

# WHAT IS A Professional Midwifery Advocate – PMA

## Supporting women and midwives

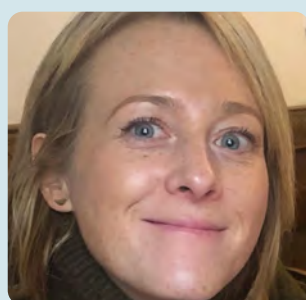
- Guide midwives to deliver safe, high quality care
- Support women and families who journey through our maternity units
- Focus on staff wellbeing, reducing stress and burnout
- Improve birth satisfaction for women

### PMA's offer:

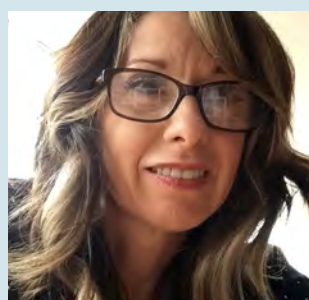
- Support for midwives
- Personal action planning
- Confidential reflective conversation
- Supportive challenge
- Open & honest discussion
- Improving the quality of professional practice



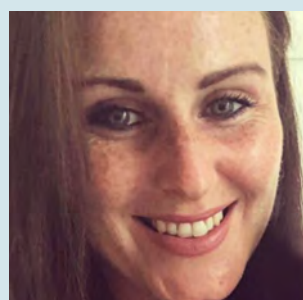
## The PMA Team



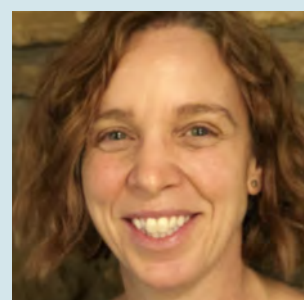
Hazel Alexander  
JCUH



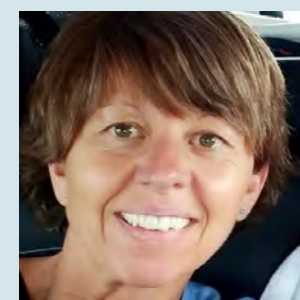
Joyce Targett  
FHN



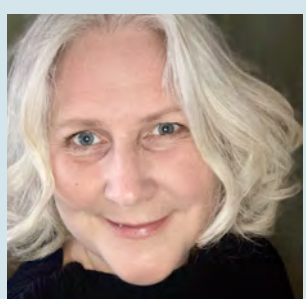
Gina Blewitt  
JCUH



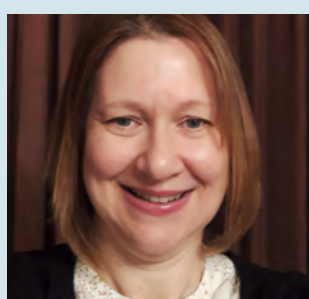
Jane Matthews  
JCUH



Allison Himsworth  
JCUH



Tracy Smith  
FHN



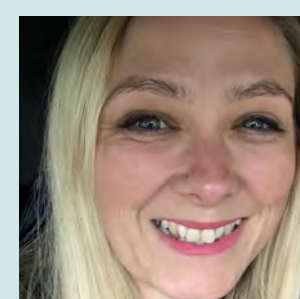
Jennifer Lappin  
JCUH



Lindsey Ford  
JCUH



Ann Moody  
JCUH



Lynsey Farrell  
JCUH

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.