

# WHAT IS A Professional Midwifery Advocate – PMA

## Supporting women and midwives

- Guide midwives to deliver safe, high quality care
- Support women and families who journey through our maternity units
- Focus on staff wellbeing, reducing stress and burnout
- Improve birth satisfaction for women



## PMA's offer:

- Support for midwives
- Personal action planning
- Confidential reflective conversation
- Supportive challenge
- Open & honest discussion
- Improving the quality of professional practice

## The PMA Team



Hazel Alexander  
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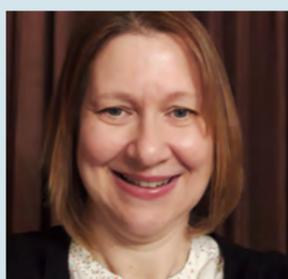
Jane Matthews  
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To arrange a meeting please contact us on the PMA email: [stees.professionalmidwiferyadvocate@nhs.net](mailto:stees.professionalmidwiferyadvocate@nhs.net) or look for the next drop in session in the maternity newsletter.