Having a baby
in Camden & Islington
About this booklet

Maternity care today is about finding what is right for you and your family, before pregnancy and for you and your baby before, during and after the birth. Local midwives, GPs and hospitals provide a choice of services. Early contact with health professionals is encouraged and women can self refer straight to midwives.

There are maternity units at three hospitals in the Camden and Islington area. These are:
- Royal Free Hospital,
- University College London Hospital
- Whittington Hospital.

These units are responsible for about 12,000 births annually and offer a range of services including home birth, birth centres and specialist care. There are also hospitals outside these areas, including Homerton and St Mary’s hospitals, which women can go to. You should consider whether these hospitals can accommodate and cater for your particular needs. There are advantages in choosing a local hospital such as better continuity of care before, during and after the birth.

This booklet:
- Sets out choices for maternity care locally
- Explains who is who in maternity services
- Lists some of the issues to consider and questions to ask when deciding what you want
- Lists useful addresses and phone numbers

This booklet is useful for women who want to know what maternity services there are locally and how to access them. Women who are having a baby for the first time and those who are new to the UK or Camden and Islington area will find the booklet particularly valuable.

Revised by the Camden and Islington Maternity Services Liaison Committee (CIMSLC) with support from local maternity service users and professionals.
Foreword

There have been recent significant improvements in maternity care in Camden and Islington and ongoing financial investment from the Health Trusts. At the end of 2008 a brand new maternity unit opened at University College Hospital setting the standard for what a modern maternity unit should look like. The Royal Free had its own maternity re-fit in 2007/8; you can look out onto magnificent views of the capital from its rooms. The popular Whittington Hospital is undergoing a maternity transformation, which should be completed by early 2010. This will mean a new birthing centre by Spring 2009 and roomier accommodation for mums and babies.

You could, of course, decide to have your baby in the comfort of your own home - lots of people do - and that might be the right choice for you too. About 1-3% of women currently decide to do this in Camden and Islington and midwives are committed to supporting those women who wish to do so.

Screening tests for your unborn baby have become more advanced and accurate in recent years and any problems can be picked up earlier and earlier. It is vital that you see your midwife as soon as possible so you can take full advantage of the screening options available. Local hospitals are now offering a free extended screening programme for all women, regardless of age which covers Downs Syndrome. For more details refer to the hospital contact details on pages 23-27.

Facilities have definitely improved, but as Lay Chair of the Maternity Services Liaison Committee (MSLC) I am aware this is only half the story: we want to make that sure high levels of quality care are consistently delivered. This means working together with health professionals and providing regular feedback, good or bad, to inform them what is working well and what is not working at all. In this way your views can help develop local policies and shape future guidelines and services.

The MSLC is grateful for all comments and information from women and their families who have used maternity services in the area. Please get in touch and attend one of our meetings. Together we can make sure having a baby in Camden and Islington is the kind of experience you want it to be.

With all good wishes,
Catherine Goldwater
Lay Chair, MSLC
Helping you make a choice

You can choose what kind of maternity care you want. Some women choose to be cared for by midwives alone throughout pregnancy and birth. Some women prefer to go to antenatal (before birth) clinics close to their home, at their GP surgery, Health Centre or Children’s Centre; others prefer to go to hospital clinics.

The choice of place of birth will depend upon your preferences. You may prefer the familiar surroundings at home, choose a home birth, birthing centre or if extra support is required, perhaps a hospital labour ward is best for you.

You need to discuss your choice for antenatal care and for the birth itself with your midwife or your doctor. Your general health and medical history will be taken into account as we want you and your baby to have the best care available.

Remember, the final choice is yours; taking into account the information you have been given not only to decide on the type of care you would like, but also to change your mind if things are not working out.

Questions to think about include:

- Where you would like to receive most of your antenatal care?
- Who you would like to see for your antenatal care?
- Where you would like to give birth?
- Who you would like to attend the baby’s birth?

You will be encouraged by your midwife to make a birth plan; this usually happens around 34-36 weeks of your pregnancy. However, it is never too early to think about what you really want for your birth. You may want to use the information in this booklet and advice from your midwife to help you draw up a birth plan. This can be included with the information on your maternity care and should cover everything you would like to happen before, during and after the birth.
Your birth plan can also include a section to cover any additional needs or wishes you have. For example if you have particular access needs or require special equipment or other help.

The Maternity Charter

The Maternity Charter explains how the rights and standards in the national Patient’s Charter apply to maternity services. Most of the main issues are covered in this booklet. These include your right to information on the range of services and your right to have any proposed type of care clearly explained to you including benefits, risks and alternatives before you agree to it.

