND WHEN YOU WILL ROUTINELY SEE THE MIDWIFE



YOUR MIDWIVES

The names of the Midwives at Weavers Medical are **Hollie Durrant and Hilda Matiashe**. They run all the antenatal clinics here at the surgery and will provide your care throughout your pregnancy. Occasionally you may see a Locum Midwife at the surgery, but normally it will be Lara, Katie or Hilda who run the clinics. You will however be offered the choice to see someone else in a different setting if you want.

YOUR FIRST BOOKING APPOINTMENT

This booklet will have been given to you when you made your booking appointment. This is your first appointment to see the Midwife and is booked for when you are approximately 8 weeks pregnant. This appointment, which is on a Tuesday or Friday morning, is 60 minutes long as the Midwife has a lot of information to discuss with you.

At this appointment your choices available will be discussed. The midwives will also give you information regarding:

- Blood tests needed
- Diet and lifestyle
- Pregnancy care services
- Maternity benefits
- Your ultra sound scan – this will be arranged for you at this stage

SHARED CARE

Any reason to refer you to a Consultant for shared care during your pregnancy will be identified at this stage. If you do need to see a Consultant, the Midwife will refer you to Kettering General Hospital. All the information you need will be explained to you. If you are referred for shared care, it may be the case that a number of your antenatal appointments take place at the Hospital with a Consultant. You will still see Lara, Katie or Hilda also for routine pregnancy care.

NEW REGISTRATIONS

If you have recently registered with the Practice and are pregnant, it may be the case that you have received part of your antenatal care elsewhere. If this is the case, we will book you an appointment with the Midwife and she will assess your antenatal needs to decide when he will need to see you in the future.

IMPORTANT INFORMATION FOR BOOKING APPOINTMENT

- Before making your booking appointment you may have seen your GP. If this was the case, they probably suggested to you, the benefits of taking Folic Acid during pregnancy.
- If you have not seen your GP, the midwives would like to suggest you start taking Folic Acid prior to your booking appointment.

The dosage is Folic Acid 400mcg daily and Vitamin D 10mg. This may be different if you are already taking certain medications. This can be brought over the counter and you do not need a prescription. You should continue to take this until you are 16 weeks pregnant.

- At your booking appointment you weight and blood pressure will be checked and a sample of urine sent for analysis. **Please bring along a sample of urine to all your antenatal appointments.** You can collect a sample pot at any time from reception, if you do not have one.

SMOKING

Now that you are pregnant, you should stop smoking as soon as possible and ideally not start again. Smoking is bad for your baby's health and both your GP and Midwife advise against it. You can get help if you need it from the Stop Smoking Support Service on 0845 601 3116.

ALCOHOL

During your pregnancy you should avoid alcohol. This is because too much alcohol can damage the unborn baby. Your Midwife will be able to give you further advice regarding smoking and alcohol when you see her in clinic.

VACCINATIONS

If you are pregnant, you are advised to have the injectable **Influenza vaccine** during the flu season, regardless of the stage of pregnancy you've reached.

That's because there's strong evidence to suggest that pregnant women have an increased risk of developing complications if they get flu.

It's safe to have the flu vaccine at any stage of pregnancy, from conception onwards. The vaccine doesn't carry any risks for you or your baby. Talk to your GP or midwife if you are unsure about the vaccination.

You will also be advised to have a **Pertussis (Whooping cough) vaccine** while you are pregnant as this may help to protect your baby from developing whooping cough in the first few weeks of their life.

The immunity you get from the vaccine will pass to your baby through the placenta and provide passive protection for them until they are old enough to be routinely vaccinated against whooping cough at two months old.

You will receive a letter from the surgery inviting you for your influenza or pertussis vaccine when they are due.

ROUTINE CLINIC DAYS AND TIMES

Routine appointments are held in 4 clinics throughout the week. These are:

MONDAY	9.00AM – 12.40PM EVERY 20 MINUTES
TUESDAY	12.00PM – 1.00PM EVERY 20 MINUTES
WEDNESDAY	9.00AM – 12.40PM EVERY 20 MINUTES
THURSDAY	2.00PM – 4.40PM EVERY 20 MINUTES
FRIDAY	12.20PM – 12.40PM EVERY 20 MINUTES

There are 2 booking clinics held per week. These are:

TUESDAY	9.00AM -11.30PM EVERY 75 MINUTES
THURSDAY	10.15AM – 12.45PM EVERY 75 MINUTES
FRIDAY	9.30AM -12.00PM EVERY 75 MINUTES

These appointments can be booked in advance and your Midwife will advise when she needs to see you again after each appointment. It is not possible to book any routine appointments until you have had your first booking appointment.

