

TRAFFORD COUNCIL

Report to: Health Scrutiny Committee

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Report for: Information

Report of:

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Report Title

Antenatal Classes

Summary

The purpose of this paper is to update the committee on the current situation with regard to antenatal class provision in Trafford as well as providing more information on the Manchester & Trafford Maternity Voices Partnership.

Recommendation

That the contents of the report are noted.

NHS Antenatal/Parent Education classes

Antenatal classes were provided by Manchester Foundation Trust (MFT) as part of the midwifery service for Trafford women and partners; however, these were stood down during the pandemic and there is no offer at present due to the lack of capacity within the midwifery team. All the classes were based at Wythenshawe hospital.

(‘Parent education’ is the term now used rather than ante-natal classes.)

As a result of the pandemic the information available on-line has much improved and while some women have the means to access private antenatal classes there is clearly a gap in service for those with more limited means and those who are digitally excluded.

The Manchester & Trafford Maternity Voices Partnership (MVP) has been working with MFT to standardise and improve online information, drive for the return of face to face education and has also delivered a well-being/antenatal project in Trafford after securing funds from the council. (See later section of the report on the work of the MVP)

Anecdotal evidence indicates that the lack of education is contributing more women to attending acute clinical triage with concerns which may have been dealt with through education.

That said, once a woman self-refers to the service, a community midwife is assigned who through the routine contact/assessment will be able to provide a level of education and shared care where specialist intervention is required (e.g. perinatal mental health, specialist teenage midwife for young parents). Bespoke education sessions are provided for these cohorts where required. The aim is always to provide continuity of community mid-wife care during ante- and postnatal care although this is not available for intrapartum care.

The positive news is MFT has now secured funding for a universal Parent Education lead across all three MFT sites who will pull together a parent education programme across the managed clinical service. This will take a multi-disciplinary team approach pulling in different specialties e.g. health visiting, midwifery, early years etc. The post will be advertised imminently with the post-holder likely to commence around May. MFT will work with the MVPs to develop the programme.

Personalised Care Plans

Education is also important with regard to the Personalised Care agenda which requires the development of Personalised Care & Support Plans setting out a women's needs including how she wishes to be cared for during her pregnancy. The Personalised Care and Support Plan will identify any specific complex medical needs (e.g. raised BMI, diabetes, genetic) but also the care and social support required which will involving signposting to relevant services. For young parents this will also include referring into Trafford council's Young Bumps service (see below).The Greater Manchester & East Cheshire Local Maternity & Neonatal System (LMNS) has developed a maternity equity and equality action plan which aim to ensure the personalised care & Support Plans are developed for all women including those with complex medical and social needs, those

with learning disabilities, Black Asian & Mixed ethnic groups, those who do not read/speak English as a first language, women who are neuro-diverse as well as other protected characteristics. All trusts will be audited on the quality of these plans.

Support for Young Parents in Trafford

There is still an offer for young parents – Young Bumps antenatal programme for teenagers (both mums and dads encouraged to attend) – run by the Young Parents Practitioner from the Youth Engagement Service (YES). This is well attended and very well received by the young parents.

Young Bumps is a 12 week rolling program – young parents both mums and dads can attend at any gestation and attend any sessions for however long they want. The sessions are run each Friday from the Talkshop in Sale. The sessions start at 12 midday and finish around 2:30pm. A taxi transport service is provided.

The service incorporates the NHS Preparation for Birth and beyond which is a course offered to first time parents to prepare for the arrival of their baby. Sessions include:

- Roles and responsibilities of being a parent/the realities of being a parent.
- Changes to us and our baby – emotional/physical changes – changes in relationships – hopes and fears
- Baby keepsake book – discuss dreams and hopes for baby – bonding and attachment - Pregnancy photoshoot
- Breastfeeding V's Bottle Feeding – pros and cons and benefits to breastfeeding – financially/emotionally/physically health benefits.
- Our Growing baby and the things they can do – Roles/responsibilities of being a parent
- Practical session – safe holding/sleeping – how to make a formula bottle
- ICON Training – why babies cry/communication – skin to skin – bonding attachment
- Practical session bathing / changing / feeding / play time / car seat safety
- Health and Safety in the home and noticing the dangers in the home
- Taking your baby Home the first 6 weeks
- Benefits support / Housing support /Education
- Things you and your baby needs / hospital bag/ self-love self-care

Some sessions are delivered by other professionals with support from youth worker i.e. Giving birth – specialised Teenage Midwife – Breast Feeding support worker – perinatal health professional.

A healthy lunch is provided as well as involvement of charities like Little Bundles to help support young people in need with Moses baskets other items. Sessions can also be tailored made if the parents additional information.

Once the young people deliver they can then access and attend the Butterflies Young Parents sessions with their babies Two groups are run from the Talkshop and the young people are given bus passes for Arriva and Stagecoach. The service provides a dinner which the young people help to budget for and cook – developing independent skills and improving social skills for the babies/children. Sessions run on a Tuesday and a Wednesday from 11am – 2:30pm. Typical session types:

- Child development/childhood ailments/safety/play activities
- Domestic Abuse/Healthy Relationships/Parental Conflict
- Budgeting/healthy eating/staying active
- Education/Care2Learn/Benefits/Employment
- Housing/what's in your community
- Cooking/celebrating being a parent/woman
- Arts and Crafts / celebrating different events i.e. Black History month/Pancake Day/Mother's Day/Father's Day/
- Sexual Health and Women's Health
- How to deal with stresses/mental health/coping strategies
- Oral health Team

The service also offers 1:1 support session for any young parents involved with social care or who need the extra support around mental health, housing, benefits or education, or act as an advocate to call Doctors/Social Workers/Benefits.