The Charter requires those providing services to take the needs of the whole community into account and to ensure everyone can access the services available. This includes people who have mobility problems or whose first language is not English. Your religious and cultural beliefs, and your privacy and dignity will be respected at all times. You have a right to see your maternity records and local hospitals will encourage you to keep a copy of your own records during your pregnancy.
Who is who in maternity care?

During your pregnancy you are likely to encounter a number of different people providing care. This section explains what they do and the types of service they offer.

The midwife

Midwives are specially trained in the care of mothers and babies during pregnancy, birth and just after. About three quarters of babies are delivered by midwives. They are trained to recognise developing problems and will refer to a doctor for advice and help if necessary. Women can directly refer themselves to a midwife in the hospital of their choice.

In addition to NHS midwives there are a small number of independent midwives who work outside the NHS who charge for their services. Most Trusts will have a policy on the role of independent midwives in NHS maternity units. You can get information about independent midwives from the Independent Midwives Association on page 37.
Midwifery assistants and maternity support workers

There are two titles given to this line of work, which includes the maternity care assistants (MCA). MCAs are usually employed by the hospital. The maternity support workers (MSW) work within the community.

The MCA works with the midwife in providing care and support to you during your pregnancy and labour. The MCAs role is still a developing role and MCAs will work in all areas of the maternity unit. These include antenatal clinics; labour ward; birthing centre; postnatal wards; outpatient areas such as day assessment units; fetal medicine units; and also within community settings.

On the labour ward and birthing centre, the MCA will work under the supervision of a trained midwife to provide extra support to you, this may involve acting as a “Doula” supporting the women with positioning, breathing exercises, emotional and physical support and helping the midwife and woman prepare for the birth. After the birth the MCA will help care for the baby and mother including breastfeeding support.

The main MCA role is supporting the midwife to provide the best possible care for you and your baby; it also includes clerical, housekeeping, basic midwifery and general nursing duties.
General Practitioners (GPs)

Your GP has full responsibility for your general medical care outside hospital before, during and after pregnancy. If you are not registered with a GP now is the time to do so. Help and advice on finding a local GP is available from NHS Islington and the Camden Primary Care Trust (details are on page 31).

Most GPs will share your maternity care with midwives or hospital doctors. All Camden PCT and NHS Islington GPs are commissioned to provide this shared care. Nowadays it is quite unusual to find a GP who attends births, however, some do.

Both Camden PCT and NHS Islington publish a list of all GPs, which is available at local libraries and on their websites.

Obstetrician

An obstetrician is a hospital doctor with specialist training in the care of women in pregnancy and labour. Very senior doctors are known as consultants but you may also see younger doctors that include speciality registrars. Many obstetricians are also gynaecologists, who specialise in the care of women’s health problems throughout life as well as during pregnancy.
Paediatrician

A paediatrician is a doctor with special training in the care of babies and children. Very senior doctors are known as consultants but you may also see doctors who are younger, known as speciality registrars and house officers. Not all babies born in hospital are seen by a paediatrician after birth. A baby may be assessed, examined and discharged by a midwife and not referred to the paediatric team. In some hospitals, advanced neonatal nurse practitioners work with the paediatric team. Babies born at home will normally be examined by a GP or a midwife who may refer on to a paediatrician for further advice or checks if necessary.

Paediatricians also oversee the care of babies on special care baby units.

Neonatologist

A neonatologist is a paediatrician with further specialist training in the care of newborn babies. In addition to providing support for babies on the postnatal wards, neonatologists oversee the care of babies on neonatal intensive care units.

Health visitors

A health visitor is a nurse trained to care for people in the community and who considers the health of the whole family. They will also assess your baby’s feeding, health and development as well as your own physical and emotional health. The health visitor will see you at home when your baby is around 10 to 14 days old to offer support and help with any worries or problems.
Breastfeeding Supporters

Midwifery and health visiting staff that care for your baby are trained to support women with breastfeeding, but some professionals have a specialist role in infant feeding. Camden and Islington also have a network of breastfeeding peer supporters. These are local mothers who have experience of breastfeeding who are trained to help other mothers with breastfeeding and weaning. For more details see page 20.

Nursery nurses or family health advisors

Nursery nurses or family health advisors work with midwives and health visitors to provide care for you and your baby at clinics and home visits. Family health advisors also work in children’s centres running various activities for families such as new baby groups, sessions on breastfeeding, weaning and baby massage.

Physiotherapists

Physiotherapists are specially trained to help you with the physical changes that occur during and after pregnancy. They teach exercises and relaxation to help you during labour and birth and exercises to help your muscles recover afterwards.

