

Personalised Care and Choice Midwifery Service (OPAL Team)

Information for women, birthing
people and their families



Leeds
Maternity Care

This leaflet provides information about the Leeds Maternity Personalised Care and Choice Team and is suitable for any individual who has been referred to the service via their midwife or obstetrician and due to give birth at Leeds Teaching Hospitals NHS Trust.

OPAL Team - Personalised Maternity Care

O - Open communication

P - Personalised care

A - Advocacy

L - Learning from listening

Pregnancy, birth, and maternity care can stir a range of emotions – and sometimes, past experiences or anxiety about giving birth can make it hard to feel confident moving forward.

The OPAL Team is here to support people who may be feeling anxious, disengaged from care, or unsure about their maternity care options - especially following a previous difficult or traumatic experience.

We are a small, specialist team of midwives who can offer a personalised approach to your care - one that values your story, your preferences, and your right to make informed choices.

Patient quote:

"I don't even know how to put into words the impact this service had on my experience of maternity care in Leeds! They truly went above and beyond. I will never forget the huge part they played in my pregnancy and the birth of my son - thank you!"

What we offer

- A supportive space to talk through previous experiences, fears or concerns related to pregnancy or birth.
- Compassionate, non-judgemental discussion of birth options.
- Personalised care planning- tailored to your emotional and clinical needs.



Is this service for you?

This service is for pregnant women and birthing people who:

- Are experiencing mild to moderate tokophobia (fear of childbirth).
- Are considering a planned caesarean section due to previous birth trauma or anxiety, and want to explore care options in more depth.
- Are withdrawing from care because of past negative experiences or interactions.
- Have been identified by their midwife or obstetrician as potentially benefiting from a greater focus on personalised care planning.

We may not be the right service if

- You're already receiving support from the Perinatal Mental Health (PNMH) team or PATHS.
- You're seeking a caesarean for reasons not related to anxiety or previous trauma.
- You are not planning on giving birth at a Leeds NHS Trust Hospital.

If you're unsure, speak to your midwife who can help find the right support for you.

How to be referred

If your midwife or doctor feels this service is right for you, they will make a referral and we'll be in touch soon. If you're reading this, it's likely because your midwife believes OPAL could be helpful for you. We're here to support you every step of the way.

How we work

- We aim to contact you around 16-18 weeks of pregnancy to arrange an appointment via phone, video call or face to face that will occur between 24 and 28 weeks of pregnancy.
- If you're referred after 28 weeks of pregnancy, don't worry- we will still do our best to see you quickly - we aim to get in touch within two weeks of receiving later referrals.
- This appointment gives you time to talk, reflect, and plan for your birth. It's an important moment in your maternity journey to make informed choices and feel confident about what comes next.
- Together, we will discuss your experiences, any worries, and your hopes for birth, and create a personalised care plan that feels right for you.
- You'll stay under the care of your usual community midwife or obstetrician, but we'll work closely with them to ensure joined-up and compassionate care.

You deserve care that works for you...

Everyone's journey is different - and everyone deserves to feel heard, respected, and supported. If your maternity care needs a more personalised approach, we're here to help.

Questions / Notes

[illegible]

[illegible]



What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

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