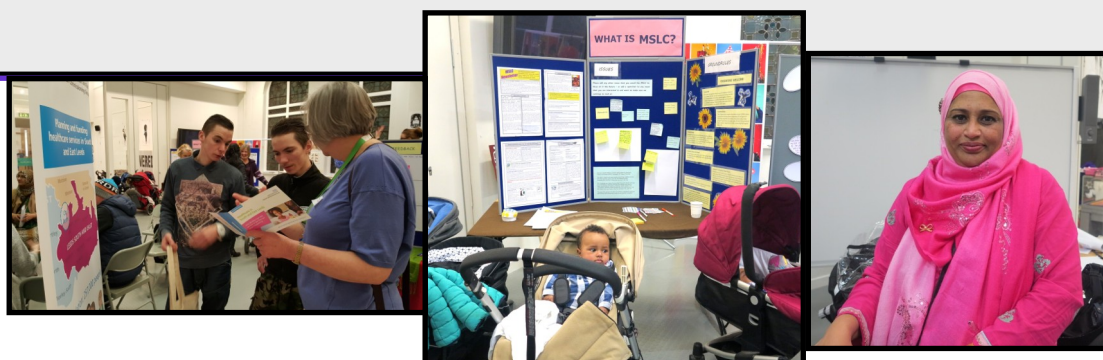


News from the last MSLC Meeting

Thank you to all who made it to the MSLC event. We are very pleased to bring you an update on the last Maternity Service Liaison Committee meeting which was held as an 'Open Day' event at the Public Library in Leeds on 24th March 2016



We saw some new and old faces, including a broad representation of service users and professionals from both statutory and voluntary sectors.

The open day gave us a chance to open up the floor to new discussions within small groups, helping us to listen and for mums and dads to share their stories and experiences. We would especially like to say thanks to our volunteers Kylie and Laura who helped in the play area and greeted all who came throughout the day. In particular MSLC arranged for two different groups whose voices are not usually heard which were, dads from the Health for All's Young Dads group. And mums from the Asylum Seeker and Refugee forum. We were pleased to be able to facilitate these discussions and have formulated these into action points on page two.

We also welcomed new mums and the Homebirth Support Group. And we were pleased to bring together a variety of specialists from NSPCC including a new group called 'Pregnancy in Mind' which there is more information about on page three. We also saw Sheryl McMahon from and SANDS bereavement services, which is an ongoing area of research with the MSLC. Representatives from Health for All, Haamla Doulas and the National Childbirth Trust attended. Also, alongside our regular Obstetricians, Consultants and Community midwives was Cllr Lisa Mulherin Executive board member for Health Wellbeing and Adults. (A full list of professionals present is included on the final page) .

Thank you to all who were able to make the day and help shape the Maternity Services Liaison Committee.

DISCUSSIONS BETWEEN PARENTS AND CARERS AND PROFESSIONALS

ASYLUM SEEKERS AND REFUGEES

Rose McCarthy and Becca Neaves from City of Sanctuary hosted the discussion concerning the care of asylum seekers and refugee mothers at the hospital or by the community midwife. We learnt how the simple things are the most effect. For instance, mannerisms can overcome language barriers, and refreshments and massages spoke volumes. Here some of the points that were raised:



- **Community Midwife made sure the same interpreter came to all appointments**
- **Needs to be clearer messages for what to do when a woman's waters break.**
- **Positive experiences when learning how to breastfeed—midwives very supportive**
- **3rd Sector support groups essential that midwives signpost to these services**
- **Lack of explanation about what was happening**

Next steps:

Meeting with City of Sanctuary to discuss regular representation at MSLC from the Asylum seeker peer support forum.

YOUNG DADS

Tom Senior from Health for All attended with two fathers, from the Young Dads group. Both dads shared some of their experiences of what it means to be a 'young dad' when attending antenatal groups or accompanying their partners into the labour ward.



Some of the issues and comments raised were..

- **'We want to live life to the full with our children'**
- **'We want to be able to be involved both practically and emotionally**
- **Negative 'attitudes' towards young dads**
- **They want to feel involved from the start and during pregnancy and receive the same information as the mother do.**
- **More help with dealing with miscarriage bereavement and coping with sad emotions effectively**

Next Steps:

Include Young Dads in the MSLC work stream.

MSLC aiming to meet with a wider group of dads and health professionals .

Issues to be fed back into the meeting

Other Issues and Questions

Referrals and Awareness

Health Professional—difficulty in making referrals between voluntary and statutory sector—time and awareness

Bereavement

Bereavement midwife—concerns that if bereavement midwife isn't there who is picking up referrals?