Dieticians

Dieticians advise on your diet if you, your doctor or midwife are concerned about how your diet might affect your health and the baby’s development during pregnancy.
**Psychologist**

A psychologist offers treatment to women who have psychological difficulties during pregnancy and in the first postnatal year. The psychologist offers help with anxiety disorders, pre- and post-natal depression and other psychological difficulties, which may be causing concern at this time. You may be referred to a clinical psychologist by your GP, psychiatrist or a perinatal psychiatrist.

Health psychologists and community psychologists (in children’s centres) also offer treatment and take referrals from midwives, obstetricians and health visitors. Psychological help may be offered in a group setting.

**Perinatal Psychiatrist**

Perinatal psychiatrist is a doctor with specific knowledge about mental health care during and immediately after pregnancy. If your midwife, GP or obstetrician has concerns about your psychological well-being that are not already being addressed by a community mental health team, they may suggest you see a perinatal psychiatrist or specialist nurse to decide how best to give you the help you need.
A team approach

Maternity care at all three local hospitals in Camden and Islington emphasise a team approach with midwives and doctors working closely together. The aim is to provide women and babies with combined care using the different skills and expertise of various members of staff.

The term ‘shared care’ simply means your antenatal care is shared between midwives and either GPs, obstetricians or both.

Midwives and doctors work together to offer a choice of hospital or home births and up to date information on hospitals’ individual schemes is available from the contact numbers on page 30.

Antenatal care

It is important your antenatal care starts as soon as you know you are pregnant. In Camden and Islington you have a choice: you can make direct contact with a midwife by calling the hospital of your choice or you can go through your GP who will contact a midwife for you. The midwife will inform your GP that you are pregnant if you choose to make direct contact with a midwife.

Your first antenatal appointment should ideally have taken place by the 10th week of your pregnancy - please remember the first week of pregnancy is counted from the final day of your last period - not your missed period.

This first appointment should not occur any later than the 12th week of pregnancy and is known as the booking appointment.

Most women receive their antenatal care locally from a midwife either at a clinic, a Children's Centre, GP's surgery or at home. You may need to attend the hospital for particular tests or to see an obstetrician.
You may need to receive all your antenatal care at a hospital clinic if this is indicated. Your doctor and midwife will advise if this is required and talk to you about the appointments.

The booking appointment is with the midwife and you will be asked to supply a urine sample for testing and be offered a range of blood tests. This first visit should allow you plenty of time to ask questions and discuss ideas about your baby’s birth with the midwife or doctor. If you are worried about the possibility of miscarriage or any other problems, do not hesitate to share your concerns.

Some women will also be offered a general physical examination by a doctor.

Screening tests such as ultrasound scans are carried out in hospitals. Ultrasound scanning is now offered as a routine way of looking at the baby’s development and growth. In addition, hospitals provide a variety of other tests used to look for the possibility of any problems in you or your developing baby. Your doctor or midwife will give you details and advice about these tests and their advantages and disadvantages. You will need to choose which tests, if any, you would like to have.
Antenatal classes

Antenatal classes, parent education or parent craft classes are provided free of charge within Camden and Islington. These are undertaken at the various hospitals and at local antenatal clinics. They cover topics like breathing techniques for pain relief and relaxation in labour, healthy diet, baby care and breastfeeding. Your midwife can give you details of these local classes. The National Childbirth Trust (address on page 30) and other independent providers such as Active Birth Centre also provide classes usually in a smaller group and for a fee.
Home birth

If you would like to have a home birth, it is a good idea to discuss this with your midwife as your health and medical history will have a bearing on whether this is suitable for you. A small but growing number of women, around three per cent in Camden and Islington give birth at home assisted by midwives and sometimes your GP may attend your birth. At a home birth, usually, two midwives are present at the birth.

If you feel a home birth is right for you, but your GP does not feel it is advisable, you may find it helpful to arrange for another GP at the same practice to take over your care. It is possible to have a different GP just for your maternity care. Your local Patient and Advocacy and Liaison Service (PALS) can usually help with such arrangements.
In hospital

Pages 23-27 and the tables on pages 28-29 include details of the maternity services offered by local hospitals. Contact numbers are included for more information and for tours of the maternity department. You and your partner may wish to visit the hospital of your choice to see what it is like before you make a decision on where to have your baby. Some hospitals have a virtual tour option on their websites; this is both for your convenience but also due to hospitals trying to reduce the possibility of any infections.

