

Useful contact numbers for new parents and parents to be

A list of contact numbers and support for you to refer to throughout pregnancy and beyond.

Information leaflets

Download leaflets from our website: <https://www.royalberkshire.nhs.uk/leaflets>

You can also visit the NHS pregnancy guide for further information at <https://www.nhs.uk/pregnancy/>

Dating / combined screening scan

The maternity unit will call you after your booking appointment with the midwife (or on Monday if booked on a Friday or weekend) to arrange your scan. More information on screening in pregnancy can be found on our website <https://www.royalberkshire.nhs.uk/featured-services/maternity/antenatal-services/antenatal-screening/> or <https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby> .

Antenatal education and infant feeding classes

These are provided by National Childbirth Trust – free to women giving birth for the first time at Royal Berkshire Hospital: Visit the website www.nct.org.uk/BerkshireAntenatal to book your place via the on-line form. Additionally RBFT pregnancy feeding workshops are available to watch on https://youtu.be/dtO0KvF_d30?si=HhL34GZL4PXy6QF at your convenience.

Homebirth Team

If you are interested in having a homebirth or finding out more information about the homebirth service we provide. Your midwife can refer you to the homebirth team or you can email the team for a reply within 7 days on rbft.homebirth.team@nhs.net

Postnatal care

All women will be seen at home the day after discharge from hospital. These will be planned by the community midwives following the birth of your baby.

Named community midwife

At your booking appointment you will be given the name and contact details of your midwife. You will also be given the community office number to contact if the midwife is on annual leave. Please be aware that calls you receive from the midwife maybe from a withheld number and also ensure that you provide us with the most up to date contact telephone number.

Useful contact information

GP	If you have any concerns about yourself or your baby and you are less than 16 weeks pregnant, please phone your GP.	GP surgery or NHS 111 / 999
GP or Named Community Midwife	<p>If you require any of the following please contact your midwife or GP:</p> <ul style="list-style-type: none"> ➤ Changing of your midwife appointment ➤ Maternity certificates (MatB1) can be provided by your named GP surgery or your midwife– please provide them with your expected date of delivery at time of request. • For 'fitness to fly' letters contact your GP surgery or private travel clinics. • Vaccinations in pregnancy including Pertussis or Influenza please contact your GP surgery. • Some medications in pregnancy may be prescribed by your GP or some via your Obstetrician or midwife. Please ask your midwife for advice. 	<p>Tel number of GP surgery or named community midwife</p> <p>If unable to get hold of a midwife please contact the Community Midwife Office 0118 322 8059</p>
Triage	<p>Please call triage (24hrs service) if you are over 16 weeks pregnant or recently had a baby and experience any of the following symptoms or concerns about your wellbeing such as:</p> <ul style="list-style-type: none"> • Headaches and / or visual disturbances not relieved with paracetamol. • Sudden swelling of ankles, hands, feet or face. • Persistent itching of soles of feet and palms of hands. • Abdominal pain. • Feeling unwell, breathlessness, shivery or unable to pass urine. • Leaking of fluid – either blood or water. • Offensive vaginal discharge. • Baby's movements that have changed from the usual pattern you are used to. • All labour related enquiries. • Postnatal concerns see below. 	<p>Maternity Triage 0118 322 7304</p>
General enquiries <u>NON URGENT</u>	<p>RBFH Community Midwives office.</p> <p>Messages will be retrieved daily and calls returned within 24 hours. Please provide full name and contact telephone number clearly on any message left.</p>	<p>Community Midwives Office 0118 322 8059</p>
Postnatal advice	<p>If you are concerned about your own health and wellbeing after giving birth, please call Triage.</p> <p>If you have concerns about your baby's health and wellbeing please call NHS 111 or 999.</p> <p>If you need urgent advice on infant feeding but not concerned about your baby's wellbeing please contact community midwife or Maternity Triage if out of hours.</p> <p>If you have been discharged from hospital but a midwife has not contacted you by 16:00 on the following day, please contact Maternity Triage.</p>	<p>Maternity Triage 0118 322 7304</p> <p>NHS 111 / 999</p>
Mental Health	<p>If you are concerned about your mental health or feel you or your partner require psychological support to manage the everyday tasks, please speak to your midwife, GP, health visitor or NHS 111 for signposting to services.</p> <p>You can self-refer to Talking Therapies https://talkingtherapies.berkshirehealthcare.nhs.uk/</p> <p>Should your symptoms worsen and/or out of hours, call Maternity triage or NHS 111.</p>	<p>Phone your GP, NHS 111, midwife or health visitors</p> <p>Talking therapies 0300 365 2000</p> <p>Triage 0118 322 7304 NHS 111</p>

	<p>For urgent mental health needs: CRISIS (Urgent help not emergency) 0800 129 9999 Samaritans (24 hours service) 116 123 Mental health emergency</p>	<p>Crisis 0800 129 9999 Samaritans 116 123 NHS 999</p>
<p>Health Visiting</p>	<p>After discharge from midwifery care, advice and support are provided by your local health visiting team.</p> <p>Local contact details, services and information can be found on https://cypf.berkshirehealthcare.nhs.uk/our-services/public-health-nursing-health-visiting-school-nursing-immunisation/health-visiting/</p> <p>Non-urgent questions can be texted to ChatHealth for confidential advice and information aimed to be answered within 24 hours</p>	<p>Heath visitor areas</p> <p>Bracknell 0300 365 6000</p> <p>Wokingham 0300 365 7000</p> <p>Reading 0118 904 7100</p> <p>West Berks 0300 303 3944</p> <p>Slough, Windsor and Maidenhead 0300 365 6523</p> <p>ChatHealth 07312 263 283</p>

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

Community Team Lead MW, February 2015
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