MFT Specialist Midwives team working with Trafford Locality/Public Health team

Trafford's Public Health team have developed a strong relationship with midwifery colleagues. The teams meet to share intelligence, service and intervention information, and discuss any issues that are relevant. Building this link is important for ensuring pregnant women, new mothers and their families receive the care they need. Public Health have facilitated relations between midwifery and Trafford's domestic abuse coordinator, housing, early help and drugs and alcohol services.

Maternity Voices Partnership

Trafford & Manchester localities jointly fund a Maternity Voices Partnership (MVP) aligned with MFTs three major maternity units based at St. Mary's Oxford Rd Campus,

Wythenshawe hospital (and North Manchester General), as well as covering community based midwifery services and antenatal care provided at Trafford General.

MVPs are local, independent feedback forums for new and expectant parents to share their experiences of maternity care – what was good, what was not so good, and ideas for improvements – and work together with service providers and commissioners to co-produce service improvements and make changes that matter to local people.

The importance of MVPs has been emphasised by the Ockenden report on safety of maternity services at Shrewsbury and Telford NHS Trust. One of the immediate and essential Actions was: ‘Maternity services must ensure that women and their families are listened to with their voices heard.’

Each MVP is chaired by a local parent and the MVPs work closely together to ensure that women and their families in Trafford are listened to and that community consultation can be undertaken within Trafford.

MVP - Wellbeing and Antenatal Sessions in Trafford

During 2022, the MVP chairs for Wythenshawe and St Mary’s, worked with Greater Manchester and Eastern Cheshire (GMEC) Maternity Voices and midwives from Trafford to deliver a series of wellbeing and antenatal sessions.

This was made possible by an Inclusive Neighbourhoods Grant from Trafford Council and enabled by Trafford Clinical Commissioning Group, who alongside Manchester Health Care and Commissioning make the Manchester and Trafford Maternity Voice Partnership (MVP) possible.

The sessions were created in response to the limited opportunities for pregnant women to come together during Covid.

Women joined the sessions to learn about issues relating to pregnancy, birth and having a new-born, and to support one another.

The five sessions, four of which were delivered online and one in person, included:

- Introduction, welcome and birth preparation techniques
- Gentle pregnancy yoga and relaxation techniques
- Midwife-led infant feeding session
- Fourth trimester lived experience and wellbeing

- Summary and 'Ask the Midwife' session

Attendees were able to shape content as the course progressed, ensuring it met their needs. In addition to sharing personal experiences, anxieties and advice, the attendees benefitted significantly from the support and contribution of midwives from the Trafford team who delivered the infant feeding session and the final 'Ask the Midwife' session.

Half of all attendees were around 25/26 weeks pregnant; all were planning to give birth at Wythenshawe, except one who was planning to attend St. Mary's.

Half of attendees had accessed some form of free antenatal education, including from the Baby Academy. Others were not sure what was available or said that they did not have the funds for a paid for course. The main reasons for attending were given as to feel more prepared for having a baby and to meet other mums. No one said that they felt they had a good understanding of how they might want to feed their baby at the start of the course.

The MVP would like to run these sessions again. They have been great in fostering relationships with the local Trafford community midwifery team, plugging a gap in support for pregnant women and in publicising what the MVP is about. Members of the senior leadership team at St Mary's have already expressed an interest in running similar sessions and started to suggest healthcare professionals who are keen to contribute.

MVPs work in 2022

Manchester & Trafford MVPs have delivered the following:

15 Steps for Maternity - During 2022, 15 Steps for Maternity was undertaken at each of the three MFT hospital sites. Service-users and representatives from Voluntary and Community Sector Organisations came together with maternity staff and commissioners to do a walk round of maternity sites and provide feedback from a service-user perspective about how the environment made them feel and what needed to change. Over 60 people were involved across all three sites.

Each of the three MVPs has incorporated the changes suggested through undertaking the 15 Steps into their work-plan and positive actions have already been implemented on each maternity site

Ockenden Response - The Ockenden Interim report is the Government's independent maternity review and was published in December 2020 and included seven immediate and essential actions that needed to be implemented by Trusts all across the country. The final report was published on March 30th, 2022. The report mandated that all NHS trusts must give women information about their place of birth choices.

An additional key development in relation to Ockenden has been that the chairs have been invited to and are attending MFT safety meetings, which is improving linkages with the Trust's safety champions.

Place of Birth Information - During the past year the MVP have worked closely with MFT maternity team to benchmark services against the Ockenden report and have undertaken a specific piece of work reviewing MFT's maternity services, 'Place of Birth' website.

New user-friendly content has been developed. This clearly sets out the birthing options available at each site, the benefits and risks, practical information (who can attend, travel and facilities), as well as quotes from people who have used the services.

Equity Action Plan and Equity Focus - During 2022, addressing inequalities for women and families using maternity services has been a key focus, culminating in the development of a Local Maternity and Neonatal System (LMNS) Equity Strategy and Action Plan which covers the whole maternity system within Greater Manchester. All chairs were involved with contributing to co-production activities.

Community Engagement and Listening Events - During the past year we have focused on building our links with voluntary and community sector organisations and women and families within the Manchester and Trafford area.. The results of these activities are fed into our work plan and back to maternity services.

Priorities for the workplans for 2023/24 includes:

- Raising awareness of birth place options
- Wellbeing & Antenatal/parent education
- Continued focus on equity & equality
- Promoting and developing MVP presence in our target communities