Questions you may want to ask include:

- What should I bring with me when I go to hospital?
- What equipment and facilities are there for people with disabilities?
- Will labour be induced if the baby is overdue and if so, when?
- Can I choose who I would like with me during labour and at the birth?
- Will I be able to move around during labour if I want?
- Is there a birthing pool and what conditions are there for its use?
- What types of pain relief are available?
- How much privacy will I have on the labour ward?
- Can I be seen by a woman doctor?
- Can I go home when I feel ready or is there a set discharge time?
- Will my baby remain with me at all times during my stay at hospital?
- If my baby is sick, will we have to go to another hospital?
- What kind of help is available with breastfeeding, including night time and at weekends?
- Are there special rules about visiting?
- What security arrangements are there on the wards?
- Can you accommodate special diets?
Hospitals will try to accommodate your wishes as much as possible when it comes to labour and delivery. Remember there is no correct way to give birth. A lot depends on what you feel is right for you and what you can cope with. Giving birth is a major achievement regardless of the method you chose to give birth. Your birth plans may change along the way, which is perfectly normal; the importance is on doing what is right for you at the time.

Parents with additional needs

The team at the hospital will be happy to discuss your needs as an individual. You can call them to share your concerns. If you intend to have a hospital birth, ask what special equipment is provided and whether you need to bring in anything of your own. They can also let you know what facilities are available for partners, carers or assistants.

Women with health problems or mental health disorders will sometimes require extra care to meet their needs.

ParentAbility is a national contact network for disabled parents, which provides information, contacts, equipments and a helpline. They can be contacted through the National Childbirth Trust address on page 30.
Sorting out problems

If you are not happy with the care you are receiving, do say so straight away. Problems or areas of conflict do develop from time to time and can often be resolved quickly and informally. As a first step, contact the midwife sister on the antenatal labour or postnatal ward or the head of midwifery to discuss your concerns. The PALS unit in each hospital can also be contacted to help you to resolve your concerns.

All hospitals have complaints procedures, which you can obtain assistance with addressing. Contact information is below:

**Royal Free Hospital (PALS)**
Telephone 020 7472 6446/6447
020 7472 6445 - 24hour answer phone
Fax 020 7472 6463
minicom 020 7472 6593
email:pals@royalfree.nhs.uk

**UCLH ( PALS)**
Telephone 020 7380 9975
email - pals@uclh.nhs.uk

**Whittington Hospital (PALS)**
Telephone 020 7288 5551 - 24 hour answer phone
Fax 020 7288 5822
Email pals@whittington.nhs.uk

If you do not wish to make a formal complaint, but would like to share ideas on how to improve services you received, the MSLC would welcome your input. For details about the MSLC please see page 22.

Every hospital also has a supervisor of midwives who is a very senior midwife who is committed to the care and safety of mothers and babies, you can make contact with her through the hospital contact numbers on pages 23-27.
After your baby is born

If your baby is born in hospital, you may be able to go home as soon as six hours after the birth or you may need to spend a few days in hospital. For example, if you have a Caesarean section your stay will be around 48 hours. Generally your length of stay in hospital is dependent on the clinical needs of you and your baby. If you stay in, you will move from the labour ward to a postnatal ward where you will usually have your baby with you at all times.

Special care babies

Some babies need special care in hospitals, including babies who are born early and babies who are very small or unwell. All local hospitals have neonatal units for babies who need special care, but a very small number of babies with more serious complications may need to be transferred from the hospital of birth. The local hospitals with Barnet and Chase Farm Hospitals and Great Ormond Street Hospitals work together as a network to look after these babies.

Levels of neonatal unit (all special care):

Level 1- Could include tube feeds

Level 2 - High dependency care and some intensive care

Level 3 - High dependency care and all types of intensive care

In Camden and Islington, the units work together to ensure the baby is born in the hospital with the necessary support, and then returns to the hospital nearest to home when he/she is well enough.

If you have any worries or concerns, you can discuss them with the staff caring for your baby.
Feeding your baby

Midwives, breastfeeding counsellors, maternity assistants and health visitors can all help advise you on how to feed your baby. If you choose to breastfeed it is particularly important you know who to contact and where to go to receive the help or support you may require.

Camden and Islington have a strong network of breastfeeding peer supporters – mums with experience of breastfeeding trained to help other mums breastfeed. Some are paid, but most are volunteers. They provide support in clinics, breastfeeding drop-in groups, other groups and may also do some home visits and offer telephone support. They receive ongoing training and supervision. You are welcome at the breastfeeding drop-ins/baby cafés both before and after you have had your baby to meet other mothers and receive information and help with breastfeeding and weaning.

For up-to-date details of the different groups, or for help with breastfeeding, please ring the Peer Support Coordinators:
Camden: Jane Taylor or Sally Vincent -0800 389 5789 or 0207 974 8961.

Islington: Faizun Nahar 0207 530 2956 or 07770 685501
Once you are home

Your midwife or a member from the team (who may be from another hospital) who looks after women in your area will visit you for at least 10 days after the birth. After that the health visitor will take over. S/he has particular training in the care of children under five years old and will provide help and support until your child reaches school age.

