



SHROPSHIRE AND TELFORD & WREKIN

Maternity Voices

Working in partnership to improve maternity services

Maternity Voices Update - Spring 2021



Welcome to the Spring 2021 edition of the Shropshire and Telford and Wrekin MVP newsletter. The start to 2021 has remained a challenging time for many and we therefore remain so grateful to all those who have contributed to and shaped so many different projects and groups. As ever, your feedback continues to make an enormous difference.

A word from our Chair...

The first quarter of 2021 has been a productive one for the MVP. Our volunteer team has been working hard behind the scenes to create contacts within our community ready for when restrictions are lifted. We are all looking forward to getting out and about, and continuing to build these all-important relationships within our local community.

The new Healthwatch website has gone live including a new MVP page which will soon also be hosting the MVP feedback survey – another important means of accessing feedback from a wide range of service users. Early March equally saw a very successful MVP meeting that focused on improving engagement with Black, Asian and Minority Ethnic communities, and other seldom-heard groups. This provided another fantastic opportunity to form partnerships with other groups and organisations who share our goals.

I recently had the pleasure of attending the National Maternity Voices Summit: an event where other MVPs, and the national team, shared good practice as well as a range of existing projects. I came away from the meeting armed with fresh ideas and look forward to putting many of these into action over the next few months.

The continued engagement from SaTH staff and other service providers, twinned with the voices of service users, has truly been a catalyst for meaningful change and improvement. I look forward to what the next quarter brings.

Emily Evans
Service User Chair

Shropshire and Telford & Wrekin MVP is a team of women and their families, Midwives, Doctors, Health Visitors, Commissioners and other Health Professionals working together to review and contribute to the development of local maternity care.

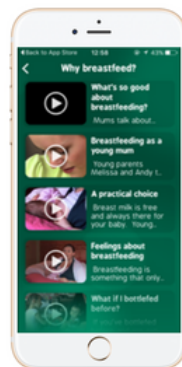
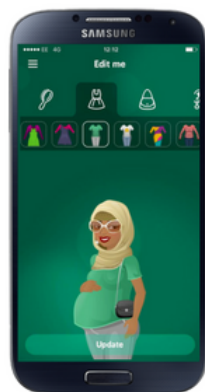
Update: Personalised Care and Support Plan (PCSP)



We were delighted to announce the launch of the PCSP by the Trust in January. Fully co-produced by the MVP, this plan represents a significant body of work. It offers service users a clear and comprehensive document which allows them to record, personalise and share their pregnancy and postnatal journey.

The plan is given out at the booking appointment so that it can accompany the women as a 'working document' throughout their pregnancy. Furthermore, the PCSP is a great tool for encouraging discussion between professionals and service users about personal preferences, including pain relief and birthing options.

Most importantly, it empowers local women and their families by keeping them informed about the wide range of options available as they embark on this exciting time in their lives. This is accompanied by the Birth Place Choices leaflet, which can be found on the [Maternity Patient Information page](#) along with the PCSP.



Baby Buddy is your personal baby expert who will guide you through your pregnancy and the first six months of your baby's life.

Have you downloaded it yet?

**best
beginnings**



Available free:



Update: LMNS Healthy Pregnancy Cookbook

It has been fantastic to see professionals and service users come together in order to continue the development of a local cookbook. The aim of the project is to support local families – especially those utilising local foodbanks – and help them to eat healthily whilst on a budget.

The project has been informed by the local foodbank, student dieticians and two Public Health midwives and will be co-produced with local families, containing a range of favourite local recipes alongside some photographs.



The cookbook will also offer advice and tips on how to develop some light cooking skills, as well as offering suggestions about how tinned goods can be used within delicious recipes. We look forward to seeing the finished product soon!

The Covid-19 Vaccine: Combatting Uncertainty

Those who are currently pregnant, breastfeeding or trying for a baby, may have questions about the Covid-19 vaccine. To help keep them informed of the latest guidance, the MVP has invited service users to pose questions, which will in turn be relayed to local professionals. These will then be used in a video that is being produced to provide further clarity and reassurance. Keep an eye out on our social media pages for the final video.

New Communication Project

We are currently working on a project which explores how much language and choice can impact on a family's pregnancy and postnatal experience. We want local service users to share how communication affected their experience – whether positively or negatively. It is hoped that the real-life examples shared can help us effect genuine and meaningful change. If you would like more information on this project please email us at Shrop_TW_Maternityvoices@outlook.com

Keep up to date with Shropshire, Telford and Wrekin MVP



Find us on Facebook:

@MaternityVoicesShropTW



Follow us on Twitter

@MVP_Shrop_TW



Join our Mailing List - email

maternity.voices@nhs.net

FEEDBACK SURVEY LAUNCHED

Have you given birth in the last two years, do you want to share your experience and help shape the future of maternity services?

