

Spires Birthing Centre

**Information for
parents-to-be**



**'a wonderful
and powerful
experience'**

About the Spires

The Spires is a midwifery-led centre on Level 7 of the Women's Centre at the John Radcliffe Hospital. It is staffed by midwives and support staff who offer care during labour and immediately after birth for healthy women with uncomplicated pregnancies.

Our aim is to provide a safe, relaxed and informal environment for you. We offer women who come to the Spires to have their baby a personal and family-centred service. There is a strong emphasis on skilled, sensitive and respectful midwifery care.

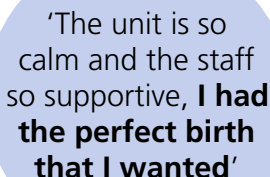
The Spires provides a comfortable, home-from-home environment. There are five birthing rooms in total – three of these rooms have birthing pools. The rooms are designed to help you relax because relaxation encourages the release of natural pain-relieving hormones. Additional support such as aromatherapy, massage, heat pads, gas and air and Diamorphine are available. We also offer sterile water injections to help relieve back pain.

Who can have a baby in the Spires?

The Spires is an ideal setting if you are having a straightforward pregnancy and are likely to give birth normally.

This means you can give birth on the Spires if:

- you are between 37 and 42 weeks pregnant when labour starts
- you are having a single baby
- this is your first baby or your previous babies have been born vaginally
- you or your baby have no medical conditions which may affect the birth.



'The unit is so calm and the staff so supportive, **I had the perfect birth that I wanted**'

If you are unsure whether you meet the criteria please speak to your midwife.

It does not matter where you live – we care for women who live in Oxfordshire and also the surrounding counties.

Breastfeeding support

Our staff in the unit have Unicef Baby Friendly Accreditation. This means we are committed to helping new mothers breastfeed their babies. We will also provide support to mothers who choose to feed their babies with infant formula milk.

Tour of the centre

If you are considering having your baby with us, there is a virtual tour available on social media and further information on our Trust website

www.ouh.nhs.uk/maternity

Please ask your midwife for more information or call **01865 221 666**

Going home after having your baby

We expect that you will be ready to go home within 24 hours after the birth of your baby. If you are travelling by car your baby must travel in an appropriate car seat – this is a legal requirement. Please make sure you bring your baby's car seat with you when you come into the Spires. After you go home, your community midwife will continue to support you with visits and phone calls.

©Photograph by Matt Livey

'an incredible **birth experience** which was enhanced by your calming and caring nature and expertise'



Contact details

The Spires Birthing Centre

Women's Centre

John Radcliffe Hospital

Oxford OX3 9DU

Tel: **01865 221666**



'such a
positive birth
experience'

'I'm still
awestruck at
how **spiritual** the
whole thing felt
compared to my first
hospital birth'

Further information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter.

Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team.

They will be happy to help.

Author: Consultant Midwife

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Oxford University Hospitals NHS Foundation Trust

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