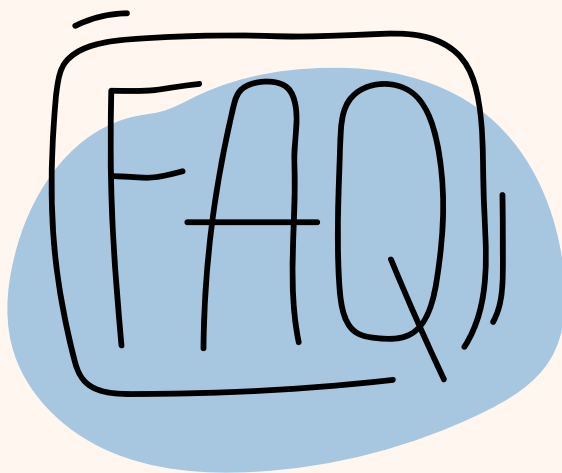




# NEWSLETTER

June 2025

**We answered 1300 questions in April and May**



Appointments  
Blood Tests/Results  
Discharge  
GDM/GTT  
Early pregnancy <16/40  
Fetal movements  
Badgernet  
Medications  
Mental Health  
Induction of Labour  
Cold/Flu remedies  
Scan



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NHS Innovation  
Awards and  
Showcase 2025  
**Finalist**

# ASK A MIDWIFE



Humber and North Yorkshire  
Health and Care Partnership

Thank you Thursday - A humongous thank you to Amy Steel, a midwife at Hull Women & Children's Hospital. I am lucky enough to call Amy my best friend and I'm even luckily that she was my birth partner for my recently born first child in October 2024. I honestly don't think I could have gotten through two failed inductions, two separate hospital stays and then a c-section without all of her support, advice and love.

Amy was by my side as a friend throughout my entire pregnancy and I feel so fortunate that she was there for the birth of my little boy. Amy is an incredible friend and an incredible midwife, I have no doubt that she will have an amazing career and will make many women's experiences of birth far calmer, more informed and overall more enjoyable!

## HUTH

Wow what an experience we had, our baby girl Cara arrived 14/05/2025 (very quickly 😊) with the help of the most AMAZING, HELPFUL, SUPPORTIVE girls! We were so gutted Hilary had to leave her shift, she welcomed us with open arms, smiles and so much support I wouldn't of been so relaxed without her there 😊 and onto the swap we had Terri & Emily! Incredible team! Their presence helped me through and as a team we did it and welcomed our girl! Honestly never felt support and empathy like we did in that room. We will forever be thankful to such wonderful midwives, they're a huge credit to the NHS 💙 once again thank you ❤️

Thank you to the incredible Zoe on the birth centre who helped us have the most positive magical water birth on Saturday (even more amazing as baby was born in his sac!) Could not have wished for a better midwife!

Even though Plan A was a home birth and despite having to be transferred in last minute due to staffing issues, (thanks to Jill and Fi too who really tried to make it happen!) it really was everything I wanted from birth!

And also thank you to lovely Suzanne and all the midwives at Fenchurch who have been amazing throughout my pregnancy and so supportive of planning a homebirth, was so happy to have Suzanne as my midwife again after she was so fab in my first pregnancy too!

Thank you... ❤️

On the 27th April 2025 at 11.45am myself and my partner welcomed our beautiful baby boy Arlo into the world. After a failed round of IVF and a second embryo transfer he was our long awaited miracle baby. We had the best experience at Hull women and children's hospital after my waters breaking at 8 am on the 26th of April and contractions being delayed I was put on the hormone drip which I was very nervous about. Within a few hours I was ready to push..What a beautiful experience that was. We would like to thank our amazing midwife's who not only gave me the courage but made myself and my partner feel so relaxed and comfortable during the labour with plenty of giggles and singing along to the radio. Thank you Gez and Liv you have left a special place in our hearts 💙

## HARROGATE

Absolutely LOVED Kerry.... She was my midwife hero - got me to focus when I was officially losing my head. I was so disappointed that I couldn't get into the right frame of mind with my second birth but Kerry got me there. A wonderful woman with a lot of experience and very professional approach.

Thank you Kerry and team xxx

My community midwife Lizzie actually saved me and my daughter. She went above and beyond and was incredible. I hope this finds its way to her! X





## YORK & SCARBOROUGH

A huge thank you to all the members at Scarborough hospital who looked after me (and my partner!) when I gave birth to my little girl Frankie, late last Thursday. We were two nervous, new parents (especially me) and everyone went the extra mile to make sure I felt comfortable and looked after. Specifically to Abbie (student midwife), Evelyn (student midwife - I think that's her name!), Anna, Hannah and Kerry. All of you were amazing at keeping me calm when I really felt like I just couldn't do it. The level of care was incredible and both me and my partner can't thank you enough. I will always remember how kind everyone was in my hour of sheer panic and need. Frankie is doing amazing and we couldn't be more grateful. The experience was unforgettable (for many different ways!) but mainly for the amount of support and care we received. Thank you from the bottom of our hearts 💖



A huge thank you to Celina at Scarborough hospital where I gave birth to my first. She is absolutely amazing and just made the whole experience so much better with her kind and caring nature. Amazing woman 💖

Also thank you to the lovely midwives on Hawthorn Ward who were just fantastic in their days before I had Ezra and also the days after I had him. Each and everyone of them were so lovely and reassuring x

## NLAG

I would like to get a thank you to the staff on Blueberry ward at Grimsby, I had my baby girl delivered there just over 2 weeks ago, (unexpectedly as was supposed to be Scunthorpe) firstly thank you to Becki who made us feel at ease as soon as we arrived including my son Eli To Rach and Olivia who helped bring our little girl Edie into the world after a very long day - thank you both for your patience, care and understanding you were amazing and I am truly grateful, sorry for saying sorry all the time 😊  
Thank you to everyone that helped me in the short time I was there I'm sorry I can't remember everyone's names, but all of the staff are wonderful and I appreciate everything they did The overall support and care I received was unmatched 💖

I did this same thing last year, they were all amazing in Scunthorpe. My baby went to Nicu so we were in there a week but everyone was amazing and I would have loved to have all my babies there

I'd like to send a massive thank you to every single individual that has been involved in the pregnancy, birth and after care of our son, Enzo, born on the 9/4.

