

PREGNANT OR PLANNING A BABY?

Your guide to
maternity services
in Stockport and the
High Peak



Your Health. Our Priority.

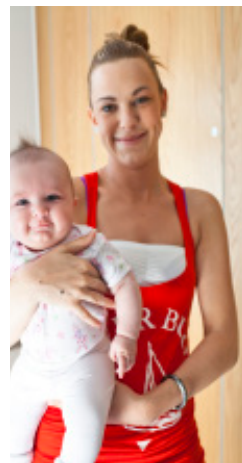
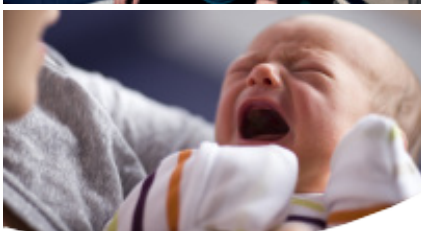
WELCOME

Over 3,500 women a year from Stockport, the High Peak and further afield choose to have their babies with us.

Our maternity team delivers personalised care that provides an outstanding service which has been nationally recognised as one of the best in England.

"The midwife who was with me during my labour was fantastic, it was like having a friend with me. She made me and my partner feel totally at ease"





Offering all options from home birth, birthing centre and delivery suite, we strive to offer care tailored to your needs from antenatal care, birth and beyond.

We are delighted you are thinking about using our maternity services.

Our experienced teams will do everything possible to ensure you and your partner feel confident and relaxed throughout your pregnancy, birth and afterwards.

Our maternity services are provided across the whole of Stockport and the High Peak, and also to anyone who does not live in the local area and chooses to use our services.

This includes all your antenatal care, a full range of birth options

whether you choose to have your baby at home, or in hospital, and a complete postnatal service.

When you first learn that you are pregnant, as well as being able to go straight to the midwife or to your GP, you can self-refer into our midwifery service.

If you have any questions about our services, or wish to speak to your local midwife or to self-refer, please telephone 0161 419 5551.

WHAT WE CAN OFFER YOU

We provide maternity services through a friendly team approach. You will be given a named midwife who is responsible for ensuring the care you plan together meets your needs and wishes.

Our midwives provide support and information to help you choose which birth options are right for you and your baby.

Some women change their minds right up to the end of pregnancy, and sometimes even in labour if they are healthy and low risk, your midwife can support you throughout.

We believe that the involvement of the father or partner is key in helping you to bond with your newborn baby, and therefore we offer special facilities and information for them too.

If you are booked at another hospital, but would prefer to have your baby with us, we can assist you in transferring your care to us.

Call us on **0161 419 5551** for more information.



Our commitment to you

We provide a woman and family-centred service.

We will give you all the information you need to help you make the birth choices that are right for you. We are committed to helping you have a positive experience of birth, wherever possible.

There is always someone available to discuss any aspect of your pregnancy and answer any questions you may have, however big or small.

“We had a lovely labour. Our son was born two hours later in a very relaxed atmosphere in the pool. It was perfect, the best anyone could hope for.”



BEST FOR YOU AND YOUR BABY...

We are well known for our outstanding maternity services.

Over recent years we have excelled in national surveys and our hospital has been awarded the prestigious UNICEF Baby Friendly Breastfeeding accreditation.

Our midwives are trained to provide advice, care and support for you and your family, before, during and after childbirth. They will help you make informed decisions regarding your care throughout your pregnancy.

We also ask for feedback at every stage of your pregnancy. Our regular surveys and the national Friends and Family Test helps provide valuable information to help ensure you have the very best possible experience of care.

We encourage people to come and look at our facilities. We provide weekly tours of our maternity department, please check our website www.stockport.nhs.uk for the times of our tours.

“When I gave birth to our twins, I wanted us all to stay together, and it would have been a real disappointment if my husband had to go home. It was a huge support to have him around, both practically and emotionally. I’m so pleased Stepping Hill had the facilities to make this possible. It helped us to be a family together right from day one.”



Fathers' and partners' involvement

The hours after giving birth are a really important time for you and your newborn baby, and we believe that that time should be shared with your partner, to give you both the opportunity to bond right from the start.

For that reason, your partner is welcome to stay overnight with you. Please ask us for further information if you would like your partner to remain with you during your stay in hospital.

We also have a wealth of information for fathers and partners. Our 'Breastfeeding for Dads' DVD and 'Getting it right from the start' information are both designed to help you and your partner with the early stages of parenthood.

Please ask your midwife for more information.

For more healthy tips and advice for pregnant women, new mums, dads-to-be, visit www.nhs.uk/parents

"My partner and I went to one of the active birth sessions held in the High Peak, it was so empowering. And my partner felt involved, as he knew what to do to help me."



YOUR OPTIONS

The Stockport Birth Centre or home are both ideal places to have your first or indeed your fifth baby!

It is important that you and your partner have all the information you need to make choices about where you would like to give birth.

If you would like to know more about your options or if you have any concerns following a problem with a previous pregnancy or birth, please speak to one of our midwives, they will be happy to advise you.

Birth at home

For women living in Stockport and the High Peak, who are healthy and enjoying a problem-free pregnancy. Talk to your midwife, or contact the Home Birth Choices Group on **0161 826 6555** or by email manchesterhomebirth@gmail.com for more information.