The health visitor can give you advice about local baby clinics and postnatal groups. Six weeks after the birth, you will be invited to see your GP for a postnatal check for you and your baby. Your GP and health visitor are there to help you adjust to life with your new baby and can advise on finding extra support if you feel you need it. If you are not registered with a GP, your health visitor and primary care trust can help with the arrangements.
Camden and Islington Maternity Services Liaison Committee (MSLC)

The Maternity Services Liaison Committee (MSLC) aims to promote and improve maternity services in Camden and Islington. Its members include midwives, hospital doctors, GPs, health visitors, community workers, children's centre staff, senior people from Primary Care Trusts (PCT) and very importantly the women and their families who use maternity services in the area. It provides an opportunity for you to have your say.

Your involvement can help shape policies and develop guidelines to meet local needs. There are six meetings a year and these usually last for about two hours. They are currently rotated between PCT headquarters and more family friendly community centres in Camden and Islington. Lunch and a crèche are usually available in the community centres.

For details of MSLC meetings and further information please contact:

Ogo on 020 7527 1266 or Nikki on 020 7527 1271 or visit: www.islington.nhs.uk
Details of local hospitals

There are three hospitals with maternity departments located in Camden and Islington. Details are listed below. You do not have to choose the nearest hospital although travel arrangements and continuity of care from local midwives should be considered when making your choice. There are advantages in choosing a local hospital, including continuity of care before, during and after the birth. There are also hospitals just outside the area that are often used by women from Camden and Islington. You will find details of the services they provide on pages 28.

Royal Free Hospital

Pond Street
London NW3 2QG

**Telephone** 0207 794 0500
Website www.royalfree.nhs.uk

*Self-referral is promoted and a form can be downloaded from the website.*

Local transport:
Tube Belsize Park
Buses 24, 46, 168, C11
Mainline trains Hampstead Heath

**Community Midwives**
0207 7940 500 Ext. 33454 / 38484
Bleep Jude Bayly 2619

**Director of Midwifery - Mai Buckley**

**The Antenatal Clinic**
0207 7940 500 Ext 35339
Bleep Carol Handrahan 2433

**Philosophy of care**
The Royal Free believes women should have choice, control and continuity in their care. We aim to ensure childbirth is safe and meets the wishes of the parents as much as possible.
University College London Hospital

University College Hospital
Elizabeth Garrett Anderson Wing
235 Euston Road
London NW1 2BU

Switchboard: 0845 155 5000
Website: www.uclh.nhs.uk

Local transport:
Tube Warren Street, Euston, Euston square
Buses 10, 24, 27, 29, 88, 30, 73, 205, 68, 168, 91, 134

Labour Ward:
020 7388 9563 or 0845 155 5000 ext 76200/76203/76204

Fetal Medicine Unit:
020 7380 9573

Birthing Centre:
020 7380 9564

Antenatal Clinic:
020 7380 9566 or 0845 155 5000 ext.76100/76103

XTENDED SCREENING:
Tricia Jones 0845 1555 000 ext:5570
patricia.jones@uclh.nhs.uk

Head of midwifery: Debby Gould:
0845 155 5000 ext. 2660

The Antenatal Unit:
020 7380 9566 (Direct Line)

Philosophy of care
The staff at UCLH are committed to providing choice, control and continuity of care for women. We respect the wishes of women and their partners. Our aim is to provide sensitive care which optimises the likelihood of a successful satisfying outcome to each pregnancy.
Whittington Hospital

Magdala Avenue
London N19 5NF

**Telephone**  020 7288 3070
**Website**  www.whittington.nhs.uk

**Local transport:**
- Tube  Archway
- Buses  4, 17, 43, 41, 390, 210, 263, 134, 143

**Midwives in antenatal clinic**
020 7288 5249

**Community midwives**
020 7288 3482/3

**Labour ward**
020 7288 5502

**Maternity Day Assessment Unit**
020 7288 3309

**Cearnos ward**
020 7288 5503

**Cearnos Link**
020 7288 5005

**Head of Midwifery - Soo Tai**
020 7288 5499

**Philosophy of care**
The philosophy of the Whittington's maternity care centres on women and their families. Our aim is to provide woman centred care sensitive to individual needs; we encourage women to make informed choices about their care. We are committed to working in a way which optimises the safety and care of both the mother and baby.
Homerton Hospital

Homerton Row
London E9 6SR

Telephone 0208 510 5555
Website www.homerton.nhs.uk

Local transport
Main line trains - North London Link, London Overground to Homerton Station, Liverpool St line to Clapton station then bus
Buses 30, 38, 48, 55, 106, 236, 242, 253, 254 276, W15

