

Bereavement Midwives

Women and Children

Patient Information Leaflet

Having a baby should be an exciting and wonderful chapter in our lives with dreams, expectations, and plans for the future.

For many families that is the case but sadly in the UK 12,000 families a year will experience the tragic loss of their baby, either due to stillbirth, miscarriage, or neonatal death. This leaves many families and parents feeling vulnerable, angry, frustrated, alone, confused, and devastated.

Unfortunately we cannot take away the pain of your loss, but we recognise the huge impact that this can have on any family and we are committed to providing care and support to you and your family at this very difficult time.

As you travel along this difficult journey our midwifery, nursing, and medical staff will be your first point of care, looking after your physical and emotional needs. They will help you to make mementos and memories to treasure and will discuss with you any investigations which may help to give answers as to why your baby has died. Our staff will listen, hold your hand and try to answer your questions.

"Each new life, no matter how brief, forever changes the world."
- Tigerlily Trust

Morecambe Bay Bereavement Midwives

Within the Trust we have two dedicated bereavement midwives working across the Bay. They cover Furness General Hospital, Royal Lancaster Infirmary, and Westmorland General Hospital. Our bereavement midwives are Celia Sykes and Rebecca Bleackley.

Between them they cover five days a week and their working hours are 08:30am-4:30pm.

Both are contactable by means of a work mobile number and also a work email; messages can be left on both (see contact details below).

Celia Sykes (mobile): 07584508089

RLI Maternity Unit: 01524 583850

Rebecca Bleackley (mobile): 07815602537

FGH Maternity Unit: 01229 491098

bereavement.midwives@mbht.nhs.uk

The hospital staff will be your first point of contact if you need advice and support after 4:30pm during the week and also at the weekends. Depending on the stage of your baby loss, please contact the Gynaecology ward (for an early loss up to 18 weeks) or the delivery suite for later baby loss, (after 18 weeks) at the hospital who cared for you.

Our bereavement midwives offer support for you and your family while you are in hospital and we are able to carry on this support into the community setting when you go home, in conjunction with your community midwife and G.P.

Other Support

We are able to offer home visits and also telephone support initially during the first few weeks following your baby loss. After this time we offer group support where you can meet up with other parents should you so wish. The dates and times for these groups can be found on The Tigerlily Trust website or by contacting either Rebecca or Celia.

In Barrow-in-Furness we meet monthly at Greengate Children's Centre. In Lancaster a group meets at Lune Park Children's Centre on a monthly basis. These groups are for anyone who has had a baby loss within the last few years. In Kendal a support group meets on a monthly basis at The Riverside Hotel. Dates are on The Tigerlily Trust website

The Bluebell Foundation: support for anyone experiencing pregnancy/baby loss in South Cumbria.

Tel: 07516556081/ 07849400315 **Email:** info@bluebell.org.uk

Tigerlily Trust: a local charity providing support for families who have shared baby or child loss, email: enquiries@tigerlilytrust.co.uk.

Facebook: Tigerlily Trust.

The Child Death Helpline

Tel: 0800282986 www.childdeathhelpline.org.uk.

Sands: stillbirth & neonatal death charity

Tel: 02074365881

Email: helpline@uk-sands.org

Little Snowdrop

The world may never notice
if a snowdrop doesn't bloom,
or even pause to wonder
if the petals fall too soon.
But every life that ever forms,
or ever comes to be,
touches the world in some small way
for all eternity.

The little one we longed for
was swiftly here and gone.
But the love that was then planted
is a light that still shines on.
And though our arms are empty,
our hearts know what to do.
Every beating of our hearts
says that we love you.

- Author Unknown

Leaflet Details

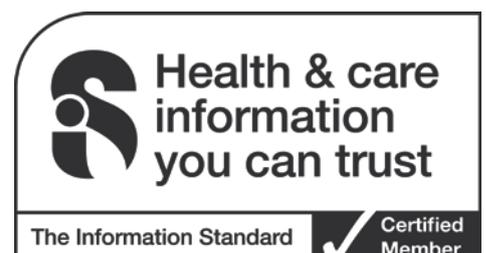
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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

Travelling to our hospitals

For the best way to plan your journey visit our website:
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

Your Information

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.