Snow drop suite sofa beds are no good and need replacing

Mental Health

Younger mum raised depression and was referred straight to social care

Breastfeeding

Assumptions that young mums do not want to breastfeed. Breastfeeding support excluding younger mums.

Asylum Seeker Section

Are there any changes to trust policy on charging migrants for maternity care?

MEET THE PROFESSIONALS



Janine Jones
Brown

Leeds South and East Clinical Commissioning Group is working towards defining a clear pathway for perinatal mental health support, covering conception to 12 months. Janine Jones Brown who is leading the work is keen for this pathway to be designed in partnership with people who have been pregnant in the last year or so. The idea is to begin with quite a broad conversation with people about their experiences of support, what went well, what they would like to see more of and any insight about how things can be done better. We hope that the MSLC can offer

some pointers on any key themes we might want to be prepared for, how best to phrase some of our questions and of course any practical considerations we need to have on our list as we design the project. For more information contact sham.shakat@leedsinvolvement.org.uk or 0113 2374508



Christine Belk
NSPCC

Christine Belk from the NSPCC attended the forum to meet mums and dads and presented information on a group called '[Pregnancy in Mind](#)'. This group is designed for mums and Dads to be, between 12-26 weeks pregnant who may be experiencing low mood worry or stress. It helps to relax and handle the ups and downs of pregnancy with advice for coping and boosting your mood. Groups are currently running in the North West of the City, an evening group held in the NSPCC Bramley service Centre on a Tuesday, and a lunchtime group held at The Women's Counselling Therapy Service in Oxford Place.

Contact a member of the team 0113 217 2200

THANK YOU'S

... to my community midwife who visited me at home after my first child was born and gave me permission to cry about previous miscarriages

... to the student midwife on delivery who got down on her hands and knees next to me, looked into my eyes and said "I promise, I am not going to leave you." Thank you

The HV who was positive about full term breastfeeding at the 2 1/2 yr check.

... to the midwife who held my hand after I had to transfer in to hospital with a PPH ... your kindness will never be forgotten

... to the person on delivery who brought me the best tasting toast and butter I have ever eaten in my life!

To My DouLA

Feedback required



Perineal Massage Leaflet

Sarah Bennett Lead Midwife Maternity Strategy Who regularly attends the MSLC meetings is currently gathering feedback on the their recent leaflet designed help women have an easier vaginal birth. It is estimated that around 90% of women will have some degree of perineal tear or episiotomy during vaginal childbirth. Up to two thirds of these women will require stitches. Perineal massage is the massaging of the perineum to prepare it to stretch more easily during vaginal birth. It may also help you to become familiar with the feeling of pressure or stretching of the perineum that you will feel during the birth of your baby. Access the link to the leaflet [here](#). Any comments or feedback please contact Lucy at lucypotter@womenshealthmatters.org.uk

More news

Infant Mental Health Awareness Week 6th—10th June 2016

The Parent and Infant Partnership are launching their inaugural Infant Mental Health Awareness week, including activities and lectures taking place across the country. This is in conjunction with 1001 Critical Days. If you would like them to know about an event you are planning please visit their [website](#). To find out more how you can get involved.

MSLC through Womens Health Matters will be engaging more service users through facebook and twitter. Why not 'like us' on FB or send us a tweet.



**Maternity Service Liaison Committee
Leeds**



**LeedsWomen's Health Matters
@LeedsMSLC**



Professionals in Attendance

There are around 25 people who regularly attend MSLC meetings. Below is the list of professionals who were at the March forum.

PROFESSIONALS PRESENT:

Jane Mischenko Clinical Commissioner
Cllr Lisa Mulherin Executive board member for Health Wellbeing and Adults.
Julie Scarfe Head of Midwifery
Judy Carrivick Patient Engagement
Tracey Glanville Consultant and Obstetrician
Medha Rahod Consultant and Obstetrician
Paula Jenkins Supervisor of Midwives
Jennifer Bull Risk Management Support Midwife
Emmeline Horne Community Team Leader

Rose McCarthy City of Sanctuary
Becca Neaves City of Sanctuary
Tom Senior Health for All Young Dads
Megan Waugh MSLC
Lucy Potter MSLC
Christine Belk NSPCC
Sheryl McMahon SANDS
Claire Harbottle Midwife and Artist



NEXT MEETING

Our next MSLC meeting will be on
Thursday 19th May 2016 from 10am till 12pm
Technorth Family Learning Centre 9 Harrogate Road Leeds LS7 3NB
For more details contact lucypotter@womenshealthmatters.org.uk