



## Midwifery services in Berkshire

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### Congratulations on your pregnancy!

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#### Booking your first appointment

To book your first appointment please call **0118 322 8964** and select **Option 1** or you can book on-line at <https://www.royalberkshire.nhs.uk/services-and-departments/maternity>.

Interpreters can be provided at your appointments, please let us know if you require this service.

Your first appointment or 'booking appointment' is an important meeting with a midwife where they will take your medical history and offer you tests that are recommended for you and your baby / babies and plan your care.

Depending on your location and your personal circumstances, you will be booked with one of our dedicated teams of community midwives and maternity support workers.

If you are planning to have your baby at the Royal Berkshire Hospital or at home, the following appointments can be held at the West Berkshire Community Hospital for your convenience:

- Hospital appointments, including obstetric clinics and physiotherapy:
- Baby's hearing screening.

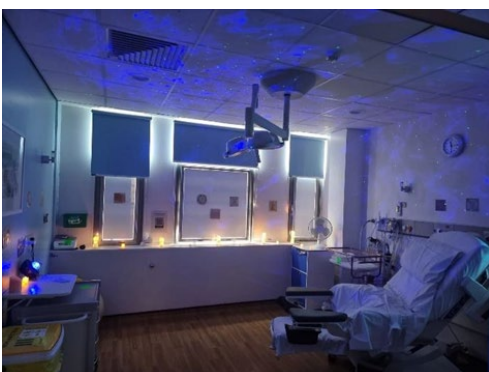
#### Having your baby with a different NHS Trust (e.g. local hospital or birth centre)

If you would like to give birth to your baby / babies with another hospital, please contact the appointments line on **0118 322 8964**. Depending on which hospital you choose, you will either be able to book directly with them or your community midwife will refer you after your first appointment. Please be aware that your scans, blood tests and hospital appointments location will vary, depending on the hospital you are booked at to give birth.

#### Having your baby at the Royal Berkshire Hospital

The Royal Berkshire Hospital offers the following options for birth:

- Home birth
- Delivery Suite
- Midwife Led Rushey Birth Centre



**Delivery Suite room** – which also has a Pool Room where you can have a water birth.



**Rushey Birth Centre room**

The maternity unit also has an antenatal clinic, scanning and a Maternity Assessment Unit, which you may need to attend if there are concerns about your or your baby's / babies' health.

## Having your baby at home

Our Homebirth Team offer a 'caseloading' model of care. This means that you will get to know a small team of specialist homebirth midwives who will provide all of your care from before birth to after. If you are interested in learning more, please email [rbft.homebirthteam@nhs.net](mailto:rbft.homebirthteam@nhs.net). You can also find the team on Facebook (Royal Berkshire Maternity: Homebirth Team).

## Additional care

For those with specific concerns about birth, or specific health or social needs, our consultant midwives can provide additional support and help plan your care.

If you have had a previous birth and want to talk about that experience, our Birth Reflections Midwife can review your notes with you and help with any questions. Please ask your community midwife about these services.

## Additional support

We can provide additional support available through our Rainbow Care service and Pre-Term Birth Clinic and your community midwife will support you with these referrals if you need them. If you have more complex needs or want to speak to someone about your mental health, your community midwife can refer you to local services including perinatal mental health, the local children's centres, Early Help and the health visiting team.

If English is not your first language, we provide specialist antenatal classes in 'Easy English'. These are run by our link maternity support workers and an ESOL trained teacher. Ask your midwife for a referral to these classes. Interpreters can be provided at appointments if you require this service.

## Further information

For more information, browse the hospital website and Facebook page. Royal Berkshire Maternity & Neonatal Voices Partnership (MNVP) listen to your feedback and work together with the Trust in improving services. You can find out more on their website and Facebook group.

- <https://www.facebook.com/RBFTMaternity>
- [rbh\\_rbft\\_maternity](https://www.facebook.com/rbh_rbft_maternity)
- <https://www.royalberkshirermnvp.org/>



To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Community Team Lead Midwife, April 2018

Reviewed: November 2024. Next review due: November 2026

### Our Maternity Strategy and Vision

*'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'*

You can read our maternity strategy here