Antenatal Clinic
0208 510 7177

Delivery Suite
0208 510 7351/7352

Templar Ward antenatal & postnatal
0208 510 7541

Fetal Medicine Unit
0208 510 7291

Obstetric Assessment Unit
0208 510 5306

Community midwifery office
0208 510 5761

Maternity Phone Line
0208 510 5955

Supervisor of midwives – pager via switchboard
0208 510 5555

Head of midwifery - Joan Douglas
0208 510 5767

Philosophy of care
The Midwifery Unit aims to be a renowned centre of excellence where the experience of childbirth is as safe and fulfilling as possible. The aim is to make every endeavour to improve and refine the quality of service on offer.
St Mary’s Hospital

Part of Imperial College Healthcare NHS Trust

Praed Street
London W2 1NY

Telephone: 0207 886 6666

Local transport
Tube: Paddington
Buses: 7, 15, 23, 27, 36, 105

Director of Midwifery - Mrs Maggie O’Brien
0207 886 1037

Midwives antenatal clinic (W2):
0207 886 1443/1233

Midwives antenatal clinic (W9):
0207 266 8821/8822

Community midwives:
020 7886 1158

Labour Ward:
0207 886 1722/1060

Fetal Medicine Unit
0207 886 6691

St Mary’s Birth Centre:
0207 886 2260

Philosophy of care
Our philosophy is aimed at an individualised plan of care, meeting clinical, social and cultural need. Our teams of midwives and doctors enable mothers and partners to have privacy, confidentiality and informed consent in all aspects of care.
What local hospitals can offer

The following tables provide information about facilities at each hospital, statistics and information about forms of medical intervention during labour, and birth and about breastfeeding rates.

Table 1: Facilities at each hospital as at December 2008

<table>
<thead>
<tr>
<th>Facility</th>
<th>Royal Free</th>
<th>UCLH</th>
<th>Whittington</th>
<th>Homerton</th>
<th>St Mary's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of births annually</td>
<td>3448</td>
<td>4000</td>
<td>3809</td>
<td>5000</td>
<td>3500</td>
</tr>
<tr>
<td>% of homebirths</td>
<td>1.8%</td>
<td>1%</td>
<td>3%</td>
<td>1.3%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Women able to carry own records</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Number of male consultants</td>
<td>3</td>
<td>7</td>
<td>2</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Number of female consultants</td>
<td>7</td>
<td>6</td>
<td>8</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Special maternity services social worker</td>
<td>yes</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Number of maternity care assistants</td>
<td>18</td>
<td>28</td>
<td>20</td>
<td>not provided</td>
<td>13</td>
</tr>
<tr>
<td>Number of maternity support workers</td>
<td>2</td>
<td>-</td>
<td>4</td>
<td>not provided</td>
<td>-</td>
</tr>
<tr>
<td>Crèche facilities</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>Amenity beds 1</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>no</td>
</tr>
<tr>
<td>Mobile epidurals 2</td>
<td>yes</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>TENS machines 3</td>
<td>No but can bring own in</td>
<td>no</td>
<td>No but can bring own in</td>
<td>No but can bring own in</td>
<td>Yes</td>
</tr>
<tr>
<td>Birthing pool</td>
<td>yes</td>
<td>yes</td>
<td>2 (4 more to follow)</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Neonatal unit (level)</td>
<td>Level 1</td>
<td>Level 3</td>
<td>Level 2</td>
<td>Level 3</td>
<td>Level 3</td>
</tr>
<tr>
<td>Breastfeeding or Baby feeding advisers</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Interpreters or advocates for those whose first language is not English</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Policy on independent midwives</td>
<td>Support but will not manage the labour and delivery</td>
<td>Support only</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Car parking facilities</td>
<td>yes</td>
<td>none</td>
<td>limited</td>
<td>limited</td>
<td>Very limited/on meters</td>
</tr>
<tr>
<td>Cost to partners of women in labour</td>
<td>One off payment of £3</td>
<td>-</td>
<td>charge</td>
<td>charge</td>
<td>Based on meters</td>
</tr>
</tbody>
</table>
Table 2: Rates of medical interventions  
(at December 2008)

There may be very good reasons for significantly higher or lower rates for particular interventions. For example, a hospital which looks after a lot of patients with complicated medical conditions might have higher intervention rates. You may wish to ask about these rates if you visit the hospital or discuss them with your midwife, GP or hospital doctor.

You may also visit relevant websites such as [www.midwife.org.uk](http://www.midwife.org.uk) for more information about hospital units.

