

# My maternity journey

Information about your  
pregnancy

My Midwife's name is:

.....

My Midwife's number:

.....

Team Maternity Support Worker:

.....

My Midwifery Team Name:.....

Other professionals:.....

The Leeds Teaching Hospitals NHS Trust use  
Maternity Electronic Patients Record.



Leeds  
Maternity Care

If you experience any vaginal bleeding or pain under 14 weeks gestation please contact a health care professional immediately for advice.

## When to call your maternity unit

*Please call your Maternity Assessment Center (MAC) immediately if you have:*

- Noticed your baby's movements slow down, change or stop
- Vaginal bleeding after 14 weeks of pregnancy
- A high temperature
- Obvious swelling of your hands, face or upper body
- A persistent headache
- Problems with your vision (blurring, flashing lights or spots, difficulty focusing)
- Severe pain just below the ribs in the middle of your tummy.
- If you have intense itching on palms of hands or feet.

**MAC LGI (24Hrs): (0113) 392 6731**

**MAC SJUH (24Hrs): (0113) 206 5781**

The MAC units are open 24 hours - please call with any signs of labour, if you think your waters have gone or any urgent pregnancy concerns

## Useful contact numbers

### Leeds General Infirmary general contact numbers

**Antenatal Clinic** Monday-Friday 08.30am - 4.30pm

**Tel: (0113) 392 6792**      Appointments & Scan

**Antenatal Day Unit** Monday-Friday 08.30am-4.30pm

**Tel: (0113) 392 6588**

### St James's University Hospital general contact numbers

**Antenatal Clinic** – Monday-Friday 08.30am - 4.30pm

**Tel: (0113) 206 5180**      Appointments & Scan

**Antenatal Day Unit** – Monday-Friday 08.30am - 4.30pm

**Tel: (0113) 206 5326**

**Homebirth contact telephone number: 07795 062 035**

**For Health Care Professionals:** if you require further information regarding this pregnancy please contact the Delivery Suite the woman is booked in at.







## Other useful links

Scan me

### NHS Choices - Pregnancy

[www.nhs.uk/conditions/pregnancy-and-baby/](http://www.nhs.uk/conditions/pregnancy-and-baby/)



### NHS Screening tests in pregnancy

[www.nhs.uk/conditions/pregnancy-and-baby/screening-tests-abnormality-pregnant/](http://www.nhs.uk/conditions/pregnancy-and-baby/screening-tests-abnormality-pregnant/)



### Best Beginnings [www.bestbeginnings.org.uk/](http://www.bestbeginnings.org.uk/)

We recommend you download the free baby buddy app, where you will find lots of interesting information about your pregnancy and beyond.



### Unicef Baby Friendly Leaflets and Videos

[www.unicef.org.uk/BabyFriendly/Parents/Resources/Resources-for-parents/](http://www.unicef.org.uk/BabyFriendly/Parents/Resources/Resources-for-parents/)

This website is full of useful resources about infant feeding and relationship building.



### Leeds Maternity Voices [www.mvpleeds.com](http://www.mvpleeds.com)

Feel free to join this friendly group of parents and professionals who work together to help shape and develop maternity services in Leeds.



**Leeds Girls Can** for information about the importance of being active in pregnancy and beyond <https://active.leeds.gov.uk/leedsgirlscan/pre-and-post-natal>



### Mindwell

Being a parent can be tough, but you're not alone. Have a look at the Leeds Mindwell website to explore how you are feeling and find the right help and support

<https://www.mindwell-leeds.org.uk/myself/feeling-unwell/i-am-pregnant-or-a-new-parent>



### Leeds Bosom Buddies facebook group, breastfeeding support in Leeds

Please contact your midwife, health visitor for information on local support groups in your area.

<https://familyinformation.leeds.gov.uk/early-start-search>



### National Childbirth Trust 0870 444 8708

[www.nct.org.uk](http://www.nct.org.uk)



### Breastfeeding Network 0300 100 0210

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)



### Association of Breastfeeding Mothers

La Leche League 0845 120 2981 / 0870 401 7711  
[www.laleche.org.uk](http://www.laleche.org.uk)

