

MSLC Newsletter

The Maternity Service Liaison Committee meets every two months and is made up of service users and health professionals (in Leeds)

JANUARY MEETING 2016

Welcome to our first MSLC newsletter. MSLC has been around in Leeds for many years but we wanted to introduce a more reader friendly version of our minutes to let you know who we are, what we've been doing and how you can get involved.

MSLC is a city wide forum bringing health professionals and funders for maternity services together with women who have recently been pregnant and given birth to help improve those services for other women. We aim to make meetings a safe place to discuss sometimes emotional issues. We also want MSLC to be a place where things get done. We are respectful and listen to one another, focus on actions and change and remember that we all share a desire to see maternity services improve for all families in Leeds.

MISCARRIGE SUPPORT

In Leeds around 1,500 women suffer a miscarriage every year but until recently there has been very little emotional support offered to these families. Over the past two years bereavement support services for families who have lost a baby either through stillbirth or neo-natal death have greatly improved. And by creating a dedicated community bereavement midwife many women who have had a miscarriage are now getting much better care and support.

At an MSLC meeting with YUMS, a young mums group, many of the mums talked about experiencing one or more miscarriages but most were given very different information and support and there was confusion about what should be happening.

We invited Alison Bowes, the new community bereavement midwife to MSLC to talk about what support was now on offer. She described how the creation of her role means she is able to offer ongoing bereavement support to women who have had a pregnancy loss after 14 weeks.

This includes a chance to make a memory box, a follow up phone call and home visit as well as extra support during the next pregnancy.

She said: "I will have as little or as much involvement with women as they want for as long as they need. I am led by them."

Alison said that there was some flexibility and would see women before 14 weeks if they were an inpatient on delivery or if the Early Pregnancy Unit (EPU) contact her.

But she admitted that the majority of women who suffer a miscarriage before 14 weeks do not receive this level of support. Women will be offered a follow-up clinic appointment at the EPU after 12 weeks but the focus is mainly on the physical. Parents are given leaflets and sign-posted to the Miscarriage Association but there is no dedicated time or staff to provide bereavement support.

[Facebook.com/MiscarriageAssociation](https://www.facebook.com/MiscarriageAssociation)
or info@miscarriageassociation.org.uk
[Miscarriage Information for Parents Leaflet](#)
[Facebook.com/MiscarriageAssociation](https://www.facebook.com/MiscarriageAssociation)
or info@miscarriageassociation.org.uk

WHAT'S HAPPENED SINCE THE LAST MEETING (OCT 2015)

INDUCTION IS A CHOICE

As a result of some women feeling they were being pressured to be induced, an MSLC service user has been invited to speak directly to doctors at their 'induction day' about the effect this has on women. Gail Wright said; induction is a choice offered to women, no-one should be told they are 'not allowed' to do something."

MORE SKIN TO SKIN FOR MULTIPLE BIRTH MUMS AND BABIES?

A weeks delay in routine induction for multiple births could mean more skin to skin and breast feeding. At the last MSLC, concerns were raised about breast feeding following induction of multiple births as babies are transferred to neonates were they are tube fed. Tracey Glanville is now discussing the option of 37 rather than 36 week inductions to reduce the need for tube feeding.



MAT B1 FORMS FOR HOMEBIRTH SOLUTION

Some women choosing a home birth had been delayed getting their MATB1 forms. MATB1 form is an important document which helps inform your employer or benefits. Community midwives have now confirmed they are responsible for providing these forms.

THE DO'S AND DONT'S OF DOULAS

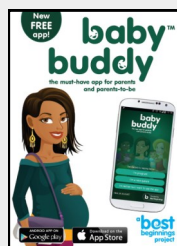
It has been brought to our attention from our doula Lesley Hilton, who questioned where Doula's were allowed and not allowed when in the delivery suite. We discussed developing some guidance to allow a flexible approach as well as clarifying expectations. If you're interested in contributing thoughts on the Do's and Dont's of bringing or being a doula on delivery suite, please contact MSLC lucypotter@womenshealthmatters.org.uk

DEPARTMENT OF HEALTH PLANS TO CHARGE MIGRANTS FOR MATERNITY SERVICES

DOH are seeking views on proposed changes on the extension of charging overseas visitors and migrants who use the NHS. This would have a big impact on women in our BME community. We are waiting to see what response or commitment comes from Leeds. The campaign closes March 7th 2016. Click on the link for the [consultation](#).

