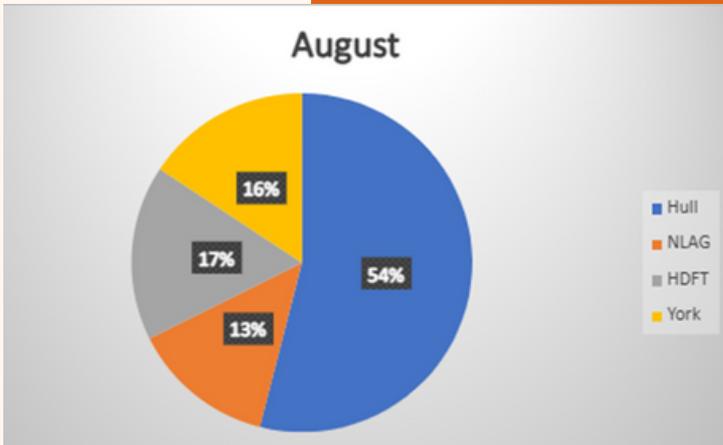


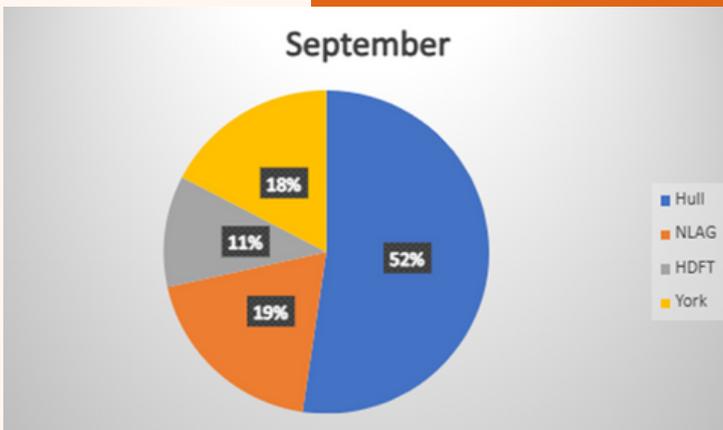


NEWSLETTER

Aug/Sept 2023



We have been busy over August and September answering lots of questions. Our busiest day was Thursday 31st August, we answered 60 questions in one day.



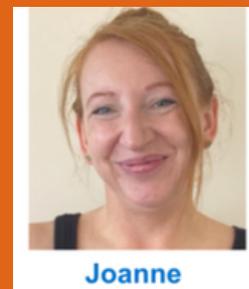
In August we answered 491 messages. In September we answered 390 messages.

Frequently asked Questions



We Welcome Jo and Lily to the AAM Team!

Jo and Lily are community midwives based at Goole Hospital. They are both passionate about promoting choice for pregnant people and improving their pregnancy and birth experiences.



ASK A MIDWIFE

Maternity journey virtual tours

•The LMNS has designed the Maternity Journey film featuring all staff within our local maternity units to support families in making choices throughout their pregnancy journey. We also have virtual hospital tours for

- [Hull Women and Children's Hospital](#)
- [York Hospital](#)
- [Scarborough Hospital](#)
- [Scunthorpe Hospital](#)
- [Grimsby's Diana, Princess of Wales Hospital](#)

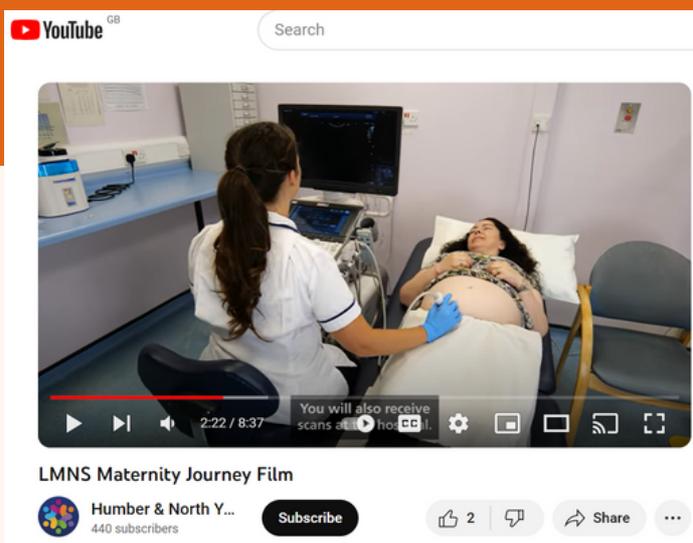
These can be accessed by following the link below

<https://www.humberandnorthyorkshirerematernity.org.uk/pregnancy-journey/virtual-hospital-tours-and-maternity-journey-video-/>

People can find out how to contact the hospital, consider where they want to give birth (more detailed information is in our hospital tour videos), learn about antenatal appointments, classes, scans and the choices available to them when giving birth, for pain relief, caesarean section and induction. We also provide information on postnatal care. It is also a lovely way to hear about the experiences of local mums who feature in this film.

