

Children's Centres provide lots of services and information for pregnant women and families. Midwives also hold clinics at many of these centres.

BUTTERCUP AT FAIRFIELD- 01905 758411
Carnforth drive, Attached to Fairfield Primary school.
Clinics: Tuesday & Friday morning, all day Wednesday & Thursday.

SAFFRON CENTRE- 01905 767107
Stanley Road, attached to Stanley Road Primary school.
For Clinic dates phone the Saffron Centre.

TUDOR WAY- 01905 749149
Attached to Dines Green Primary School.

Parents to be classes are held at some of these centres and include:
Labour and Birth - Breastfeeding – Early days at home with new baby.
Family Information Service.

Antenatal Screening Co-Ordinator, Julie Poultney- 07767 664104

Worcestershire Community Midwives

VITAMIN SUPPLEMENTS:

These are available from your local pharmacy.

FOLIC ACID: Ideally taken prior to pregnancy and for the first 12 weeks. This helps to prevent abnormalities such as spina bifida. If you are not already taking this as a supplement you should start now; the usual dose is 400 micrograms daily. Speak to your GP/Pharmacist for advice. If you suffer from Epilepsy, Diabetes, Coeliac, Sickle Cell, have a body mass index (BMI) over 30 (this can be calculated on the NHS website), or have a family history of a baby being affected by Spina Bifida, you need to consult your GP and take a higher dose of folic acid. The recommended does in these circumstances is 5mgs per day.

VITAMIN D: This is needed for healthy bone development, the recommended dose for pregnancy is 10mcgs per day.

HEALTHY START VITAMINS: If you are receiving some benefits you may be entitled to free Healthy Start vitamins so talk to your midwife at your first appointment.

SMOKING: While smoking, substances such as carbon monoxide, nicotine and other toxic chemicals cross the placenta directly to your baby's blood stream. Talk to your midwife about quitting whilst you are pregnant as there is help to support you.

STREET DRUGS: These may seriously harm your own and your baby's health. Seek early advice about available help. Midwives work closely with many different agencies to support you.

ALCOHOL: This can increase the risk of miscarriage and a condition called Fetal Alcohol Syndrome, which can result in serious abnormalities for your baby.

ABDOMINAL PAIN/ VAGINAL BLEEDS

These may be a cause for concern, if experiencing either of these symptoms seek advice from any of the numbers below:

Your own GP: 01905 744400

Accident and Emergency: 01905 760743 or 01905 733065

Over 20 weeks call maternity triage: 01905 733196

USEFUL CONTACT NUMBERS

Community Midwives Office: 01905 760583

your midwife will send you the date of your first appointment. This will be between 8-10weeks into your pregnancy or as soon as possible if your pregnancy is more advance.

NHS Direct	111
Sexual Health Helpline	0300 123 7123
Drinkline	0300 123 1110
Miscarriage Association	01924 200799
Frank about drugs	0300 123 6600
Turning Point	07815174826
NHS Pregnancy Smoking Helpline	0300 123 1044
Woman's Aid	0800 980 3331

www.nhs.uk/conditions/pregnancy-and-baby

Pregnancy and Baby guide.