ROUTINE APPOINTMENTS

- You can determine when you will see the Midwife during your pregnancy by referring to the flow chart on page 2. Routinely, you will have between 6 and 9 antenatal appointments and at these appointments your blood pressure and urine will be checked and the results of any tests undertaken will be discussed and actioned if necessary.
- An assessment will be made to determine the growth of your baby and there will be an opportunity to listen to your baby's heart.
- Blood tests will be taken at certain appointments.
- There will also be the opportunity to discuss any problems or disorders that you may be experiencing as a result of your pregnancy.
- Each routine antenatal appointment is 15 minutes long.

USEFUL CONTACTS

If at any time you need to speak to the Midwives, they can be contacted on two numbers.

- You can telephone them at the **Community Midwives Office** at the Hospital on **01536 492899**. If they are not there, you can leave a message and they will ring you back. They will normally be at the office between 9.00am and 10.00am Monday to Friday.
- **Labour Ward** staff are available for information 24 hours a day on **01536 492878** or **01536 492879**.
- Alternatively, you can contact them at the **surgery** by ringing **01536 513494**. Again, you can leave a message and they will ring you back. Please note however, the midwives are only at the surgery when they have clinics.
- Rockingham Wing tour – Saturdays and Sunday at 14:00. No need to book just arrive and wait in reception
- Antenatal classes can be arranged on Thursdays at Montagu Street Children's centre by calling 01536 311030 or on Wednesday evenings at Ronald tree nursery which you will need to call to book on 01536 514240.

POSTNATAL CARE

When you have had your baby, the Midwives will visit every day until the baby is 10 days old. If this is your first baby, they may also arrange to see you less frequently for up to 4 weeks.

The Health Visitors then take over care of you and your baby on the 11th day.

HEALTH VISITING TEAM

The Health Visiting Team based at Weavers Medical are:

Katie Scales	Health Visitor
Daisy Aikins	Health Visitor
Marian Furze	Health Visitor
Sarah Halcrow	Health Visitor
Sheena McBride	Health Visitor
Hope Chitiga	Health Visitor
Kerry Everett	Nursery Nurse

Health Visitors are registered midwives who have specialised in the care and well being of children and families. Health Visiting is not a set service; some families may use the service more than others. Below is a flow chart to show you how often, *routinely* you and your family will see them. If you require further contact between these appointments, the Health Visitors will be happy to see you regarding toilet training, Sleep and behaviour management.

HOW OFTEN AND WHEN YOU WILL ROUTINELY SEE THE HEALTH VISITING TEAM



THE FIRST HOME VISIT

The Health Visitor makes the first contact with you when your baby is 10 – 14 days old. They try to contact you by phone to book an appointment for your home visit. This home visit usually lasts about one hour and during that time different issues are discussed such as pregnancy, delivery, family health, social circumstances and infant nutrition. Your baby is also weighed at this visit.

CLINICS

The Health Visitors run a number of different clinics. If you wish to make an appointment for any of these you can ring the Health Visitors direct on **01536 526348 or 526599**. Alternatively you can ring the main number of the surgery (01536 513494) and ask to be transferred.

The clinics held are:

TUESDAY	10.00AM – 12.00PM	BY APPOINTMENT ONLY
WEDNESDAY	10.00AM – 12.00PM	BY APPOINTMENT ONLY

HEALTH VISITING CLINICS AT SURE START CHILDRENS CENTRES.

Monday

Montagu Street Sure Start Children's Centre
Montagu Street, Kettering
NN16 8RX

Tel 01536 311030
10am-11am Drop in Session

Tuesday

Ronald Tree Sure Start Children's Centre
Laburnum Crescent, Kettering
NN16 9PH

Tel 01536514240
9am - 11am Appt only

Meadowside Sure Start Children's Centre

Park Road, Burton Latimer
NN15 5QY

Tel 01536723985
Alt weeks 9am –11.30am Appt only

Thornton Sure Start Children's Centre

1 Goode Court, Kettering
NN15 5FG

Tel 01536723985
1pm-2pm Drop in session

Thursday

Meadowside Sure Start Children's Centre – Alternative Weeks

Rothwell Sure Start Children's Centre
Victoria Infant School
School Lane, Rothwell
NN14 6HZ

Tel 01536710025
1pm-2pm Drop in session

Highfield Sure Start Children's Centre

Highfield Road, Kettering
NN15 6HY

Tel 01536515609
1pm-3pm Appt only

GP POST NATAL CARE

When you have had your baby, your GP will be sent a letter informing them you have been discharged from hospital care.

- The surgery will then send a letter to you, providing details of how to contact the surgery to make an appointment and how to register your baby.