







**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



"The Maternity team at Ysbyty Ystrad Fawr have been absolutely fabulous, they have given me loads of advice and have made sure my baby is okay"  
- Kelly (35 weeks pregnant)

## The Pregnancy Healthcare Timeline lists all your key healthcare dates



### Pregnancy Healthcare Timeline

Contact a GP or midwife as soon as possible after you find out that you're pregnant.

- Week 8-12:** Booking Appointment with Midwife
- Week 11-14:** Dating scan
- Week 16:** Midwife appointment (virtual)
- Week 18-20:** 20 week ultrasound anomaly scan
- Week 24-25:** Midwife appointment
- Week 28:** Midwife appointment, routine blood tests and Glucose Tolerance Test (if required)
- Week 31:** Midwife appointment
- Week 34:** Midwife appointment
- Week 36:** Midwife appointment
- Week 38:** Midwife appointment
- Week 40:** Midwife appointment
- Week 41:** Overdue pregnancy – Sweep offered and discuss induction of labour
- Week 42:** Increased monitoring of baby until baby is born if a sweep and induction declined.



## In the Spotlight



**Name:** Ffion

**JOB TITLE:** **HEALTHCARE SUPPORT WORKER, MATERNITY**

**Experience: & Qualifications** Started in 2015 on Antenatal. I began working on Maternity in 2016. Newborn Screening Course (heel prick tests on babies day 5). Mental Health Credit. Breast Feeding Support Course. Motivational Interviewing Course. Last year I worked as a Smoke Free Maternity Support Worker. I am currently doing ACT (a course to help HCSWs upskill) as one day I would like to be a Midwife. I have just signed up to do the KGHypnobirthing course.

**Typical Day:** Ensuring rooms are stocked and cleaned. Looking after patients needs. Blood pressure checks. Newborn screening. Taking bloods.

"I love my job, it's a home away from home. I love the unity and supporting people. I never come in and have a bad day as it's such a nice place to work."



Do you have questions about your pregnancy? Ask the experts

### Maternity Live Q&A


Thursday 27 May, at 3pm

GIG CYMRU NHS WALES | Dyladur Clinigol Clinical Futures


**Our Maternity Facebook Live Q&A** answered lots of pregnancy related questions. If you missed it, you can catch up at <https://www.facebook.com/AneurinBevanHealthBoard/videos/132181288883966>

## In the Spotlight


Our Maternity Spotlight stars include:




**Chelsea**  
**HEALTHCARE SUPPORT WORKER**




**Abbi**  
**SMOKEFREE MATERNITY ADVISOR**




**Heather**  
**SONOGRAPHER**




**Anna**  
**COMMUNITY MIDWIFE**




**Sam**  
**HEALTH VISITOR**




**Joanna**  
**LEAD MIDWIFE**



**Rachel**  
**ASSISTANT SCRUB PRACTITIONER**



**Jackie**  
**MIDWIFERY MANAGER**



**Rebecca**  
**RESPONSIVE FEEDING SERVICE**

You can view their profiles at <https://abuhb.nhs.wales/clinical-futures/spotlight-on/spotlight-on-maternity-services/>

## Maternity Videos

Our experts from different areas of Maternity care have some very useful advice if you are expecting a baby.



The following videos can be found on our website:

**Advice from your local Pharmacist**

**Help to quit smoking**

**Your scans and why they're important**

**Delivering Excellent Maternity Care**

**Ysbyty Ystrad Fawr Birth Centre**

**Obstetric-led care for higher risk pregnancies**

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/spotlight-on-maternity-services/>

## Positive Feedback

It was lovely to receive this positive feedback from Mum Emily about her experience giving birth to both her children at the Birth Centre in Ysbyty Ystrad Fawr.



