

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. If you have a Caesarean birth, the team midwife will accompany you to theatre.

What will happen after I have my baby?

Once you have had your baby, your 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 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?

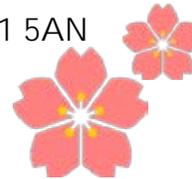
We will give you a phone number for your named midwife and you can contact her directly in normal working

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.

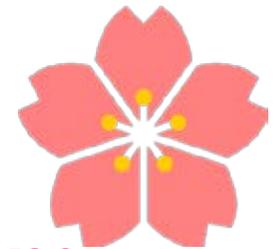
Follow us on Facebook: [Royal Berkshire RBFT Maternity](#)

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

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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 eight midwives and one maternity support worker supporting women who live in the RG2 area of Reading. You will have what we call a named midwife – one midwife who will provide the majority of your care – who you will see for most of your routine appointments before and after birth (antenatal and postnatal).

You will meet the other midwives in the team at the group sessions and drop-ins that we run, so you will always know the midwife you see even if sometimes you cannot see your named midwife, for example if she is on holiday.

During labour, you will be cared for by one of the midwives on the team, who

you will have had the opportunity to meet throughout your pregnancy. 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. You can choose where to have your appointments. They can be held at your home, in your GP surgery or at Whitley Children's Centre. They will be booked

in for times that suit you, your family, and your midwife.

As your pregnancy progresses and you see your named midwife regularly, you will build a relationship together and develop mutual trust, respect and confidence. The evidence shows that midwives caring for women in this way are better able to notice any changes to you, your baby, your circumstances and your risk factors, based on their knowledge of you.

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?

Because it has been proven that it is safer for you and your baby if you know the midwife who cares for you during labour, you will be able to meet all of the eight midwives in the team during your pregnancy.

We hold group antenatal classes, and drop-in sessions where you can get to know the midwives. This way, when you go into labour you will know the midwife who attends and have a relationship with her. They will care for you wherever