



WIGAN BOROUGH

Maternity Voices

Working in partnership to improve maternity services

Maternity Voices Partnership

Thursday 16th January 2020

You Said, We Listened

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When we collect feedback from people it's really important we tell them what we have done with it. This document summarises the information we gathered at the Maternity Voices event on 16th January 2020 and our response.

You Said	We Listened
<p>What data is available around numbers accessing the 'Happy Mum, Healthy Bump' service and does data suggest any part of the service attracts more women?</p>	<p>In 2019 there were 153 referrals to the service and 62 women attended. The service aims to look at healthier lifestyles as a whole and so women will see both a dietitian and a physiotherapist at their appointment. Some women may wish to spend more time focusing on a particular topic depending on their individual needs.</p>
<p>Can anyone access the 'Happy Mum, Healthy Bump' service?</p>	<p>The criteria for people accessing the service was previously those with a BMI of 35+. This has now been extended to those with a BMI of 25+.</p>
<p>Can someone with an eating disorder access 'Happy Mum, Healthy Bump'?</p>	<p>Someone with an eating disorder would be referred to a community dietitian to ensure the correct support is provided.</p>
<p>Could the criteria set to access the service cause some people to feel excluded?</p>	<p>The criteria for services aims to ensure everyone is accessing the correct support. If someone attends the wrong service they may be signposted to somewhere more suited for their requirements.</p>
<p>One mum experienced a feeling of failure as she struggled to breastfeed her first child and so made the decision to express with her second child.</p>	<p>The Infant Feeding Team encourage women to try to feed naturally first but will support mums with whichever method they choose to feed their babies.</p>

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<p>One Mum thought stopping smoking was mind over matter but welcomed the knowledge and encouragement of services when considering stopping smoking.</p>	<p>Information is available for those who are contemplating stopping smoking. Support is also provided by Healthy Routes.</p>
<p>How could families access stop smoking services in Wigan?</p>	<p>Healthy Routes are a free local health improvement service with trained staff that is able to provide free, friendly, confidential one to one support. Healthy Routes also have advisors who can support pregnant women to quit smoking, keep a healthy weight and improve wellbeing.</p>
<p>Some kind of incentive may inspire mums and families to quit smoking in pregnancy.</p>	<p>The decision to stop smoking is an individual choice. The Greater Manchester 'Baby Clear' project to improve safety and outcomes for women and babies has seen an increase in the number of women stopping smoking during pregnancy and offers an incentive scheme but this is not currently available in Wigan.</p>

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Support also needs to be aimed at dads and partners to promote a smoke free environment in the family home.	We would encourage mums and members of the family including dads and partners to consider stopping smoking as this often helps family members support each other, particularly in the early stages of stopping smoking. A smoke free environment in the family home supports a healthy lifestyle for all members of the family and the community.
Mums provided a list of information they thought could be useful to include on the maternity section of the CCG joint website.	Wigan CCG gathered the feedback and shared the ideas of the group with Wigan Council, Startwell Team to help them when deciding on the content of the site.
Some mums thought it would be helpful to access some taster Hypnobirthing classes.	Wigan Maternity is reviewing the Hypnobirthing sessions to see if taster sessions can be offered.
Could some families be disadvantaged if required to pay for some maternity services i.e. hypnobirthing?	The access to hypnobirthing is an individual choice for each mum to consider and not all mums will want to access the service.



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Thank you for your feedback!

If anyone has any questions please feel free to ask or contact
shapeyournhs@wiganboroughccg.nhs.uk