Princess Anne Hospital

Maternity Information Programme.

What is it?
The Maternity Information Programme provides a variety of opportunities for women and their partners to access information aimed at preparing them for labour, birth and the early weeks of parenthood.

Who is it for?
All expectant mothers and their partners. These are available free of charge (although we ask for a voluntary contribution to attend the Waterbirth Workshop).

What is on offer?
- A basic three-week course of subjects related to pregnancy, labour and parenthood. These are available during the day, afternoon and evenings, depending on what your team of midwives provide; each session lasts approximately two hours.
- In addition to the basic three-week course, there are a number of separate, complimentary workshops available to you and partner. You are welcome to select the three-week course and any of the extra subjects that are of particular interest to you.
- Bookings for classes can only be made on completion of this form. No telephone bookings are taken. Please send or bring in your completed form to the address on the booking form, at the back of this programme.

Where are the courses and workshops held?
The basic three-week courses and workshops are based at the Princess Anne Hospital, as well as various local venues within the Southampton City area. We will try and book you with your team of midwives. If you live outside Southampton City area, the classes are usually organised by your surgery’s midwife. Please inquire at your local surgery for details.

Please turn over for further information.
Parent Information Evening

You are invited to attend a Parent Information Evening. This is a one off exhibition and presentation, offering early and mid-pregnancy advice and information. It is held on the first Tuesday evening of the following months – February, April, June, August, October and December in the Outpatients Department, E Level, Princess Anne Hospital, at 7pm to 8.30pm. There is no need to book for this session, just turn up. You are welcome to bring someone with you.

Hospital Tour

A tour of the hospital is available online as a virtual tour at: www.suht.nhs.uk/maternityinformation

This web site also has links to relevant and useful information about your pregnancy. If you do not have access to the Internet at home, you can use it in public information centres such as libraries, Internet cafes, cyber centres etc.

Library Facilities

The Maternity Information and Support Services office has a small, although comprehensive library of books and videos available for lending. Please contact the office to confirm it is open before coming in for the library on 023 80796052.

How do I find out more?

• Discuss with your midwife/GP

• Written information on the Maternity Information programme is available at your local surgery and/or antenatal clinic, together with booking forms. Please ask.

• Telephone the Maternity Information and Support Services open from 8am-4pm on 023 8079 6052, leaving a message on the answer machine if the office is not open.

• By coming into the office in person. Please contact the office before coming in to confirm we are open. We are in Room 25 Broadlands Ward, E Level, Princess Anne Hospital, Coford Road, Southampton, SO16 5YA.

Please be aware it is your responsibility to book your own Maternity Information Programme. The earlier you book classes the more choice will be available to you.

Please also be aware that spaces for antenatal classes are very limited, unfortunately we are not always able to accommodate places on courses.
**Maternity Information Programme**

A programme of information aimed at preparing women and their partners for labour, birth and the early weeks of parenthood.

**BASIC THREE WEEK COURSE**

This includes the following subjects:

1. **LABOUR**

   This session aims to answer your questions and concerns about labour, ranging from how to recognise the early signs of labour through to giving birth.

2. **PAIN RELIEF IN LABOUR/ COMPLICATED LABOUR**

   This session gives you information on the choices of pain relief available and their pros and cons. This is an essential subject to help you to make informed choices for your labour and birth.

   Also this session covers what will happen if your baby arrives early/late or labour does not go according to plan.

3. **LIFE AFTER BIRTH AND INFANT FEEDING**

   Life is turned upside down after the birth of your baby. We look at issues such as how to care for your new baby; postnatal depression; crying babies; coping strategies; resuming your sex life and returning to work.

   This is an opportunity for you and your partner to discuss anything that you feel unsure about. The session also discusses the facts about breast and artificial feeding to help you choose how to feed your baby.

   Each session lasts approximately two hours.
Specific Workshops

We also have a number of specific workshops that you may like to book according to your needs:

• **RELAXATION AND BREATHING: AWARENESS FOR LABOUR & LIFE**
  We also strongly recommend that you attend the session on relaxation and breathing. This class shows you a technique to help you relax your body and control your breathing whilst in labour, as well as everyday life.

• **BIRTH PARTNER’S ROLE IN LABOUR**
  Research shows that having a birthing partner during labour substantially increases a woman’s ability to cope. This workshop is for birthing partners who want to discuss their role and responsibilities – both for labour and early parenthood. This workshop is not needed if your birth partner is attending the three-week course with you.

• **REFRESHER**
  This one off workshop is for those who have already had a baby, but would like an update. This may be more appropriate than the three-week course. Please note that if attending this workshop during the day, there are no crèche facilities available, and we are unable to make provision for any children.

