

Further information

Perinatal mental health

0300 365 2000 / 0300

Health Visiting Teams:

01635 273 385 (West Berks)

0118 931 2111 (Reading)

0118 949 5132 (Wokingham)

Breastfeeding Network(National)

0300 100 0212

Infant feeding classes

Please ask your midwife to book these for you or visit our website:

www.royalberkshire.nhs.uk/infant_feeding.htm or the Bounty App for availability of classes near you.

Free NCT classes are held at WBCH, Newbury or RBH, Reading. Please ask your midwife for details.

www.nct.org.uk/BerkshireAntenatal

Information leaflets

Download leaflets from our website:

www.royalberkshire.nhs.uk/wards-and-services/maternity-information-leaflets-2.htm

Download the Bounty App for RBH maternity information leaflets.



Follow us on Facebook: [Royal Berkshire RBFT Maternity](#)

Download the [Bounty App](#) for more information

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

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

Author: RBH Poppy Team, May 2019
Approved: Maternity Information Group & Patient Information Manager, May 2019
Review due: May 2021



Poppy Team Birth Services

Royal Berkshire Hospital
Triage 0118 322 7304

Thank you for considering Poppy Team care.

Who are we?

We are a small team of specialist midwives who care for women who need extra help and support during pregnancy.

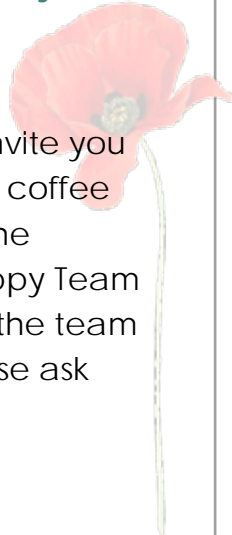
We are here to offer individualised care, using a "caseloading" model. We provide all of your antenatal, labour and postnatal care in a setting of your choice. You will also have two visits in an antenatal clinic at 28 and 36 weeks of pregnancy.

No matter what your circumstances are we have access to various healthcare professionals to ensure that you receive the care that you need.

We look forward getting to know you.

How will this look for me?

- To opt into our service, we invite you to attend one of our regular coffee mornings. This will give you the opportunity to meet the Poppy Team midwives. Come and meet the team and make new friends. Please ask your midwife for details.



- We will help you to create an individualised and personal birth plan that meets your needs and communicates your wishes with other professionals who may be involved in your care.
- We work with colleagues across different teams to ensure that you are physically and mentally well, so that you can develop a responsive and nurturing relationship with your baby.
- As a team, we aim to provide birth care and support in your choice of birth place.
- In the event that a Poppy Team midwife is not available to provide birth support then one of our colleagues in the Maternity Unit will support you.

Various research studies and reports conclude that women are more likely to share their deeper anxieties and enjoy increased self-confidence and knowledge when supported by small teams of midwives providing individualised care.

Signs of early labour

- Contractions or tightenings
- A "show", when the plug of mucus from your cervix (entrance to your uterus) comes away
- Backache
- Your waters breaking (rupture of membranes)

The early (latent) stage of labour can take some time. Have a look at our website for more information about how to encourage a straightforward labour. You can take a bath, paracetamol as directed on the packet, eat and drink well and remember to use relaxation and gentle movement. Rest when you can. Call the triage midwife for guidance when your contractions are in a regular pattern and:

- last at least 60 seconds
- come every 5 minutes

www.nhs.uk/conditions/pregnancy-and-baby/labour-signs-what-happens/

Contact us

If you are in early labour, your waters have broken, bleeding or you need advice on baby movements, please contact the Royal Berkshire Hospital maternity triage line on: **0118 322 7304**

