

UNIT TOURS

Women with a straightforward pregnancy with no medical or obstetric problems and who go into labour between 37 and 42 weeks may birth at our centre.

If you do not meet these conditions and still wish to have your baby with us (or at home), then please discuss this with us and we will arrange for you to speak to a senior midwife or a consultant midwife.

We invite you to come and look around the centre. Tours are held each Saturday at 2.00pm. Please call **01608 697930** to book your place.

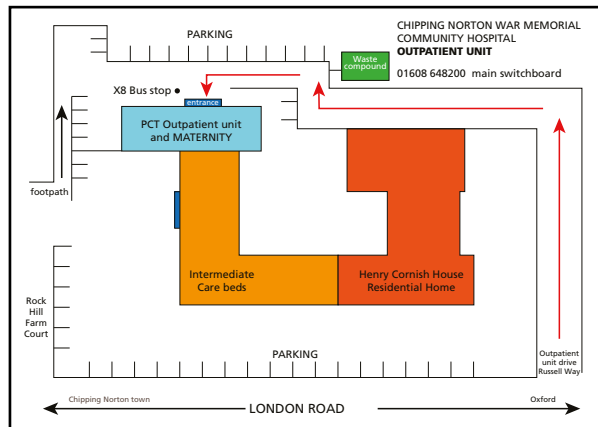
COTSWOLD BIRTH CENTRE

Russell Way, Off London Road
Chipping Norton OX7 5AU

Tel: **01608 697 930**

Email: chippingnortonmidwives@ouh.nhs.uk

Website: www.ouh.nhs.uk/cbc



There is free parking at Cotswold Birth Centre

WWW.OUH.NHS.UK

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

June 2019
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information
www.ouh.nhs.uk/cbc



OMI 54651P

COTSWOLD BIRTH CENTRE



Information on
having your baby in
our midwifery-led unit

ABOUT COTSWOLD BIRTH CENTRE

Our team of highly skilled and experienced community midwives and dedicated maternity support workers welcomes you to Cotswold Birth Centre. We are a small, local and accessible place providing a home-from-home setting which is welcoming and supportive for women and their families. We facilitate births both at the centre and at home, in partnership with community midwives from Banbury, Witney and Bicester. Our facilities are available to women from around the county and also further afield.

WE OFFER:

- continuity of care and a sensitive, individualised approach throughout pregnancy, birth and the postnatal period to women experiencing a straightforward pregnancy
- care for women experiencing complications in their pregnancies, who can receive antenatal and postnatal care at our centre where their midwife will provide care as part of a multiprofessional team.

ANTENATAL CARE

Our team of community midwives provides antenatal care at GP surgeries; women are advised to contact their surgery directly to arrange appointments. We welcome women to book extra appointments with us if they have any queries or concerns about their pregnancy. We can assess them and offer reassurance, referring them for further care at the hospital if required.

We encourage women to view our centre via a tour or a one-off appointment with one of the midwives.

First-time parents are able to attend one of our relaxed and friendly pre-birth courses which are free of charge and receive excellent feedback. Please phone or email us at the unit to book these around the twentieth week of your pregnancy to attend at around 28 weeks.

CARE IN LABOUR

Our centre is open 24 hours a day for women with uncomplicated pregnancies to birth their babies in a quiet and calm environment. Our midwives are passionate about normal birth and skilled at supporting women in labour. Our birthing environment is designed to promote relaxation and help your body work to birth your baby.

Our birthing rooms are equipped with pools for your use during your labour and the birth of your baby. We can also offer guidance and support with your chosen coping strategies including aromatherapy, hypnobirthing, music and massage. We encourage the use of a TENS machine in early labour and can offer Entonox (gas and air) and Meptid (a morphine-based injection) too.

Our care of you and your baby following birth at the centre is designed to promote optimal conditions for bonding and the initiation of your chosen method of feeding. We encourage and facilitate immediate skin-to-skin contact, delayed umbilical cord clamping and initiating breastfeeding if this is your wish. You can expect to go home between two and eight hours after the birth and we will continue to support you with an initial visit at home the following day and further appointments at the centre for postnatal support.

Most labours are uncomplicated, however, our midwives and maternity support workers are trained to recognise any complications. If we feel a woman or baby should be seen by a doctor then we will accompany them in an ambulance to the Women's Centre at the John Radcliffe Hospital.

Midwives are on call 24 hours a day. To contact a midwife call the unit and if you are in labour the midwife will either come and assess you at home or meet you at Cotswold Birth Centre.

POSTNATAL CARE

Postnatal care and breastfeeding support is available each day at the centre. If you are experiencing breastfeeding difficulties you can contact the centre. You will be given advice over the phone and may be invited to spend time in one of our postnatal rooms where you can rest between feeds and receive excellent support and advice from our midwives and maternity support workers. We have had Unicef Baby Friendly status since 2000 and all our staff are trained to give evidence-based advice and support.

We have regular community evenings for families to explore birth in the community – dates are posted on our Facebook page and the OUH website: www.ouh.nhs.uk/maternity

FACILITIES

- Day room with comfortable seating
- Kitchen with tea and coffee facilities, plus fridge for snacks
- Two en-suite antenatal rooms with assessment area
- Two birth rooms each with a birthing pool and en-suite shower room, plus radio/CD player, low level lighting, birth ball and bean bag or bed
- Two postnatal rooms each with a bed, cot, baby changing area and en-suite shower room