We hope you enjoy viewing it as much as we enjoyed making it.

<https://www.humberandnorthyorkshirerematernity.org.uk/pregnancy-journey/virtual-hospital-tours-and-maternity-journey-video-/>



Ask A Midwife is delivered over Facebook and Instagram. Each Trust has their social media pages.

- York and Scarborough: @askamidwife_ysft (Insta) | yorkandscarboroughbumps2babies (Facebook)
- Hull and East Riding: @askamidwifelhuth (Insta) | Hull Womens and Childrens Hospital (Facebook)
- North and North East Lincolnshire: @askamidwifelnag (Insta) | Nlagmaternity (Facebook)
- Harrogate and District: @hdftmaternitymumsandmidwives (Insta) | Harrogate and District Maternity Mums and Midwives (Facebook)



Community events

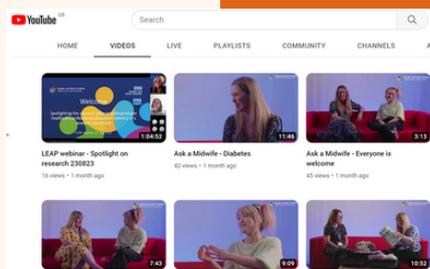
We have been out and about attending various local community events aiming to reach out to service users who might be unfamiliar with the Ask a Midwife service.

Ongoing projects include AAM drop-ins at hospitals, leisure centres, community and local events.

We have created some AAM youtube videos called “couch talks”. We discuss inclusion in a video called everyone is welcome, IOL, out of guidance, diabetes, bag packing and fetal movements. You can watch these videos on the link below

<https://www.humberandnorthyorkshirematernity.org.uk/support1/a-sk-a-midwife/couch-talks/>

If you are aware of any upcoming events that AAM can be involved with, please don't hesitate to contact us via email at hny.lms@nhs.net



ASK A MIDWIFE



Humber and North Yorkshire
Health and Care Partnership

Guides for parents with learning difficulties are available from Humber and North Yorkshire LMNS website. They have been developed for families with learning disabilities and other communication needs including low literacy levels

and for people who do not speak English as their first language

We have used short, jargon-free sentences with simple, clear images to help explain their pregnancy journey.

This document is available to download or print in English, Polish, Romanian, Kurdish, Turkish, Arabic, Urdu, Bengali and Swahili.

There are also a series of easy read guides that give expectant parents practical information and support throughout their pregnancy journey, from early pregnancy through to a birth and contraception choices.

These can be accessed in our Support section of our website or by clicking the link below

<https://www.humberandnorthyorkshirematernity.org.uk/support1/easy-read-guide-to-pregnancy/>



Spend a day with AAM Team

The Ask a Midwife service are offering student midwives a placement with the team. This will allow student midwives to see how the AAM service operates, answer questions under supervision, and develop a health promotion social media post.



Helene Morton and Amy Walker
University of Hull Student Midwives

The Ask a Midwife team consists of Karen Sinaga, Claire Welford, Abbie Durrant-Milnes, Jo Lilley and Lily Wheldrake. If you require more AAM cards or posters for your area, please email us.

karen.sinaga1@nhs.net - HUTH

claire.welford5@nhs.net - YSTHFT

abbie.milnes1@nhs.net - HDFT

joanne.lilley7@nhs.net - NLAG

lily.wheldrake@nhs.net - NLAG



Amazing service, I have seen such a reduction in call-backs due to AAM. Women rave about you.
Local Midwife

The midwives on the page are so kind, knowledgeable, helpful and so easy to contact! They organised a debriefing appointment to discuss my first birth (before we started trying for our second baby); referred me to the perinatal mental health team during pregnancy; put my mind at ease when I was struggling with a slow c-section recovery; and were so friendly when I asked questions (even though some of my questions seem a bit silly when I look back at them!)