

Information for pregnant women and their partners and for new parents Surrey Heartlands' Advice during the coronavirus pandemic

Being pregnant and having a new baby is already a time when we can feel anxious, as so much is new and unknown. Managing all the extra worries of keeping ourselves and our families healthy and safe during the coronavirus pandemic is really hard.

At times, you may feel overwhelmed with worries and questions. You are not alone, and we would like to support you during this time so that you can be as healthy and happy as possible.

The government has put together guidance about how best to enable your care to be offered safely by midwives and health visitors. The notes below will share with you what this means for your care.

Your Planned Maternity Care

We would like to reassure you that we still plan to offer the same level of care for you and your baby, and it is really important that you continue to access your antenatal and postnatal appointments as planned. What is different is that you will be offered telephone and video consultations in the first instance and face to face consultations only where necessary. If your appointments are changing you will be contacted by your team, so please otherwise attend any planned appointments so we can keep you and your baby safe. It is a good idea to check your local hospital's maternity web pages and Facebook page for the most up to date information on their services.

There is also a range of online resources available to help you stay connected and supported whilst we are social distancing so do make use of these to help you at this difficult time.

Urgent Maternity Care

If you need to attend the Maternity Unit at your local hospital for an urgent reason, please contact your team and arrangements will be made for you to come to the Unit where you are booked. Urgent reasons include that you feel unwell, you are concerned about your baby's movements, you are experiencing bleeding or you are in labour – please do call for advice as soon as you become concerned.

Your Emotional Wellbeing

Feeling anxious or low can happen to anyone, for many reasons, when pregnant or parenting a new baby or young child, so please reach out and ask for support if you are struggling. In the first instance, share how you feel with your midwife or health visitor and they will be able to offer emotional support. If you need more help, they can work out what would be useful so you can feel better again. Do talk to us and we can support you.

Useful Telephone Numbers

1) Surrey Heartlands Pregnancy Advice Line: 0300 123 5473

24 hours a day, 7 days a week for those whose maternity care is based at Epsom Hospital, Royal Surrey Hospital and St Peter's Hospital

This line is available for any antenatal or postnatal concerns that you have, please do call us if you need our advice.

2) For those attending East Surrey Hospital maternity unit: call the maternity triage on 01737 231764

3) For those attending Frimley Park Hospital maternity unit call the usual numbers you have been given by your maternity team

4) Children and Families Health Surrey Advice Line: 01883 340 922

8am-5pm Monday-Friday exc Bank Holidays, for families with children from 0-19 living in Surrey

This telephone number provides contact with professionals from our health visiting team who can offer advice on all aspects of child health, development and parenting.

5) Domestic Abuse Helpline: 01483 776 822

9am-9pm 7 days a week

During pregnancy and family life, domestic violence can be more frequent. In times of stress, such as now, it can be even more common. Please reach out if you need to talk. You can also visit the website: www.healthysurrey.org.uk/domestic-abuse and chat to us online: www.yoursanctuary.org.uk/chat

6) Mental Health Crisis Helpline 0800 915 4644

24 hours a day, 7 days a week for people living in Surrey and North East Hampshire
If you are worried about yourself or family member in crisis, then please call this helpline.

More Information Direct From Your Maternity Unit

Further information is available on hospital websites and Facebook pages:

Ashford and St Peter's Hospital

Maternity web pages - www.asph.nhs.uk/maternity

Facebook - www.facebook.com/AbbeyBirthCentre

East Surrey Hospital

Maternity web pages – www.surreyandsussex.nhs.uk/our-services/a-z-of-services/maternity-services/

Facebook - www.facebook.com/SASHmaternity

Epsom Hospital

Maternity web pages - www.epsom-sthelier.nhs.uk/maternity-services

Facebook - www.facebook.com/EpsomHospital

Frimley Park Hospital

Maternity web pages - www.frimleyhealthandcare.org.uk/maternity

www.frimleyhealthandcare.org.uk/maternity/news/posts/2020/march/coronavirus-updates

Facebook - www.facebook.com/FPHMaternity

Royal Surrey Hospital

Maternity webpages - www.royalsurrey.nhs.uk/maternity

Facebook - www.facebook.com/royalsurreymaternity

Further Resources for Information and Support

Advice on Coronavirus and your pregnancy

The Royal College of Obstetricians and Gynaecologists has useful FAQs on their [website](#) about Coronavirus and pregnancy, labour, birth and your baby.

www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/

Pregnancy and Parenting Information and Antenatal Courses

The [NCT website](#) has plenty of information to support you throughout your pregnancy, birth and beyond from a weekly guide to your pregnancy through to addressing worries you may have. They are also offering [live online antenatal courses](#) to help you prepare for your baby's arrival and connect with other expectant parents online.

www.nct.org.uk

www.nct.org.uk/courses-workshops/nct-live-online-antenatal-course

Local information for Families (with children age 0-19)

Please do look at this website for information that can offer support for you and your children from health visitors, school nurses and therapists:

<https://childrenshealthissurrey.nhs.uk>

Updates to service provision for children and families are given via this weblink:

<https://childrenshealthissurrey.nhs.uk/news/covid-19-coronavirus-guidance>

Free Online Parenting Guides: From Pregnancy to Teenage Years

Visit to register childrenshealthsurrey.nhs.uk/services/free-online-guides-families

Bringing up children is a lot of fun but can also have its challenges and there are times for everyone when some advice would be helpful. These online guides have been written by experts and contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND).

Pregnancy and Parenting Apps

The Baby Buddy App is an excellent free interactive App, and we are encouraging parents across Surrey to benefit from all the advice and information it provides. You can personalise the App, and then receive relevant information on your own pregnancy and parenting journey.

There are over 300 short video clips from parents and professionals sharing useful advice. There is also a video series on the App to help you look after your emotional wellbeing and mental health called 'Out of the Blue'.

Download the app from your usual App store, or visit www.bestbeginnings.org.uk for more information.

HANDi Paediatric App helps you to care for your child at home when they are unwell. It has guidance and support when caring for your newborn baby and guidance for the most common illnesses that your child may experience.

Download the app from your usual App store and select 'Surrey Heartlands' from the list of Trusts to get local information. There are then links to your Health Visitor advice line and infant feeding support along with details on when you should seek medical help.

Emotional Wellbeing and Mental Health Support

The Headspace app uses meditation techniques to help you stress less, focus more, and feel better. Download Headspace for free from your usual App store.

Every Mind Matters, this website gives you simple and practical advice from how to deal with stress and anxiety to improving your mood. It will also help you to spot the signs of common mental health conditions and you can learn what to do if you are worried about your partner, family or friends.

www.nhs.uk/oneyou/every-mind-matters

Talking Therapy Services are available across Surrey and can help you with mild to moderate mental health problems including antenatal and postnatal depression.

www.healthysurrey.org.uk/mental-wellbeing/adults/local-services

A perinatal mental health service and a parent infant mental health service are available in Surrey for families who are struggling with significant mental health problems during pregnancy and the early years. Your team can help you connect to these services if needed.

Young Minds has useful tips and ideas for how to support your children with any worries or mental health problems:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Published 2 April 2020