

support you may need for your emotional and mental wellbeing. They can also help you find out about other help available, such as local breastfeeding support.

How do I contact my midwife?

We will give you a phone number for your named midwife and you can contact her directly in normal working hours to make appointments, ask questions, and get advice and support. You can also call her directly when you go into labour. If your named midwife isn't available for any reason, her phone will redirect to another midwife in Blossom Team.

There may be a rare occasion when the Blossom Team cannot provide the care during your labour. If this happens, you will still receive care from the Maternity Unit staff and the Blossom Team will make contact as soon as possible.

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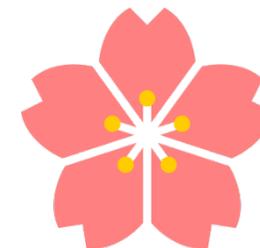


This document can be made available in other languages and formats upon request.

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NHS

Royal Berkshire
NHS Foundation Trust



Blossom Team Birth Services

Royal Berkshire Hospital
Triage 0118 322 7304

Proven safer care for you and your baby through close relationships with a small team of midwives, throughout pregnancy, birth and beyond.

Congratulations on your pregnancy and a warm hello from the Blossom Team.



Who are the Blossom Team?

We are a small team of midwives supporting women through your pregnancy, labour and after your baby's birth.

You will have what we call a named midwife – one midwife who will provide the majority of your care – who will see you for most of your routine appointments before and after birth (antenatal and postnatal).

You will meet the other midwives in the team at your antenatal appointments or virtually.

During labour, you will be cared for by one of the midwives on the Blossom team, as your named midwife may be on a day off or on holiday

This means that your care will be provided by midwives who know you

well, and who you feel comfortable with.

This model of providing care is called 'continuity of carer', and has been proven to be safer for both you and your baby.

When cared for in this way, women are more likely to:

- feel satisfied with the maternity care they received;
- be cared for in labour by a midwife that they know;
- have straightforward, vaginal births without complications; and
- Fewer babies are born prematurely
- Women have less miscarriages and stillbirths.

How does it work?

You will meet your named midwife at your first appointment, called 'booking in' and she will provide all or most of your care before and after birth. Your appointments will take place at home and the Whitley Children's Centre. We will try where possible to book them at times that suit you, your family and your midwife. Sometimes appointments will need to be rearranged if your midwife is supporting a lady in labour

As your pregnancy progresses and you see your named midwife regularly, you will build a trusting relationship together.

Your named midwife will coordinate your whole care, including any appointments you may need with other professionals such as physiotherapists, your GP (or doctor), obstetricians (hospital doctors), and anaesthetists.

What about during labour?

When you think you are in labour telephone your named midwife to let her know and one of the Blossom team will care for you wherever you give birth, whether at home, on Rushey Midwife-led Unit, or on the Delivery Suite at Royal Berkshire Hospital.

If you are induced, the induction process will be administered by hospital midwives and your Blossom Team midwife will care for you once your labour has started.

What will happen after I have my baby?

Whilst you are in hospital your care will be provided by the hospital team and once you have gone home your named midwife and the team will continue to see you for up to 28 days. At these appointments, you can ask questions and get help with caring for and feeding your baby if you need it. The midwife will make sure that you are healing well physically, and have any