

Having your baby



Choosing the right
care for *you*



Later this year (2011) our maternity services in Maidstone and Tunbridge Wells NHS Trust are changing. The changes will help ensure we continue to provide you with the highest standards of care in the very best place for you and your baby.

This leaflet provides the following information:

- 1 An overall summary of the changes to maternity services
- 2 Information about antenatal services, which we will continue to provide at Maidstone
- 3 Choices for place of birth from September 2011 (each option will be discussed in turn)

The options are:

- Hospital (Tunbridge Wells Hospital at Pembury)
- Birth Centre at Maidstone
- Home

Summary of the changes

In September 2011 we are moving our delivery suite and inpatient wards at Maidstone Hospital to the new Tunbridge Wells hospital at Pembury.

We will still be carrying out all your antenatal (scans etc) and postnatal care locally, but from September 2011 you will no longer be able to give birth at the existing Maidstone Hospital.

These changes will help us ensure that all the babies we deliver continue to be seen and cared for by teams of highly skilled doctors, and receive specialist care if they require it at birth.

It also means we can provide you with a new range of choices that few hospitals in the NHS can match.

When and why are maternity services changing?

The changes happen in September 2011. We are creating a centre of expertise for women and children's care at the Tunbridge Wells Hospital (Pembury) to maintain the highest and safest standards of care for mothers and babies throughout West Kent.

Antenatal and Community services continuing at Maidstone

Antenatal and postnatal care make up the majority of care women receive. This will still be provided in Maidstone after September 2011.

Women with straightforward pregnancies will continue to have most of their care from their community midwife. Women with more complicated pregnancies will be seen by a consultant-led team in the antenatal clinic at Maidstone. Ultrasound scans will continue to be carried out at Maidstone. A Maternity Day Assessment Unit will also continue to be provided for those women who require it.

If you need inpatient antenatal care, from September 2011 you will be cared for in the women and children's centre in the new Tunbridge Wells Hospital at Pembury.

From September 2011 women in Maidstone and other neighbouring areas will have three choices when considering where to give birth. Your midwife will help you make the very best choice for you and your baby.

The choices are:

- Having your baby in hospital (see page 4)
- Having your baby in the new Maidstone Birth Centre, which is led by midwives (see page 5)
- Having your baby at home (see page 6)



Giving birth in hospital



Valentina and Mike

"The new hospital is great. It was only when I saw someone in uniform I remembered it was a hospital."

The women and children's centre in the new Tunbridge Wells Hospital at Pembury is unique in the NHS.

Every pregnant woman, both antenatally and postnatally, has her own room with en-suite facilities and flat screen freeview television. Each room is individually temperature controlled and some have woodland views. The Delivery Suite also has two birthing pools.

The centre has two dedicated theatres, intensive care for babies and full obstetric and paediatric support from consultants specialising in women and children's care.



New mum Rebecca was impressed with the size of her single room, standards of cleanliness and caring and friendly staff. She said

"We were surprised at the size of the room – it's much bigger than we thought."

As with the Birth Centre and home birth, we aim to provide one to one care in labour.

New parents Valentina and Mike were thrilled with the services at the Tunbridge Wells Hospital at Pembury.

Valentina, who enjoyed the privacy of her own room, said: "The new hospital is great. It was only when I saw someone in uniform I remembered it was a hospital."

Mums say one of the main benefits of our single rooms, over and above the obvious privacy, is.... a good night's sleep!

Giving birth in the new Maidstone birth centre

Birth centres are small maternity units which are staffed and run by experienced midwives.

Maidstone's new birth centre will provide women with a home-from-home birth experience from September 2011, with comfortable bedrooms and en-suite facilities in a new building in Maidstone. Women can choose this option if their pregnancy is low risk.

