



WIGAN BOROUGH

Maternity Voices

Working in partnership to improve maternity services


Engagement Event


16th January 2020

Notes

If you would like help **translating** this information into another language, or you would like this information in Braille, large print or audio format, please call 01942 482711 or e-mail shapeyournhs@wiganboroughccg.nhs.uk

Wigan Maternity Voices gathered at the Lodge, Mesnes Park, Wigan in January. A group of parents, parents-to-be, babies and staff came together for a friendly chat to talk about ways to improve maternity care and what services are available in the borough.





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Wigan Borough Maternity Voices Partnership

Thursday 16th January 2020,
11am – 1pm,
The Lodge, Mesnes Park, Wigan, WN1 1TU

Item	Lead
Refreshments on arrival	All
Welcome and Introductions	Julie Watkinson
Happy Mum, Healthy Bump Linda Coakley, Weight Management Dietitian	Linda Coakley
Induction of labour and potential impacts on feeding Wrightington, Wigan and Leigh NHS Foundation Trust	Angela Cropper/ Jane Davies/ Michelle Jones
Stop smoking in pregnancy rates in Wigan Borough	Julie Watkinson
Communication: What is useful information for parents and parents-to-be	Nicky Ainscough & Rachel Richardson
Maternity Voices Chair Role and Terms of Reference	Julie Watkinson
Next Event – Let us have your ideas!	All



Wigan Maternity Voices had a presentation from 'Happy Mum, Healthy Bump'. Some of the things we talked about were....

- Happy Mum Healthy Bump' is a maternity weight management pathway which was launched in 2012.
- Aim of the service – to support pregnant women to introduce healthy lifestyle changes and to safely manage their weight before, during and after pregnancy.
- Client pathway – referral process, first and follow up appointments and venues.
- Results of average weight change in clients using the service since 2012 and details of other options of weight management during pregnancy.

and a presentation from Wigan Maternity Staff around Induction of Labour. Things we discussed were....

- Potential reasons for induction of labour i.e. blood pressure, medical conditions, weight concerns, reduced fetal movements etc.
- Induction of labour procedure and the potential risks associated i.e. increased pain, failure to work leaving c/section as only option for delivery, fetal distress etc.
- What pregnant women can do to help i.e. remain mobile as much as possible, remain hydrated and don't be afraid to ask questions.
- Benefits of skin to skin for parents and babies
- The support available with feeding your little ones.

We asked what information families may find useful to access throughout different stages of pregnancy.

Below are some of the suggestions the group came up with.....

Links to crisis service

Links to local baby groups e.g. Sling Library, Tiny Talk, Baby Sensory

Information around safe co-sleeping and the Lullaby Trust

Weight Management – Links to 'Happy Mum, Healthy Bump' and community weight management i.e. slimming world and other activities.

Blog posts from mums, midwives and other professionals

Nutritional Information based on baby's age in months

Infant feeding team and how to access specialist support

After birth – dealing with body changes and support/advice on body image i.e. stretch marks etc.



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At the event we also discussed

Stop smoking rates in Wigan – these are low in comparison to GM and nationally. Wigan CCG and Public Health are very keen to look at different ways of approach in order to help increase rates and welcome any ideas from the group on how we could achieve this.

Wigan Maternity Voices Role – an exciting opportunity to get more involved in influencing change and improving local maternity services. If this is something that you may be interested in please get in touch!

Wigan and Leigh Healthwatch are planning to go out to local community venues and GP Practices to talk about your experiences of using different services to help make improvements for local people.

Next event ideas – The group thought it would be a good idea to talk about different birthing environments and relaxation and mindfulness techniques i.e. hypnobirthing. They also welcomed the chance to hear about the benefits of using a baby sling and a demonstration on how to safely wear one.



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Your feedback really helps us to make improvements to local Maternity Services

Look out for details of our next event!

[Click here](#) to see the latest
'You Said, We Listened'

For further information please email shapeyournhs@wiganboroughccg.nhs.uk
or call 01942 482711