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Royal Free</th>
<th>UCLH</th>
<th>Whittington</th>
<th>Homerton</th>
<th>St Mary’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inductions of labour</td>
<td>18%</td>
<td>19%</td>
<td>20.1%</td>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td>Use of forceps</td>
<td>3.4%</td>
<td>4%</td>
<td>4.6%</td>
<td>4%</td>
<td>7%</td>
</tr>
<tr>
<td>Use of ventouse suction cap (to assist vaginal birth)</td>
<td>8.8%</td>
<td>10%</td>
<td>8.8%</td>
<td>6%</td>
<td>9%</td>
</tr>
<tr>
<td>Overall Caesarean sections</td>
<td>30%</td>
<td>32%</td>
<td>23.7%</td>
<td>25.1%</td>
<td>29%</td>
</tr>
<tr>
<td>Elective CS</td>
<td>10.9%</td>
<td>12-14%</td>
<td>8.4%</td>
<td>9.8%</td>
<td>12%</td>
</tr>
<tr>
<td>Non elective CS</td>
<td>19.1%</td>
<td>15-17%</td>
<td>15.3%</td>
<td>16.3%</td>
<td>17%</td>
</tr>
<tr>
<td>Episiotomies</td>
<td>14.6%</td>
<td>18%</td>
<td>18.4%</td>
<td>16%</td>
<td>19%</td>
</tr>
<tr>
<td>Perineal tears</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women breastfeeding when leaving hospital</td>
<td>79%</td>
<td>75%</td>
<td>88%</td>
<td>84.9%</td>
<td>70%</td>
</tr>
<tr>
<td>Epidural rate</td>
<td>37%</td>
<td>43%</td>
<td>35.8%</td>
<td>20%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Notes - Table 1:
1. Beds in single rooms for which there is an additional charge, unless a single room is medically required
2. An epidural pain-relieving anaesthetic during labour which may allow a woman to continue to walk around if she wishes
3. A portable device, which delivers a mild stimulus to nerves in the lower back in order to block pain signals
4. At St Mary’s there are no single rooms to offer women except for medical reasons.

Notes - Table 2:
1. Episiotomy – cutting of the skin between the vagina and back passage (the perineum) under local anaesthetic to make the opening bigger during birth
2. Perineal tears – where the perineum does not stretch sufficiently and tears during birth
Useful addresses

Antenatal Classes and Birth support

Active Birth Centre
25 Bickerton Road
London N19 5JT
Telephone 020 7281 6760
Fax 020 7263 8098
Email info@activebirthcentre.com
www.activebirthcentre.com

National Childbirth Trust (NCT)
Alexandra House
Oldham Terrace
London W3 6NH
Telephone 0300-3300770
Pregnancy & birth line 0870 4448709
www.nct.org.uk

Benefits

Department of Social Security
Freephone benefit enquiry line for disabled people and carers only:
0800 88 2200 or textphone 0800 24 33 55
Other benefits specifically for women are dealt with by Jobcentre Plus:
0800 055 6688 or www.jobcentreplus.gov.uk

Health in Pregnancy Grant
www.direct.gov.uk/money4mum2be
0845 366 7885

Breastfeeding

Camden Breastfeeding Peer Support Programme
0800 389 5789 or 0207 974 8961

Islington Breastfeeding and Weaning Peer Support Programme
0207 530 2956 or 07770 685 501
Useful addresses

**NHS Islington Infant Feeding Co-ordinator**
Rosemary Brown
020 7530 2115 or 07786 704879

**National Breastfeeding Helpline**
0844 20 909 20 - open 9.30am to 9.30pm

**NHS breastfeeding website**
www.breastfeeding.nhs.uk

**Local NHS / Primary Care Trusts**

**NHS Islington**
338-346 Goswell Road
London EC1V 7 LQ
www.islington.nhs.uk
PALS (Patient Advocacy and Liaison Service)
Telephone 020 7527 1086/ 020 7527 1087
Minicom 020 7527 1085
Email pals@islingtonpct.nhs.uk

**Camden & Islington Maternity Services Liaison Committee (MSLC)**
C/o Strategy & Commissioning Directorate
NHS Islington
338-346 Goswell Road
London EC1V 7LQ
Telephone 020 7527 1271
www.islington.nhs.uk

**Camden Primary Care Trust (PCT)**
St Pancras Hospital
4 St Pancras Way
London NW1 0PE
www.camdenpct.nhs.uk
PALS (Patient Advocacy and Liaison Service)
Telephone 020 7530 6315
Minicom 020 7530 3186
Email pals@camdenpct.nhs.uk
Useful addresses