Some of the benefits:

- A non medicalised approach to birth provided solely by midwives.
- One-to-one care
- Facilities to promote a normal birth in a homely environment which include:
 - water birth pools
 - complementary therapies
 - double beds for partners to stay
 - garden area
 - kitchen and lounge facilities
 - antenatal and postnatal care, breastfeeding support and parent education

Some things to think about:

- As with a home birth, you cannot have an epidural at a birthing centre
- If your labour is progressing slowly, you require an epidural or there are complications, you will be transferred by ambulance to the new Tunbridge Wells Hospital at Pembury, or hospitals in Ashford or Medway.

Maidstone mum Jenny had two of her children in a birthing centre in Canterbury. She said: "I much preferred the calmer, more relaxing environment of the centre. Everything seemed so much easier than in hospital and I felt in charge."

Jenny was transferred by ambulance to hospital on one occasion.

She added: "I can understand people's concerns about travelling some distance, but they needn't."

"The midwives are fully experienced and didn't take any risks."



Giving birth at home



Mum Rebecca had two home births. She said:

“We always hoped that giving birth would be as positive an experience as possible and so when home was an option we thought why not...no pressure to go anywhere, we would be in familiar surroundings and still have access to TENS, entonox and a birthing pool.”

“You have one to one continual care from very conscientious and caring midwives. There was never any compromise over mine or the baby's safety and we never felt isolated as the home care continued for several days. When planning the birth of our second child we had no hesitation in wanting to be at home and feel fortunate that Noah and Bella were born into the environment they will grow up in.”

Home births are a popular choice for some women who have an uncomplicated pregnancy. Home births offer a non-medicalised experience for women who prefer to give birth in familiar, homely surroundings.

The benefits of home birth include:

- Familiar homely surroundings
- One-to-one care from your midwife
- Non-medicalised care
- Some women choose to hire their own pool for labour and birth

Some things to think about:

- You cannot have an epidural at home
- If your labour is progressing slowly, you require an epidural or there are complications, you will be transferred by ambulance to the new hospital at Pembury, or hospitals in Ashford or Medway.

Your midwife will monitor you during your pregnancy and labour to make sure a home birth remains an appropriate and safe option for you.

We very much hope this leaflet is a helpful guide to the maternity services available to you in the Maidstone and Tunbridge Wells NHS Trust.

Please talk to your midwife or doctor for further information to help you make the best choices for you and your baby.

While we hope you will stay with us for your whole maternity experience, taking advantage of the wonderful and unique new facilities we now have, we can still provide your antenatal and postnatal care if you decide to have your baby delivered elsewhere.

There are other maternity care providers who you may wish to consider when booking your maternity care, including Medway Maritime Hospital and William Harvey Hospital in Ashford.

For more information about maternity care in general you may also find one of the following groups helpful:

National Childbirth Trust (NCT)

Pregnancy and birth helpline **T: 0300 330 0772**

Web **www.nct.org.uk/home**

Mumsnet **www.mumsnet.com**

General information

Patient Advice and Liaison Service (PALS)

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are **Monday to Friday 10.00am to 4.00pm**. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

PALS Maidstone Hospital **T: 01622 224960**

PALS Tunbridge Wells **T: 01892 632953**

PALS Email **mtwpals@nhs.net**

PALS SMS **T: 07747 782317**

PALS Maidstone Fax **T: 01622 224843**

PALS Tunbridge Wells Fax **T: 01892 632954**

Maidstone and Tunbridge Wells NHS Trust is proud to be among the small number of NHS hospitals nationally who provide women with the widest possible range of birthing options.

We are one of just five per cent of NHS hospitals providing women with a choice of giving birth:

- in hospital
- in a birth centre
- at home

We are one of the first NHS hospitals nationally to provide all women with single rooms and en-suite facilities.

*Thank you for choosing to use
our maternity services.*

Maternity Services contact details

Maidstone Hospital

Delivery Suite T: 01622 224426

Tunbridge Wells Hospital (Pembury)

Delivery Suite T: 01892 633500

For more information about your local health service visit
www.mtw.nhs.uk

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