



Better Births
Calderdale and Huddersfield
Maternity Services

Who should you contact during your pregnancy?



Calderdale and Huddersfield
NHS Foundation Trust

My Pregnancy Notes

Visit www.mypregnancynotes.com to:

- Register your pregnancy
- Find pregnancy information and resources
- View your care plan and check your appointments
- Submit questions to your Midwife (to be answered at your next appointment)

Maternity Enquiry Line

Monday-Friday 9am-1pm

01484 355 754

You can phone the Maternity Enquiry Line to speak to a *Maternity Support Worker* about any **non-urgent** pregnancy related matters, such as:

- Any changes to your Community Midwife appointments
- General pregnancy support and advice
- To pass a message on to your Midwife
- To speak about postnatal care and support
- To request a free prescriptions form
- To request a MatB1

Find us on
Facebook

@ Better Births at Calderdale and
Huddersfield

Early Pregnancy Assessment Unit (EPAU)

01422 224 415

Call if you are **6-16 weeks pregnant** and have **pain** or **bleeding**

Maternity Assessment Centre (MAC)

01422 224 392

If you are **over 16 weeks pregnant** and have **emergency pregnancy symptoms**, such as:

- Your baby's movements are less than normal
- Abdominal pain
- Vaginal bleeding
- Significant itching without a rash
- Severe headaches/visual disturbances
- You think your waters have broken
- You are very worried about yourself or your baby

Your GP Surgery

See your GP for all **non-pregnancy** related matters, or to:

- Review your current medication(s)
- Pregnancy sickness
- To get the Flu or Whooping Cough vaccination
- Postnatal contraception

If you live outside of Calderdale/Kirklees

Your booking appointment, blood tests, scans and any consultant appointments will be at Antenatal Clinic **01422 224580**.

Your antenatal and postnatal

Appointments, and any non-urgent care, will be with a Community Midwife in your local area.

Please phone MAC or the Birth Centre as appropriate when you think you are in labour.

You are welcome to attend our in-house Antenatal Classes.

If you think you're in Labour

If you are **under 37 weeks pregnant** or **booked to give birth on Labour Ward** ring:

Maternity Assessment Centre 01422 224 392

If you are **over 37 weeks pregnant and booked to**

Birth at the Birth Centre or at Home ring:

The Birth Centre 01422 224 417

After your baby is born

If you have a question about yourself or your baby in the **first 28 days following birth** you can call the Maternity

Enquiry Line on **01484 355 754**

Out of hours and during the night, if you need urgent advice you can phone the ward that you were discharged from:

Ward 4 01422 224 249

Birth Centre 01422 224 417

Maternity Assessment Centre 01422 224 392



Go to our maternity service website to take the virtual tour, get updated information, and find out about antenatal classes, local support services, and lots more:

www.cht.nhs.uk/services/clinical-services/maternity-services/

If you are **unable to attend** your antenatal hospital appointments, clinics, scans, or tests, please phone:

Calderdale 01422 224580

Huddersfield 01484 342666

Healthy Start



Get help to buy
healthy food



Mental Health Support
(24h)

01924 316 830

0800 183 0558

compassionate
care

In an emergency dial 999