"I just wanted to pass on how absolutely amazing my experience has been in the Birth Centre at Ystrad Mynach. I have had both my children here and I cannot praise the staff enough, I had my daughter in 2019 and my son 14 days ago and both times have been such a great experience. The staff have created a calm and wonderful time and I can't fault the care. Thank you so much for bringing both my children into the world and making their start in life such a positive experience." - Emily

## Where can I have my baby?

### Where can I have my baby?

There are so many great choices available when deciding where to have your baby within our Health Board area, depending on what is best for you and your baby's needs. We've rounded them up in an animated presentation, which can be viewed on our website at

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/spotlight-on-maternity-services/>

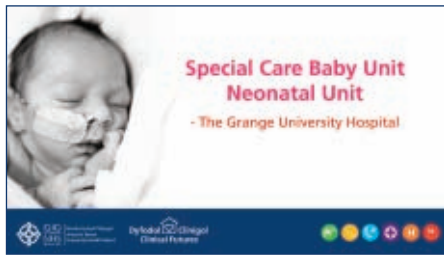
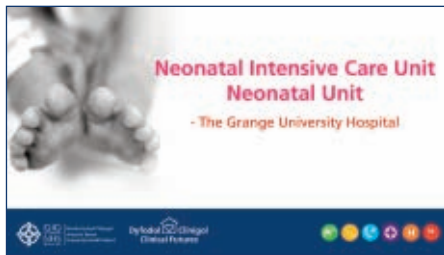
## Perinatal Anxiety

Perinatal anxiety is anxiety experienced during pregnancy or in the year after childbirth. You are not alone- many women experience anxiety during the perinatal period. The National Institute for Health and Care Excellence (NICE) suggests that 13% of women experience anxiety during pregnancy - this is higher than figures for depression. It is important that you have someone to talk to, who will listen and provide support. There are also lots of useful online resources that can help you.

We know that manageable levels of anxiety can be helpful in certain situations such as in emergencies or when we need to meet a deadline; we all have different tolerance to stress/anxiety. However if your feelings of anxiety are very strong or last a long time you need to access help to learn how to deal with it.







## Specialist Care for Babies

The Neonatal Unit at The Grange University Hospital offers specialist care for babies who need a bit of extra help when they are first born.

The Neonatal Intensive Care Unit (NICU) is for babies who require specialist intensive support to breathe, develop and grow, usually when they are born prematurely. The Special Care Baby Unit offers a growing nursery for premature or under-developed babies to grow, whilst being closely monitored by our expert neonatal staff.

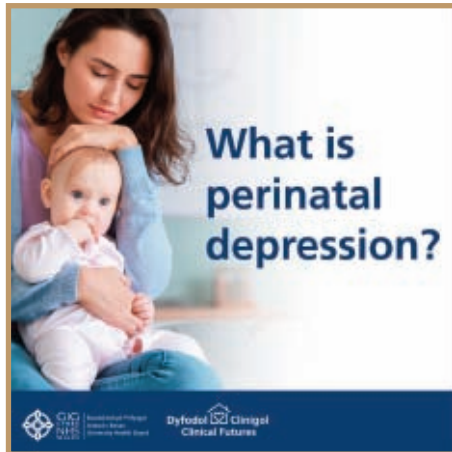
Have a tour of the facilities in these videos:

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/spotlight-on-maternity-services/>

## Perinatal Depression

Perinatal anxiety is anxiety experienced during pregnancy or in the year after childbirth. You might hear it called:

- prenatal or antenatal anxiety if you experience anxiety during pregnancy
- postnatal anxiety if you experience it after giving birth
- some women may have severe anxiety around childbirth also known as tokophobia
- you may experience panic attacks
- if your anxiety leads you to experience unwelcome thoughts, images, urges or doubts, or there are repetitive activities that you feel you have to do you may have Obsessive Compulsive Disorder.



Many women experience anxiety during the perinatal period. The National Institute for Health and Care Excellence (NICE) suggests that 13% of women experience anxiety during pregnancy, this is higher than figures for depression. Perinatal anxiety is less well known about, but far more prevalent than we had first thought.

It is important that there is access to resources and that you have someone to talk to, who will listen and provide support.

For further information and advice on how to get support, please visit the ABB Healthier Together website [abbhealthiertogether.cymru.nhs.uk](http://abbhealthiertogether.cymru.nhs.uk)



## In the Spotlight



**Name:** Rebecca

**JOB TITLE:** **RESPONSIVE FEEDING SERVICE, CAERPHILLY BOROUGH**

**Role:** Offering breastfeeding support to new mothers within 72 hours of discharge following birth, conducting baby message, sensory and antenatal groups

"The main aim is to get mums confidently breastfeeding, and when you do, you almost feel like a proud mother."

"Being a mum myself, I have a good understanding of how tough breastfeeding can be - I really know what they're going through."

