



Royal Berkshire
NHS Foundation Trust

Useful contact numbers for parents to be and new parents

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

This leaflet provides a list of contact information that pregnant women, partners and new parents can access for support during or after pregnancy.

Information leaflets

Download leaflets from our website:

www.royalberkshire.nhs.uk/Default.aspx.ShortcutID-712430.AccessLetter-M.htm

You can also download the Bounty App for current maternity information leaflets associated with Royal Berkshire Hospital.

Visit the NHS pregnancy guide for further information at

www.nhs.uk/planners/pregnancycareplanner/Pages/PregnancyHome.aspx

Dating/combined screening scan

Telephone 0118 322 8964 Mon-Fri 9am-5pm to book your scan after your initial booking appointment with the midwife.

Antenatal education classes

These are provided by National Childbirth Trust – free to women delivering at Royal Berkshire Hospital: Visit the website www.nct.org.uk/BerkshireAntenatal to book your place via the on-line form.

Infant feeding classes (Antenatal)

Please ask your midwife to book these for you or see our website for infant feeding class information at: www.royalberkshire.nhs.uk/infant_feeding.htm, or the Bounty App regarding the availability of classes near you.

Postnatal care

All women will be seen at home the day after discharge from hospital.

These will be planned with you following the birth of your baby with your midwife.

Accessing your named community midwife:

Initially your GP will contact the community midwifery service to inform them of the pregnancy so you can be allocated to a team of midwives dependent on your postcode – a member of this team will call you to arrange a mutually agreed time and date for the booking in appointment. You will be provided with a contact telephone number if there is a need to rearrange the appointment or there are any concerns before you are seen by a member of the team. 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 information

Your named community midwife:		Mobile no:
GP	If you have any concerns about yourself or your baby and you are less than 16 weeks pregnant please phone your GP.	Number can be accessed via surgery website or NHS 111 out of hours service
Named Community Midwife or GP	<p>If you are over 16 weeks and less than 28 weeks pregnant and experience any of the following you can contact your midwife or GP:</p> <ul style="list-style-type: none"> • Changing of your midwife appointment. • Maternity Certificates can be provided by your named GP surgery – please provide them with your expected date of delivery at time of request. • Any travel or health checks should be undertaken by your GP surgery. • Headaches not relieved with painkillers. • Visual disturbances. • Sudden swelling of ankles, hands/feet & face. • Persistent itching of soles of feet and palms of hands. • Leaking of fluid – either blood or water. • Offensive vaginal discharge. • Baby's movements that have changed from the usual pattern you are used to having (please see Kicks Count information in your hospital records). 	
Homebirth Team	If you are interested in having a homebirth or finding out more information about the homebirth service we provide. Email the team for a reply within 7 days.	rbft.homebirthteam@nhs.net
Triage	<p>For all women booked to deliver their baby at Royal Berkshire Hospital.</p> <p>After 28 weeks of pregnancy and you experience any of the following:</p> <ul style="list-style-type: none"> • Headaches not relieved with analgesia and/or visual disturbances. • Sudden swelling of ankles, hands, feet or face. • Persistent itching of soles of feet and palms of hands. 	0118 322 7304

	<ul style="list-style-type: none"> Leaking of fluid – either blood or water. Offensive vaginal discharge. Baby's movements that have changed from the usual pattern you are used to (please see the Kicks Count info in your hospital records). All labour related enquiries. 	
Postnatal advice	RBH Maternity Unit – Please call the ward that discharged you.	Marsh: 0118 322 7288 / 7319 Iffley: 0118 322 7323 /7332
General enquiries <u>Non-urgent</u>	RBH Community Midwives Messages will be retrieved once daily and any return calls will be made within 24 hours. Please provide full info e.g. full name, and contact telephone number clearly on any message left.	0118 322 8059
Sepsis Awareness:	<p>HOW TO SPOT SEPSIS IN ADULTS</p> <p>Seek medical help urgently if you develop any of these signs:</p> <ul style="list-style-type: none"> Slurred speech or confusion Extreme shivering or muscle pain Passing no urine (in a day) Severe breathlessness It feels like you're going to die Skin mottled or discoloured <p>Use the link on the right hand column for further information on sepsis.</p>	Sepsistrust.org

If you have any concerns you can contact your community midwife on the mobile number listed above. If she is unavailable, please contact your GP or the hospital where you are booked to deliver for further advice and information.

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

Maternity Unit, February 2015

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