North Central London Neonatal Network
ww.neonatal.org.uk

NHS Early Years Life Check
www.dh.gov.uk/lifecheck

NHS maternity website
www.nhs.uk/pregnancy

Children’s Centres in Camden

1A Children’s Centre
1A Rosebery Avenue
London EC1 4SR
Telephone 020 7 974 7038

Acol Children’s Centre
16 Acol Road London
NW6 3AG
Telephone 0207 6242937

Brecknock Primary School based Children’s Centre
York Way
London N7 9QE
Telephone 020 7485 6334

Caversham Children’s Centre
Vadnie Bish House
33-34 Caversham Road
London NW5 2DR
Telephone 020 7974 3373

Coram Fields Children’s Centre
93 Guildford Street
London WC1N 1DN
Telephone 020 7837 6138

Edith Neville Children’s Centre
174 Ossulston Street
London NW1 1DN
Useful addresses

Telephone 020 7387 7158

Gospel Oak Children’s Centre
Lismore Circus
London NW5 4RA
Telephone 020 7267 4517

Hampden Children’s Centre
80 Polygon Road
London NW1 1HQ
Telephone 020 7387 1822

Harmood Children’s Centre
1 Forge Place, off Ferdinand Street
London NW1 8DQ
Telephone 020 7974 8961

Kilburn Grange Health Centre
1 Palmerston Road
London NW6 2JL
Telephone 020 7974 5089

Konstam Children’s Centre
75 Chester Road
London N19 5DH
Telephone 020 7272 3594

Langtry Children’s Centre
11-29 Langtry Road
London NW8 0AJ
Telephone 020 7624 0963

Regent Park Children’s Centre
Augustus Street
London NW1 3TJ
Telephone 020 7387 2382

Thomas Coram Centre
49 Mecklenburgh Square
London WC1N 2NY
Useful addresses

Telephone 0207 520 0385

Children’s Centres in Islington

Margaret McMillan Nursery School
Hornsey Rise
London N19 3SF
Telephone 020 7281 2745

Archway Children’s Centre
Vorley Road Archway
London N19 5HE
Telephone 020 7527 4827

Hargrave Park Community School
51 Bredgar Road
London N19 5BS
Telephone 020 7272 3989

Hornsey Road Children’s Centre
8 Tiltman Square
260 Hornsey Road
London N7 7EN
Telephone 020 7263 7325

Willow Children’s Centre
1A Holbrooke Court
London N7 0PE
Telephone 020 7527 1990

Ambler Children’s Centre
Ambler Primary School
Blackstock Road
London N4 2DR
Telephone 020 7359 7628

Paradise Park Children’s Centre
164 Mackenzie Road
London N7 8SE
Telephone 020 7697 7330
Useful addresses

Bemerton Children’s Centre
1a Coatbridge House
Carnoustie Drive
London N1 0DX
Telephone 020 7527 4806

Kate Greenway Nursery School & Children’s Centre
York Way Court
Copenhagen Street
London N1 0UH
Telephone 020 7527 4850

New River Green Children’s Centre
23 Ramsay Walk
London N1 2SX
Telephone 020 7527 4813/7

The Factory Children’s Centre
107 Matthias Road
London N16 8NP
Telephone 020 7241 1520

Golden Lane Children’s Centre
Golden Lane Campus
Whitecross Street
London EC1Y 8JA
Telephone 020 7786 4800

Hungerford/Goodinge Children’s Centre
249 Hungerford Road
London N7 9LF
Telephone 020 7619 9149

Robert Blair Primary School
Brewery Road
London N7 9QJ
Telephone 020 7607 4115
Useful addresses

North Islington Children’s Centre
110 -112 Tollington Park
London N4 3RB
Telephone 020 7527 4844

Until August 2009, North Islington Children’s Centre is based at:
14 Conewood Street
London N5 1DL
Telephone 020 7527 4844

Conewood Street/Martineau Children’s Centre
14 Conewood Street
London N5 1DL
Telephone 020 7359 7628

The New North Community Children’s Centre
Popham Road
London N1 8SJ
Telephone 020 7704 3903

Moreland and King Square Children’s Centre
Moreland Community House
Moreland Street
London EC1V 8BB
Telephone 020 7336 8453
Disability

Disabled Parents Network
81 Melton Road
West Bridgford
Nottingham NG2 8EN
Telephone 0300 3300639
Email: Information@disabledparentsnetwork.org.uk
www.disabledparentsnetwork.org.uk

Midwives

Independent Midwives Association
PO Box 539
ABINGDON
OX14 9DF
Telephone 0845 4600 105
Email: information@independentmidwives.org.uk
www.independentmidwives.org.uk

Local Supervisory Authority (LSA)
www.midwife.org.uk

Maternity Action (replaced Maternity Alliance)
www.maternityaction.org.uk
Notes
Having a baby in Camden and Islington
Edited by: Ogo Okoye, Catherine Goldwater, Rachel Ambler
March 2009