BABY BUDDY APP

Check out the new free Pregnancy Mobile phone app 'Baby Buddy' Created by mums, midwives and doctors, the Baby Buddy App gives parents and parents to be personalised content on their progress through maternity up to the first 6 months of a baby's life. [Baby Buddy App](#)



BIRTH POOL WEIGHT LIMIT?

In response to a service user question, Gail Wright confirmed that there is the maximum weight limit of 100kg for women who want to use a birth pool.



HOMEBIRTH IN LEEDS

In Leeds around **2%** of women have a homebirth but there have been big efforts over the past couple of years to increase this to 5% to match other areas with a much higher rate.

Leeds Homebirth Support Group members regularly come to MSLC and have been a big part of influencing and supporting the existing Homebirth Service in Leeds.

Following news that there may be another shake up of the homebirth team, MSLC service users have asked to meet with maternity staff and leaders to discuss the reasons for planned changes. And Amanda Lucas, deputy head of midwifery, has agreed to a meeting with service users who would like to know:



**Jules Staveley with
Edward George Staveley
born
February 25th February 2016**

- **What should be happening now if you choose a homebirth?**
- **How many women are booking for a homebirth and how many are delivering?**
- **Why a change to the homebirth service is being considered ?**
- **What are we learning from around the country where homebirth rates are much higher than Leeds?**

This group planned to meet in February by a Steering Group which will include a service user. For more information about homebirth choices in Leeds [click here](#).

Leeds Homebirth Support Group meets on the second Sunday of every month from **10-12 Beechtree Kindergarten, Moor Road, Leeds, LS6 4DB.**

Contact through their [Facebook Page](#)

MATERNITY STRATEGY FOR LEEDS

Sarah Bennett gave a brief update on implementing the [Leeds Maternity Strategy](#).

Priorities for this year are

- Perinatal mental health
- Developing a maternity pathway for women with learning disabilities/difficulties
- Personalisation

Watch this space for more news and developments of how the strategy will be implemented at grassroots level through the future MSLC meetings.

FREEBIRTH A POSITIVE EXPERIENCE ALL ROUND

Freebirth is when the women choose where they want to have their baby with no intervention from midwife services. There have been some great stories of women who have reported supportive professionals who respected their choices throughout ante natal care right up to giving birth and after.

THE PROFESSIONALS



There are around 25 people who regularly attend MSLC meetings. At our January meeting the following professionals attended along with six service users (and three of their lovely children)

PROFESSIONALS PRESENT:

Judy Carrivick Patient Engagement
Gail Wright Delivery Team Leader
Tracey Glanville Consultant/
Obstetrician
Sarah Bennett Clinical Lead Leeds
Paula Jenkins Supervisor of Midwives
Alison Bowes Bereavement Midwife
Amanda Lucas Deputy Head Midwifery

APOLOGIES:

Alison McIntyre Matron Community
Midwifery
Kuldip Bharj Associate Professor Midwifery
University of Leeds
Julie Scarfe Head of Midwifery
Jane Mischenko Lead Commissioner
Children and Maternity Services

PROFESSOR JAMES WALKER

Professor James Walker of Leeds Teaching Hospitals came to talk to MSLC today. He is professor of Obstetrics and Gynaecology. He was one of the obstetric advisors to the Morecambe Bay enquiry. He is the national obstetric advisor for the Care Quality Commission and is part of the national review into maternity services. He spoke about the scope and engagement for the national review. The review findings have yet to be published. There is a general discussion around choice for women and place of birth. The [National Maternity Review](#) is now out

GOODBYE AND THANKS

At our last meeting we wished farewell to 'doula', service user representative and former MSLC chair Lesley Hilton. Lesley has been involved with maternity services in Leeds for many years. She has supported women ante-natally, in delivery and post-natally through her work as a doula and on the MSLC has always spoken passionately for women's rights for a supported and informed choice in labour. Over the years she has regularly contributed her valued knowledge and experience and she will be missed.
Thank you Lesley.

NEXT MEETING GET INVOLVED



Our next MSLC will be a drop in session at Central Library on **THURSDAY MARCH 24TH 10am - 2pm FIRST FLOOR LEEDS CENTRAL LIBRARY**. It will be a chance to come along and find out more about what we do. Find out how you could get involved. Join a discussion. Start a discussion. Bring a question or a suggestion. Meet the health professionals who delivery maternity services. If you are pregnant, have recently been pregnant or become parents please drop in. Babies and children VERY welcome.

Contact;

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