• **BREASTFEEDING**
  This one off workshop enables mums to be to receive information and advice to prepare for breastfeeding. Please feel free to bring along a partner, family member or friend unless otherwise stated on your confirmation letter.

• **TWINS OR MORE?**
  This one off workshop is for parents expecting more than one baby. It covers care in pregnancy, labour, birth and a tour of the neonatal unit. This is run with the help of members of the local twins club who offer help and advice to prepare you for early parenthood.

• **WATERBIRTH**
  In addition to our core Parent Education programme, we are pleased to offer you a Waterbirth workshop as an extra option. This workshop is ideal if you are considering using the pool for either labour and/or to give birth. We do ask for a small donation from you to attend this workshop.

• **VAGINAL BIRTH AFTER CAESAREAN (VBAC) WORKSHOP**
  This workshop is a one off session that aims to ensure you are more knowledgeable and confident about this labour and birth and feel more in control about making decisions that affect you. Key areas covered include: local and national guidance, working with your body to achieve a vaginal birth, local women’s experiences and statistics for The Princess Anne Hospital, etc.
**Independent workshop**

- **ALL CHANGE WORKSHOPS**
So many things change when you have a baby- its not just the practical and physical changes to prepare for, many find out the biggest change is in their relationships. Who does what around the house? Will things be different with our parents? What do we need from those closest to us?
All change sessions help you to explore this most important part of having a baby, and it provides lots of practical tips to help you adjust and build for the future.

These one-off sessions are being run throughout the city, including at the Princess Anne Hospital. They are ideal for you, your partner and others supporting you.

All change sessions are provided by the **Southampton Community Family Trust**
[www.scft.org.uk](http://www.scft.org.uk)

To get more information or to enquire about booking a place on the All Change Workshops please contact the **Southampton Family Community Trust on**:

- Email - [info@scft.org.uk](mailto:info@scft.org.uk)
- Web address- [www.scft.org.uk](http://www.scft.org.uk)
- Phone – 023 8021 6003 – Do not call this number to book Princess Anne antenatal classes, only call to book Southampton Family Trusts Workshop.
- **Address-**
  Southampton Community Family Trust
  SVS, Kingsland Square
  St Mary Street
  Southampton
  SO14 1NW

*The ‘All Change Workshops’ are run by the Southampton Community Family Trust and not the Princess Anne Hospital, due to this there will not be any midwives present at these workshops.*
Maternity Information Booking Form

TITLE: MISS/ MRS/ MS/ DR  NAME: .................................................................

YOUR DATE OF BIRTH: ........................................ BABY’S DUE DATE: ........................................

ADDRESS: .................................................................................................................................

................................................................................................................................ POST_CODE: ........................................

TELEPHONE NUMBERS: (H) ...................................................... (W) .............................................

EMAIL ADDRESS: .............................................................................................................................

MIDWIFE’S NAME (IF KNOWN) ............................................................ FIRST BABY? YES / NO

GP’s NAME: ................................................................................................................ TODAY’S DATE: ........................................

DO YOU WANT TO BOOK ONTO:

THE BASIC THREE WEEK COURSE YES / NO
RELAXATION & BREATHING YES / NO
BREASTFEEDING YES / NO
WATERBIRTH YES / NO
BIRTH PARTNER’S ROLE IN LABOUR* YES / NO
REFRESHER YES / NO
TWINS OR MORE? YES / NO
VBAC WORKSHOP YES / NO

*Not needed if your birthing partner is attending the three week course with you.

You will be allocated classes dependant on your teams' provision.
(Please turn over for the list of where your team maternity information sessions are held. If you are not under the care of a Southampton team of Midwives, you will need to contact your own Midwife).

1) West & Test – Princess Anne Hospital, Tuesday and Wednesday evening.
2) Bitterne – Bitterne Health Centre Wednesday evening.
3) Woolston – Woolston Clinic, Tuesday evening.
4) Central - Princess Anne Hospital, Monday evening & Thursday afternoon.
5) Southern Parishes – West End Surgery, Moorgreen Road West End, Friday afternoon.
6) Hedge End – St Lukes Surgery or Hedge End Medical Centre. (Three Week Course and Relaxation & Breathing class are combined)

Please return this completed form to Maternity Information and Support Services, Room 25 Broadlands Ward, E Level, Princess Anne Hospital, Coxford Road, Southampton, SO16 5YA

For enquires, call 023 8079 6052 - bookings can not be made on this number, all bookings are made by sending in the form above.
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*R & B - Relaxation and Breathing

If you feel you need more information about the workshops please either read the information pack at your local surgery; ask to look at your midwife’s information pack and discuss with your midwife, or contact the Maternity Information and Support Services on 023 8079 6052