Complete our new survey today

The survey takes 15-30 minutes to complete, fill in as much as you want to share.

www.healthwatchtelfordandwrekin.co.uk/maternity-voices-partnership

CLICK HERE



**Every
Experience
Matters,
Every Voice
Matters**

MVP Feedback Survey



Healthwatch Telford and Wrekin launched their new look website in February which includes a dedicated page for the MVP. This page will be where anyone can find out more information on the work that we are doing and learn how they can get involved. A part of this page is the new, comprehensive survey which has just been launched. Thank you to the team at Healthwatch for all their support and hard work in getting this page and survey ready.

The survey, helps elicit feedback from service users and takes around 15-30 minutes to complete. It is broken down into sections to help identify themes and trends. The MVP will then review and feed back to the Local Maternity and Neonatal System to support more focused development of the local services.

The survey is an important tool in gathering and detecting patterns in service user feedback, so that recommendations can be made to the Local Maternity and Neonatal System each quarter. This survey focuses on the experience of the mother or birthing person, the MVP is now working towards a second survey which also captures the experience of partners and other family or supporters.

Once Covid restrictions are eased, our volunteers will be taking this survey out and about to capture views and experience from more communities, with a strong focus on those communities that are seldom heard. If you know of a group that our volunteers could visit to gather feedback, please do get in touch.

Next hub meeting

6th May 2021 at 10am

If you wish to join us online
please get in touch. Email
maternity.voices@nhs.net



Maternity Transformation Programme

As part of the Maternity Transformation Programme, the MVP is represented on each of the five related workstreams: Clinical Quality and Choice, People and Culture, Governance and Risk, Partnership, Learning and Research and lastly Communication and Engagement. We are excited about the improvements that can be made through these workstreams and the important role service user voice has at each of them.

Pregnant? Children under 4? On low income?

Don't miss out on Healthy Start vouchers for fruit, veg, milk + vitamins worth over £900+ per child

HEALTHY START

Over half of families in Shropshire are missing out!

It's now even easier to sign up. Just fill out the form online and send it off!

visit healthystart.nhs.uk

The advertisement features a blue header with a question, a central white area with text and illustrations of a family, and a purple box with the 'HEALTHY START' logo and a statistic. A bottom section is white with a call to action and the NHS website link.

Birth Story

We love to hear your positive birth stories, here is just one we have recently received. Have a look at our social media pages for more and get in touch to share your story. This can be any part of your maternity journey and can include comments for health visitors and other health professionals involved in your care.

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Hi I would like to give some feedback and thank the two lovely midwives that helped me during my birth and labour. I gave birth in December 2020 on the consultant led unit, Georgie from the MLU was my first midwife and was absolutely amazing and made me feel so comfortable and even visited me in post natal 2 days later. Then Zen took over for the rest of my labour and she made me and my partner feel so comfortable and looked after us both after my traumatic birth.

I would just like to thank them both from the bottom of my heart for everything they did for me.

The image shows a feedback card with a logo at the top right, followed by a handwritten-style text block. The card is held in place by two pieces of tape at the top and bottom.

A more diverse MVP

We recently hosted a meeting about increasing diversity within the MVP and to discuss how we can engage better with seldom heard groups. The meeting was well attended by SaTH, Healthwatch and partner organisations. We hope that by working together with the same aim, we will be able to listen to even more voices within our community.

Our volunteers have also been working hard to make more contacts across the whole of Shropshire, to enable as many service users as possible to be heard.

Specially-trained midwives are now delivering flu vaccinations to pregnant women across both hospital sites.

Women across the county can now access this service Monday-Friday, 9am-4.30pm at both The Royal Shrewsbury Hospital and the Princess Royal Hospital in Telford until the end of March 2021.

Why is it important to have the flu vaccine in pregnancy?

- There is an increased chance of developing complications from flu when you are pregnant, therefore pregnant women are advised to have the vaccination to protect themselves and their unborn baby at any stage of pregnancy
- The flu vaccination will pass on some immunity to your unborn baby and they will be protected for the first few months of their life

You can still access the vaccination from your GP but this service can reduce the need for extra appointments

If you would like any further information, please speak to your Midwife or contact the Public Health Team on 01952 565732





The Shrewsbury and
Telford Hospital
NHS Trust

HAPPY HEALTHY BABIES DON'T STOP MOVING
FEELING YOUR BABY MOVE IS A SIGN THAT THEY ARE WELL



Working with you

IF YOU ARE CONCERNED ABOUT YOUR BABY'S MOVEMENTS
PLEASE CALL OBSTETRIC TRIAGE: 01952 565948 / 01952 565712



We would like to sincerely thank everyone who continues to support the MVP. From liking social media pages to joining us for meetings and offering all-important feedback, your input helps us to make a tremendous difference to local services.

Happy Easter from everyone at the MVP!