Stockport Birth Centre, Stepping Hill Hospital

A 'home from home' experience with care provided by an experienced and supportive team of midwives. Our aim is to help you feel empowered and able to make the right choices for you throughout your time with us.

Our birth centre has peaceful surroundings and a calm, quiet atmosphere, so that you can feel relaxed before going home, feeling more prepared for parenthood. We use natural methods in labour and birth with a strong emphasis on active birth and one-to-one care. Water, massage, relaxation, soft music, stools, birthing balls and an



adjustable birth bed are all available.

We have more conventional pain relief if required, such as gas and air and pethidine.

Delivery Suite

If you choose to give birth in hospital, you will be looked after by midwives, but the full team of obsticians, paediatricians and anaesthetists are also available should you need them.

You will still have choices about the kind of care you want along with the full range of pain relief which includes remifentanil and epidural. Your midwife can help you decide if a hospital birth feels right for you.

Active birth

Wherever you choose to have your baby, we encourage you to be as active and mobile as possible and to use birth balls, mats and bean bags.

Water birth

We have four pools (three in our birth centre and one on our delivery suite), and all of our midwives are trained in water birth.

Postnatal care

Both in hospital and at home, our midwives will provide you with all the postnatal care you need, helping you to bond with your baby. We work closely with local health visitors to ensure that you have continuous care.

Caring for you, wherever you are

Remember, it doesn't matter where you live. If your pregnancy is low risk and you can get to us safely when labour starts, we would be happy to care for you. You can continue the majority of your care locally with your own midwife, just come and see us for some of your check-ups post delivery.

FURTHER SERVICES WE OFFER

Neo-natal unit

Our state of the art unit provides the specialist care that some babies need, for example if they are born very early. We provide full facilities for parents, including overnight accommodation, to ensure that the family is not separated in the early days.

Birth and parenting courses

A comprehensive four week 'Preparation for Birth & Parenting' course for all pregnant women and their partners from Stockport and the High Peak, held at various locations. Just ask your midwife.

Active birth workshops

A practical session for pregnant women and their partners / birth supporters, focusing on relaxation, massage and movement to help your birth. Contact your midwife to book a place.

Aquanatal sessions

Exercise in water which is safe, effective and fun. The sessions are open to all women and are held at

Marple swimming baths. There is no need to prebook, just ask your midwife for more details.

Vaginal birth after caesarean

If you are considering your birth choices following a caesarean, our team offers full support and advice about all of your options.

Breastfeeding support

We have the prestigious UNICEF Baby Friendly Breastfeeding accreditation. Full breastfeeding peer support is provided to mums both in hospital, as well as at home.

Supervisors of midwives

Our supervisors of midwives ensure all the care you are offered is safe, respectful and tailored to your needs.



If you have any problems or issues which your named midwife can't help you with, please get in touch with a supervisor of midwives by telephoning our switchboard on 0161 483 1010.

Hypno-birthing

We teach self hypnosis, relaxation and breathing techniques for a better birth and more comfortable labour. Ask your midwife about our hypno-birthing classes held at Stepping Hill Hospital.

"I had a home birth. I will always remember my labour as an amazing experience. I moved about, rocked and swayed, stayed in the bath and used my TENs machine."

Private rooms

We have two private rooms. These are single rooms with ensuite facilities and can be requested on the date of admission at a charge of £75 per night.

Specialist support

If you have any specific health needs, our specialist midwives can help you every step of the way, including:

- Accessible services for women with physical or learning disabilities
- Diabetes
- Domestic abuse
- Drug and alcohol problems
- Mental health
- Stop smoking
- Teenage pregnancy
- Weight management

Talk to us

We welcome your feedback and questions about our service, so please don't hesitate to get in touch on 0161 419 5551.



How to find us

We are based within the Women's Unit on the Stepping Hill Hospital site, situated just off Bramhall Moor Lane in south Stockport and less than 15 minutes from the M60 or the A34. See our website for a map and directions, together with bus and train information. For SatNav use postcode SK2 7JE.

If you have any questions about our services or you wish to speak to your local midwife for more information, please call **0161 419 5551**. You can also visit our website **www.stockport.nhs.uk** where you will find **virtual tours of our maternity facilities** as well as information about other services provided by Stockport NHS Foundation Trust.

A free interpreting service is available, if you need help with this booklet/ leaflet. Please telephone Stockport Interpreting Unit on 0161 477 9000. Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務。請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা/ছাপের পত্রটি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য বেরবীর ব্যবস্থা করা হতে পারে। মেয়েদেরকে করে টেলিফোন ইন্টারপ্রেটিং ইউনিট কেমন কলম টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو اس کتابچے / اُلوٹکے کے بارے میں مدد کی ضرورت ہے تو براہ کرم ہماری کمرہاں پر رابطہ کریں۔ ہمارے ہائیڈرونیٹک ڈیپارٹمنٹ پر 0161 477 9000 پر فون کریں۔

شما می‌توانید از خدمات ترجمه رایگان استفاده کنید و در صورت احتیاج به ترجمه ی این نشریه به طور حضوری یا شماره تلفن 0161 477 9000 اداره ترجمه تماس بگیرید

توفر خدمة ترجمة شفوية أنا نطلب مساعدة في فهم هذا الكتيب/النشر. نرجو الاتصال برين رينول على رقم الهاتف: 0161 477 9000



Join us on Facebook:

www.facebook.com/StockportNHS



Follow us on Twitter:

@StockportNHS