

Maternity Services

UPDATE



NHS

South Tees Hospitals
NHS Foundation Trust

Issue 4 – May 2020

Welcome to the fourth South Tees Hospitals NHS Foundation Trust Maternity Service leaflet that aims to provide you with updated information in relation to service changes due to the Coronavirus (COVID-19) pandemic.

Information continues to change on a frequent basis from the Government, Public Health England and other sources. The Maternity Service aims to keep you updated on the Trust website on a regular basis if things are changing, to keep informed. Any changes made we make are to keep you, your family and our staff as safe as possible.

This is some of the information we think will be useful to know:

Please refer to the Issue 1, 2 and 3 to answer some of your questions

Please note unless it states the answers to the previous questions have not changed from previous updates and is reviewed on a weekly basis.

- **Can I still get mental health support?**

Yes.

Please speak to your midwife/GP if you feel you need some support and they can refer into you to our talking therapies services.

Alternatively you can find information about accessing help and support over the telephone by contacting:

- [IMPACT on Teesside](#) if you live in Middlesbrough or Redcar and Cleveland
- [IAPT North Yorkshire](#) and select self-referral if you live in North Yorkshire.

- **Is there still support for anyone living with domestic abuse?**

Yes.

At home should not mean at risk. If you or someone you know is suffering from domestic abuse, isolation rules do not apply. Police response and support services remain available.

Find support at gov.uk/domestic-abuse or call 999 if you are in immediate danger.

- National Domestic Abuse Helpline - 0808 2000 247
- National LGBT+ Domestic Abuse Helpline – 0800 999 5428
- Women's Aid [webchat](#) [Available Monday 10am -12pm]
- Rape Crisis services - 0808 802 9999

- **Can I still get support to stop smoking?**

Yes

Quitting smoking in pregnancy can make a significant difference to birth outcomes, reducing the risk of stillbirth, low birth weight and sudden infant death. We now are also aware of evidence from the COVID-19 pandemic that indicates that those who smoke are at much higher risk of becoming seriously unwell if they contract COVID-19.

We would therefore strongly support you to stop smoking. Your midwife will still discuss referral and on-going support from the local stop smoking service. The local service will offer weekly support over the telephone and post prescriptions to your home address as required.

- **Will I still have my Whooping Cough (Pertussis) Vaccine?**

Yes.

It is important you still attend for your vaccine after 16 weeks of pregnancy and ideally before 32 weeks, although it can be given up to delivery. You should contact your GP surgery who will arrange an appointment.

- **Can I get healthy start vitamins?**

Yes.

If you live in Middlesbrough or Redcar & Cleveland you can access free healthy start vitamins by:

- Middlesbrough area calling 01642 729777
- Redcar and Cleveland area calling 01642 77122
- North Yorkshire area please contact your midwife or health visitor.

- **Should I be exercising?**

Yes.

Whether socially isolating or distancing, continuing to exercise in pregnancy is vitally important to maintaining a healthy weight, good circulation and mental wellbeing. Many safe exercise routines are suitable for the home, such as yoga.

Resources available are:

[NHS guidance on exercise during pregnancy](#)

[Tommy's guidance on exercise during pregnancy](#)

- **Can I still get Physiotherapy support?**

Yes.

Unfortunately group sessions are suspended, but you can access the online video and supporting leaflets on [our website](#).

- **Can I still get infant feeding support?**

Yes.

Support is still provided both face to face and over the telephone from our community midwives and you are able to attend the Friarage Maternity Centre which is open day and

night for any support. We have a specialist midwife for infant feeding who is available face to face and over the telephone for more complex needs.

There is also lots of helpful information and videos on the [BabyBuddy app](#) which can be downloaded onto your smart phone or accessed online.