



MAIDSTONE & TUNBRIDGE WELLS

Maternity Voices

Working in partnership to improve maternity services

We thought it might be helpful to produce a document to point families in the direction of free online support should you need it at this difficult time. **The first port of call should always be to your midwife, health visitor or GP.**

Important Note: This is provided for information purposes only and does not constitute an endorsement by the Maternity Voices Partnership for any of the services/practitioners listed.

Where can I find out about changes to services during this time?

Midwifery

For Maidstone and Tunbridge Wells follow MTW Midwifery on Facebook for the latest up to date information or contact your midwife. All queries, direct to mtw-tr.covid19maternity@nhs.net

<https://www.facebook.com/mtwmaternity/>

Maidstone and Tunbridge Wells NHS Trust Website has lots of useful information on it and can be found at;

<https://www.mtw.nhs.uk/>

Health Visiting

Visit www.kentcht.nhs.uk/service/kent-baby/ or www.wearebesideyou.co.uk

AIMS also has lots of useful information on their website;

https://www.aims.org.uk/information/item/coronavirus?fbclid=IwAR0yL2xj0zX5oMQaW8cDJTNbDQL7_taOuVogm5FgTgjAeGLhI9wx4cy4kPA

or for individual information and support contact their Helpline via email helpline@aims.org.uk or call 0300 365 0663.

Financial Advice

For update information on what financial support is available if your income has been affected by the Corona Virus visit the government website;

<https://www.gov.uk/coronavirus>

You can also visit your local authority website for local help and community support such as food banks.

Where can I find antenatal support?

Positive Birth Movement – *“A global network of pregnancy and birth support groups, linked up by social media. We connect pregnant women together to share stories, expertise and positivity about childbirth.”*

www.positivebirthmovement.org

The National Childbirth Trust Helpline – *“We provide practical and emotional support with feeding your baby and general enquiries for parents, members and volunteers.”*

<https://www.nct.org.uk/about-us/contact-us>

The Tunbridge Wells Baby Café – *“Offering information and support for pregnant and breastfeeding mums and their families.”*

<https://www.facebook.com/groups/bcltwells/>

There are a number of Doulas offering free support at this time. To find your local Doula visit;

www.doula.org.uk

Developing Doula’s are offering support to mothers in early labour at home and can ring/video call with an experienced Doula for free or pay-what-you-can. For more information visit;

<https://developingdoulas.co.uk/emergency-early-labour-doula/>

Where can I find breastfeeding support?

We are Beside You Kent and Medway – *“Health visitors in Medway and Kent are available on the phone for breastfeeding support and referrals for specialist support are still available. Lactation Consultants are available via Skype and telephone, bookable via health visiting duty lines. Please call 0300 123 3444 for Medway. Details for the Kent duty lines can be found here www.kentcht.nhs.uk/servi.../kent-baby/health-visiting-service/*

Lines are open Monday to Friday 9am-5pm”

Kent Baby Matters – *“Breast feeding support in Kent.”* KBM can also be contacted if there are baby items you need but can’t get hold of as they receive donations. They have breast pumps to rent and buy, slings to rent and buy, nipple shields, breast pads, cloth nappies to rent etc. For enquiries, contact Karen at karen@psbreastfeeding.co.uk or call 07951 600777.

<https://www.facebook.com/kentbabymatters/>

The Tunbridge Wells Baby Café – *“Offering information and support for pregnant and breastfeeding mums and their families”*

<https://www.facebook.com/groups/bcltwells/>

The Association of Tongue-Tie Practitioners – *“The Association of Tongue-tie Practitioners (ATP) was set up in 2012 by a group of tongue-tie practitioners from the NHS and independent sectors. We increase awareness about the effects of tongue-tie on babies especially with regard to both breast and bottle feeding. We support parents of tongue-tied babies by providing access safe and effective care, appropriately regulated, by trained healthcare professionals, who are insured and registered.*

www.tongue-tie.org.uk

Vanessa Christie – *“Lactation consultant offering free online breastfeeding support every Tuesday on Zoom 10-11.30am”*

vanessac@vanessachristie.com or www.vanessachristie.com

Association of Breastfeeding Mothers – *“ABM are a group of trained volunteers dedicated to supporting breastfeeding mums and their families. We’ve been supporting mums and nurturing families for almost 40 years.”*

<https://abm.me.uk/>

The Breastfeeding Network – *“Offers independent, evidence-based information and support to help build awareness of breastfeeding to individuals and organisation and to support a mum in her choice to breastfeed.”*

<https://www.breastfeedingnetwork.org.uk/>

Where can I find mental health support?

One You Every Mind Matters – *“Find guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home”*

<https://www.nhs.uk/oneyou/every-mind-matters/>

PANDAS Foundation – *“The PANDAS Foundation is here to help support and advise any parent and their networks who need support with perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to who they can support someone who is suffering.”* Free telephone support Monday – Sunday 9am-8pm on 0808 1961 776

<https://www.pandasfoundation.org.uk/>

Association for Post Natal Illness – *“The Association for Post-Natal Illness is the leading organisation in its field, It is a Registered Charity (No.280510) and it was established in 1979 to: - Provide support to mothers suffering from post-natal illness – Increase public awareness of the illness – Encourage research into its cause/nature”*

<https://apni.org/>

Mind – *“Mental health information & support”*

<https://www.mind.org.uk/>

Time to Talk – *“We’re a social media peer support community for adults in the UK with mental health difficulties”*

<https://www.timetotalkuk.org.uk/>

Mindfulness Exercises – *“Helpful ways of mindfulness including online community chat groups.”*

<https://www.mindfulnessexercises.com/community/>

Exercise/Health

Couch to 5k App - <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Live Well information - <https://www.nhs.uk/live-well/>

First Aid Resource

British Red Cross Baby and Child First Aid app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.

<https://www.redcross.org.uk/first-aid/first-aid-apps##>

Document links and information accurate as of 31 March 2020.