

Buckinghamshire Healthcare **NHS** NHS Trust

Oxford Academic Health Science Network  
Maternity

# Planning an Engagement Day

15<sup>th</sup> March 2017  
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## How Parentcraft Education has changed



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## What can people now choose?

The NHS and our classes are no longer one of the only ways to get information, advice and support when pregnant.



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## But do all these classes meet expectations?

- The Birth reflections service showed not always in some cases
- Classes had not prepared them for the reality of birth
- They had blame
- They felt like they had failed

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**Birth Reflections Service**

We continually strive to improve care for women and we would be grateful if you could find the time to complete this confidential form. If you would like help completing this form please ask.

When was your baby born? \_\_\_\_\_

What do you think we did well from the beginning of your pregnancy through to your last visit from the community midwives?  
\_\_\_\_\_

What could we have done better?  
\_\_\_\_\_


Any other comments?  
\_\_\_\_\_


Please hand your completed form to the community midwife or return to: Birth Reflections, Maternity Unit, Stoke Mandeville Hospital, Aylesbury, HP21 8AL or contact 01296 316019

If you would like to discuss your birth experience with a midwife please fill in the details below.

Your name _____	This information will be used to retrieve your maternity notes
Your date of birth _____	
Preferred contact phone number _____	

We value your comments. If you have provided your details above we will contact you when your notes have been retrieved. This may take a few weeks.

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Buckinghamshire Healthcare NHS Trust  Bucks Maternity Forum   
Maternity Services Liaison Committee

Do you work with expectant women  
and parents?

Bucks Maternity Forum (MSLC) would like to  
invite you to an **Engagement Day** with the  
maternity team at Bucks Healthcare Trust.


Our aim is to enhance working relationships  
with non NHS providers.

Come and meet some of the team.  
There will be talks from Birth Centre and  
Labour Ward midwives about how we work  
and what we do.

**DATE: Friday, 30<sup>th</sup> September**  
**TIME: 10.00am to 2.00pm**  
AT: Elmhurst Excellence Hub, Dunsham Lane,  
Aylesbury, Bucks HP20 2DB

Refreshments provided  
but please bring some lunch.

If you would like to attend, please contact:  
**[emmap.harrington@buckshealthcare.nhs.uk](mailto:emmap.harrington@buckshealthcare.nhs.uk)**

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## How did we invite people?

- First searched online to find local people
  - Hypnobirthing, Daisy Birthing, Yoga, Pilates etc
- Emailed NCT teachers I knew in area
- Emailed Doulas (via Doula UK)
- Shout out on local Facebook parenting groups
- Flyer (emailed and handed to people)

## Who came along?

- NCT Practitioners
- Hypnobirthing teachers
- Physiotherapists
- Pilates instructors
- Private Antenatal teachers
- Reflexologists
- Yoga teachers
- Doulas
- Pregnancy massage
- Cognitive Hypnotherapist

## Who gave presentations?

- Birth Reflections Midwife
- Consultant Midwife – pregnancy to birth pathway plus statistics for unit
- Head of the Birth Centres – Who can go to the birth centres?
- Myself – What classes we offer
- One of the Supervisor of Midwives – their role
- Plus a midwife from birth centre attended too

## Reflections Presentation

### Feedback ...

“One of the things I didn’t like was feeling a bit under attack in terms of them saying we were responsible for setting up women with too high expectations. I felt it came across very them and us and yet there was quite a mixture of people in the audience from hypno birthing practitioners, doulas, NCT and other”.

## Pregnancy to Birth Pathway

### Feedback ...

“Good to hear from the NHS about plans for the future or reasons for certain things being in place.”

“Hearing the statistics, sharing information and hearing information first hand.”

## Birth Centres Presentation



## What our Trust offers

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- 3 x 2 hour antenatal classes
- Early Bird Class
- Active Birth Class
- VBAC Class
- Twins workshop
- Positive Birth Group
- Refresher Class starting in June this year
- Plus tours of Stoke Mandeville Maternity Unit & Wycombe Birth Centre



## Learnings and Reflections

- Four hours (10am – 2pm) was not long enough.
- So many questions were asked after every presentation I did not want to stop the discussion.

## Feedback ...

“I thought it was really worthwhile and I would definitely come again.”

“I really appreciate the day being organised”

“One of the best things for me was just chatting with the young midwife and asking her all sorts of random questions over lunch.”

“The biggest plus is to put names to faces and to have the opportunity to ask all those questions that are just small and not worth emailing but that are just good to know!”

“As a doula it was really useful to be able to engage with some NHS staff in a non-clinical setting and hence away from the potential of a 'them and us' scenario.”



**KEEP  
CALM  
AND  
DO ANTEANATAL  
CLASSES**

**Oxford**   
Academic Health  
Science Network  
Maternity

**Thank you**

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