

Information Leaflet: Care during and after your pregnancy.

CONGRATULATIONS on your pregnancy!

You will be looked after by the **Shaftesbury and Gillingham Team** of midwives during your pregnancy and normally following the birth of your baby. We aim to give you as much continuity as possible throughout your time with us. *However we do work as a team so it is likely that you will meet more than one colleague from our team during your journey with us.*

All local community midwifery teams are moving towards 'hub-based' working which means that in the very near future all of your antenatal appointments and most of your postnatal appointments with your community midwives will be at The Nadder Centre, Weaverland Road, Tisbury, SP3 6HJ – please see their website for directions [Nadder Centre - Tisbury | Your care Your support Wiltshire](#). The Nadder Centre is very central within the community areas we cover as you will see by the map at the end of this leaflet!

Initially, your appointments will be on similar days to those stated below and you will continue to see your named midwife as much as possible. Should the schedules change then we will endeavour to give you as much notice as possible before this occurs.

The SHAFTESBURY AND GILLINGHAM midwives and their clinics are as follows –



Martina Mentasti

Abbeyview Medical Centre, Shaftesbury
Tuesday afternoon, Thursday morning
Monday /Friday mornings (overflow)

Tisbury Surgery

Wednesday morning and incorporates
Hindon Surgery

Cherry Orchard Surgery (Codford).
Every other Wednesday afternoon



Becky Davis

Maternity Assistant
Abbeyview Medical Centre, Shaftesbury
Neonatal screening and postnatal care



Rosie Fripp

Gillingham Medical Centre @ The Barn
All day Monday and incorporates
Peacemarsh and Silton surgeries

Sixpenny Handley Surgery
Every other Tuesday morning



Fiona Daniels

Abbeyview Medical Centre, Shaftesbury
Wednesday morning
Monday /Friday mornings (overflow)

Mere Surgery
Thursday afternoon

It is also highly likely that you will meet one or more of our student midwives that are training within our team during your pregnancy.

Please be aware that at any time during your antenatal and postnatal journey with us, we may request you attend appointments at Salisbury Hospital particularly if you need to be seen during the weekends or bank holidays.

If you are under 16 weeks pregnant: and have any medical concerns about you or your baby then please contact your GP in the first instance. If it is **out of hours** then please contact NHS direct – 111

If you are over 16 weeks pregnant and have any concerns: and are booked to have your baby at Salisbury Hospital please contact the Day Assessment Unit and they will advise you appropriately- **01722 425185. Do not leave a message on our voicemail at Abbey View Medical Centre as these**

messages are not listened to regularly. If you are booked at any other hospital, please call the relevant number of your chosen hospital which you will find in your handheld notes.

For any general queries - for example, you need to book your next appointment, need a MATB1 form or you require a physiotherapy referral please email sft.maternity.routine.enquiries@nhs.net with your name, telephone number, your query, the name of your community midwife and community midwifery team. Alternatively you can phone the Day Assessment Unit and they will pass a message on to us. You should expect to hear back from us within 48 hours – if this does not happen please contact the Day Assessment Unit again.

Antenatal Care

In your hand held notes which will be given to you at your booking appointment, you will see a flow chart of how often you will see your midwife during your pregnancy – during the Covid-19 pandemic this may have changed slightly but your midwife will inform you of this. Please remember that it is your responsibility to arrange these appointments.



Preparing for Birth.

We are currently running group antenatal education sessions online using Microsoft Teams. The sessions are run over 2 weeks on the 2nd and 3rd Tuesday morning each month from 10am – 12.30pm (approx). Dates will be provided for you after your 20 week scan. In the first session we will discuss topics such as bonding with your baby, stages of labour, pain relief, birth etc. The second session is about the postnatal period, feeding, going home with your baby, emotions and mental health, support, coping with a crying baby etc. The sessions use some videos and photographs / images as well as conversation! You will also be sent useful links and documents to read and watch in your own time.

We also encourage you to do plenty of your own reading and research from trusted sources such as www.unicef.org/parenting/, www.Tommys.org, www.nct.org.uk, www.labourpains.com and if you are a Facebook user – please follow our page: Salisbury Maternity Unit where you can access up to date information regarding the unit, have a virtual tour, breast-feeding support etc.

Please also access our website at [Maternity \(salisbury.nhs.uk\)](http://Maternity(salisbury.nhs.uk))

After you've had your baby -

Following the birth of your baby we will also provide Postnatal Care for you and your baby unless you live geographically outside of our boundaries – this will be discussed with you during your antenatal time with us. We will always visit you, phone you or ask you to attend one of our clinics which may be locally or at Salisbury Hospital the day AFTER you come home from hospital, then day 5 and 10 as a minimum then anything in-between depending on your needs. **You will have your postnatal visits at either at home or in a postnatal clinic or at The Maternity Hub or hospital in Salisbury on any day of the week. During weekends you will be asked to attend your postnatal appointments at Salisbury Hospital.**

For infant feeding advice please email our feeding team on sft.infantfeedingco@nhs.net. They also run face to face support drop-in support sessions at Salisbury Hospital on Wednesday mornings or virtual session on Wednesday afternoons (invitation required – please email the team for a link).

Health Visitors

During your pregnancy, a Health Visitor may contact you to arrange a home visit, telephone, or video call.

If you are in Dorset, they will provide you with your baby's 'red book' which you should take into hospital with you when you have your baby.

If you live in Wiltshire, this will be given to you by the hospital before you come home.

Your Health Visitor will also visit you at home or video call you after you have had your baby and will discuss your baby's ongoing care.



Map

Below is a map showing the location of our new hub – The Nadder Centre, Tisbury in relation to the GP surgeries we currently cover (circled) and the approximate areas of families addresses that we would provide care for during and after your pregnancy.

As you can see this is fairly central and we hope that you will enjoy coming to our new facility soon.

