



Women and  
Children's Health

North Bristol **NHS**  
NHS Trust

# Your Community Midwifery service



*Exceptional healthcare, personally delivered*

Congratulations on your pregnancy! We hope that this information will help you understand the midwifery service and how it involves you.

## Your Community Midwifery Team

A team of Community Midwives and Maternity Care Assistants (known as MCA's) will care for you during your pregnancy and in the early days when you are at home with your baby. The Community Midwifery teams are based in a variety of places such as GP surgeries, Health Centres, Clinics or Children's Centres. Where you see yours will depend on where you live.

The MCA's work under the direction of the Community Midwives who coordinate your care. They work together to support you until your baby is approximately 10 days old, when your care is transferred to the Health Visitor .

## Maternity Notes

At your first appointment your midwife will give you your maternity notes, in the form of a yellow book. This is a record of the care that everyone gives you, and helps us to communicate with each other.

**It is very important, therefore that you bring it with you to all your appointments.**

These notes remain the property of the maternity unit and your midwife will need to return them once your maternity care is completed.

# Contacting Your Midwifery Team

For general advice about your pregnancy, your baby or your appointments please contact your Midwifery Team at their office base. Monday- Friday calls will be dealt with within 48 hours.

However, if you have an Emergency or need advice urgently please use the numbers on the front of your notes. Please only use these numbers when you really need to. Remember you can get general health advice from NHS Direct or your GP service too.

## Antenatal Appointments

Your midwifery care starts when you are about 8 weeks pregnant and your midwife will plan your pattern of care with you, based on national guidelines and your personal needs (please see your maternity notes). Appointments are 15 minutes.

### PLEASE

- Come to your appointments on time, and cancel them if you cannot attend.
- Remember to bring your “yellow book”
- Remember to bring a urine sample

You may need a Maternity certificate (Mat B1) to claim Statutory Maternity Pay or other benefits. A midwife can sign this when you are over 21 weeks of pregnancy and will be issued at your next scheduled antenatal appointment.

## Your GP

If you have a medical problem that is unrelated to pregnancy you will need to see your GP. Midwives are unable to prescribe medications.

## Preparation for Labour and Feeding

Your midwifery team will offer you sessions locally, where you can meet other new parents and gather information.

## Following the birth of your baby- Postnatal care

Unless you have had a home birth, the maternity unit will let your midwife know when you come home. A midwife will either phone or visit you the next day and will plan your care with you. Please make sure that we have your correct address and telephone numbers. We are unable to give you a time if we are visiting you at home.

If you are well you will be asked to attend a postnatal clinic for your following appointments. Please inform the team as soon as possible if you are going out or unable to attend an appointment so that other arrangements can be made.

You will need to bring both your “yellow book” and the baby’s ‘red’ book (Child Health Record) when you come to clinic appointments. You will need the red book for the Health Visitor and other health professionals to write in when they see your baby. A useful place to keep it is in your baby’s changing bag!

**PATIENT  
APPROVED** 

## How to contact us:

### North Bristol NHS Trust



Southmead Central Delivery Suite:  
0117 414 6916 / 0117 414 6917



Southmead Birth Centre:  
0117 414 6900 / 0117 414 6901



Quantock Assessment Centre:  
0117 414 6904 / 0117 414 6905



Cossham Birth Centre:  
0117 340 8460



[www.nbt.nhs.uk/maternity](http://www.nbt.nhs.uk/maternity)

### United Hospital Bristol



St Michaels Central Delivery Suite:  
0117 342 85241



Antenatal Assessment Centre:  
0117 342 85395



**Weston Birth Centre:**  
01934 647082



**Bath Delivery Suite :**  
01225 824447

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.