Despite having an early planned induction, a haemorrhage and a 9 day stay in hospital, I genuinely feel everything went great and that's all down to the most incredible team we had. We felt listened to, supported, safe and confident in our care.

I'm so sorry I can't recall everyone's names, but thank you to our community midwife, Alison L, the team on Blueberry, including (but not limited to) Pheobe, Sophie, Jade L, Penny, Lisa, ? Hayley and Janice, the maternity and paediatric doctors, my consultant Miss D, all of the neonatal team, the students Emily & Chloe and the infant feeding team.

We'll never forget your kindness 💖 xx

T H A N K Y O U



## RCM Conference

Sallie and Claire were privileged to attend the annual Royal College of Midwives (RCM) conference and exhibition at the ICC Birmingham on 30 April, where they delivered a presentation about your award winning Ask A Midwife service. The conference is free for RCM members, so they were looking forward to seeing familiar faces from their past and current work life.

They were quite nervous as they were to present on the main stage where Gill Walton, the Chief Executive, General Secretary and Chief Midwife of the RCM had spoken earlier and where later HRH Princess Anne would address and close the conference.

There was a lot of interest in how we delivered the service, and many questions were answered following the presentation. This was really reassuring as our aim is for the service to be adopted nationally and be inclusive for all service users to have access to evidence based maternity care across all digital platforms, especially social media.

Maybe we'll see you there next year!

## We have also been shortlisted for a Medipex Award!

**The Medipex NHS Innovation Awards aims to uncover and showcase innovative ideas for new technologies and other interventions designed to deliver patients' benefits and improved services.**

**The awards will be held online on 25<sup>th</sup> June 2025**



## Upcoming EDI Conference



You're invited to the first Equity, Diversity & Inclusion (EDI) Conference from Humber and North Yorkshire Local Maternity & Neonatal System (HNY LMNS). This full-day event brings together professionals, service users, students, and community leaders to reimagine how we can build truly inclusive and compassionate maternity and neonatal care.

Expect:

- Thought-provoking keynotes
- Lived experience stories
- Interactive breakout sessions
- Regional project showcases
- Space to connect, reflect, and take action

Together, we'll explore what belonging means — for patients, families, and the workforce — and how we embed equity into everything we do.

Whether you're frontline staff, a service user, a student, or a changemaker, this conference is for you.

Let's build a future where everyone feels they belong.

**Monday 30<sup>th</sup> June 8.30-16.30**

**University of Hull**

**Sign up for FREE at:**  
**<https://tinyurl.com/yx539yje>**

## Active Birth Study Day

A large group of hospital and community midwives came together at a midwifery symposium in York to share learning and expertise. The 38 midwives who attended are based from across the Humber and North Yorkshire region and ranged from those who are relatively new to the profession, to some with around 40 years' service.

They were joined at the LNER Stadium by university midwifery lecturers and representatives from the area's maternity and neonatal voices partnership. The symposium was sponsored by NHS Humber and North Yorkshire Integrated Care Board's Director of Midwifery, Heather McNair.

The Humber and North Yorkshire ICB area has more than 13,000 births every year, meaning this was a "hugely valuable room of different skills and resources coming together".

Sallie Ward, Lead Midwife from the Local Maternity and Neonatal System, said: *"Keeping our skills fresh and grounded in evidence is vital. By sharing knowledge and experience, we're not only supporting each other as professionals, we're also ensuring that mums, partners and families, have the best possible experience and outcomes."*

The agenda for the symposium focused on strengthening core midwifery skills and promoting physiological birth.

Sessions included reflections on personal practice, evidence-based approaches to active birth, and strategies for supporting birth choice and midwifery-led care.

Workshops led by Anna Byrom from All4Maternity explored the importance of movement and positioning during labour, reconnecting with the purpose of midwifery, and creating environments that support natural birth.

Other sessions covered the transitional stage of labour and the use of water birth following caesarean section, with insights from Sophie Keely, a midwife in York and midwives from the Fatima Allam birth Centre.

The event also featured market stalls from Lansinoh, the Royal College of Midwives, and information regarding the safe learning environment charter and labour ward coordinators framework, offering resources and networking opportunities to support continued professional development.



## Do you have anything to share?

If you would like a specific topic, public health message or recent 'good news' event publishing within our newsletter, or on our social media pages please get in touch.

Contact either your local AAM midwife, or email [hny.lms@nhs.net](mailto:hny.lms@nhs.net)



## Students

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

This will give them opportunity to meet some of their proficiency requirements, such as public health, record keeping, communication and interdisciplinary working.

Please contact [hny.lms@nhs.net](mailto:hny.lms@nhs.net) for further information

If you require more AAM cards or posters for your area, please email us.

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