



North East & North Cumbria (NENC)

Position around service provision, access for partners, visitors and other supporters of pregnant women in Maternity and Neonatal Services

1 November – 15 November 2023

**PLEASE NOTE THE VISITING RESTRICTIONS DETAILED WITHIN THIS DOCUMENT ARE CURRENT AT TIME OF PRODUCTION. RESTRICTIONS MAY CHANGE BEFORE THE NEXT UPDATE.
FOR CURRENT UP TO DATE INFORMATION WITHIN EACH TRUST CONTACT YOUR COMMUNITY MIDWIFE**

This information explains what restrictions are affecting maternity services in the North East and North Cumbria (NENC). It is designed to help you to make your choice about where you would like to have your baby and maternity care.

Please **DO** contact your maternity unit if you are worried about your health or that of your baby. These restrictions make our units safe to attend and we are open and here for you.

Please note that a plan can be put in place to help women who may need more support such as a translator, or special emotional or physical support.

Rationale

What we can offer may depend on our current staffing levels, how many babies are being born each month and whether more people are need more complicated care or longer stays in hospital.

Restrictions to visiting across maternity are under constant review depending upon local restrictions.

Introducing changes to visiting is made after thinking about the facts and is checked daily. Labour rooms are usually single rooms so they have space for one birthing partner.

The space available differs at each hospital, so you should check with your midwife about the number of birth partners you can bring. Some rooms are not big enough for more than one birthing partner to attend.

This may also apply in the postnatal wards where there may be bays with more than one bed, or single rooms which are also only suitable for one partner.

Special Care Baby Units have their own visiting restrictions which are there to keep staff, families and their babies safe.

* Established Labour is when your midwife sees that your contractions are becoming longer than a few seconds, are more intense/painful and occur at regular intervals, less than a few minutes apart. A vaginal examination may confirm that your cervix has dilated to 4cm or more. Your midwife will ask for permission to do a vaginal examination. Some women prefer not to have a vaginal examination, so please discuss your wishes your midwife.



Trust	Scanning Appointment	Antenatal appointment	Induction of labour	Labour	Waterbirth and MLU provision	Postnatal Inpatient	Special Care Baby Unit (SCBU)	Provision of antenatal classes and how – virtual or face to face. Are there any issues preventing these from taking place?
<p>Newcastle RVI</p> <p><u>Maternity Assessment Unit</u> 0191 282 5748</p> <p><u>Labour Line</u> 0191 282 6363</p>	One accompanying adult may attend all scans.	Partners may attend all antenatal appointments.	Partners may attend with women for IOL. A second birth partner is welcomed when the woman is transferred to a delivery room. COVID – all maternity patients will be risk assessed and if symptomatic tested.	Two birth partners may stay throughout the labour and birth and until the woman moves to the Postnatal Ward. COVID – all maternity patients will be risk assessed and if symptomatic tested.	Two birth partners may stay throughout the labour and birth and until the woman moves to the Postnatal Ward. For women being discharged directly from the MLU one birth partner can stay postnatally until discharge. COVID – all maternity patients will be risk assessed and if symptomatic tested.	Two adults plus your birthing partner and your children are welcome to visit 8am – 8pm on the Postnatal Inpatient Ward.	Access is available for both parents together. Three adults visiting (one must be mum or dad), no set visiting times. Only children over 16 can visit unless siblings.	Antenatal education sessions were reintroduced in April 2023 in collaboration with Health Visitors and Healthy Start Representatives. These are facilitated in all 4 areas of the city.
<p>County Durham & Darlington Foundation Trust</p> <p>University Hospital of North Durham 0191 333 2908 0191 333 2142 0191 333 2910</p> <p>Darlington Memorial Hospital 01325 743449 01325 743025 01325 743494</p>	One accompanying adult may attend all scans. Visitors to CDDFT hospitals including women and their birth partners are no longer required to provide evidence of a negative lateral flow test before visiting. However, if visitors are feeling unwell and have any COVID symptoms, we ask that you do not visit.	One accompanying adult may attend all antenatal appointments as with scans Visitors to CDDFT hospitals including women and their birth partners attending for routine antenatal care are no longer required to provide evidence of a negative lateral flow test. However, if visitors are feeling unwell and have any COVID symptoms, we ask that you do not visit.	One birth partner may be present when a woman is admitted to the antenatal ward for Induction of labour as per the scheduled visiting times provided. When Induction of labour is commenced on the labour ward, one birth partner may accompany a woman.	Two birth partners may accompany a woman when she is admitted to labour ward in established labour.		Postnatally we encourage birthing partners to stay on the delivery suite. On the Postnatal Ward one birthing partner is welcome 10am – 8pm and additional visitors between 2-4pm and 6-8pm.	There is open visiting for parents on the special care baby unit and at any point one parent may be swapped with another visitor whilst maintaining two people at a cot at any one time.	Antenatal education is now face to face and virtual in some cases to meet women needs.
<p>Lateral Flow Device (LFD) testing is part of the government response to the pandemic and its commitment to controlling infection and this has now been introduced for women and partners/support person within maternity at CDDFT. Women and their identified support person will be offered twice weekly Lateral Flow Device (LFD) testing from booking. The results must be recorded onto the Health Call app. If women/support person do not have a recent result, on presentation at the unit, a PCR test will be taken to confirm COVID Status to plan safe care accordingly. PCR testing is performed for all elective cases prior to admission. PCR testing is performed on admission to the delivery suite. There are communications, a Standard Operating Procedure and patient information all to support this introduction for testing. This will be discussed with you by your community midwife.</p>								
<p>Northumbria Healthcare</p> <p><u>Contacts</u></p>	Partner/support person can attend all scans.	Partner/support person can attend all appointments.	One birth partner may accompany a woman throughout	Two birth partners may accompany a woman throughout her labour and birth	Normal service at Midwifery Led Units in Hexham, Berwick & Alnwick.	One birth partner can remain with the woman on the ward in her own room,	Both parents may visit together.	Parent education schedule in place, all sessions can be



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<p>Birthing unit, Northumbria Specialist Emergency Care Hospital 0191 607 2318</p> <p>Hillcrest midwife-led unit 01665 626 732</p> <p>Berwick midwife-led unit 01289 356 622</p> <p>Hexham midwife-led unit 01434 655 352</p> <p>COVID helpline 07823907484 Mon-Fri 9-4.</p>			her Induction of Labour (IOL)	and remain with her until she is transferred to the Postnatal Ward.	<p>Normal service in co-located midwifery led service at NSECH.</p> <p>Waterbirths provided on each site.</p>	<p>throughout a woman's stay.</p> <p>In addition, each family has unlimited 1 hour visiting appointments. Up to two adults can attend each appointment. Siblings are welcome in addition. Appointments must be booked in advance.</p>	In addition, each family has one x 1 hour visiting appointment. Up to two adults can attend each appointment. Siblings are welcome in addition. Appointments must be booked in advance.	booked via Eventbrite.
<p>South Tyneside and Sunderland</p> <p>Urgent queries – Immediate advice/answer</p> <p>Antenatal Day Unit SRH (7 days a week 8am – 8pm) 0191 5699181</p> <p>Delivery Suite SRH (out of hours) 0191 5699777</p> <p>Midwifery Led Unit Birthing Centre South Tyneside 0191 4041033</p>	<p>One accompanying adult may attend all scan appointments.</p> <p>We do not ask for evidence of a negative lateral flow test prior to the appointments, however we would ask that if a woman is unwell and has COVID symptoms they seek advice from the antenatal clinic before attending. Any supporting persons with COVID symptoms should not attend.</p>	<p>One accompanying adult may attend antenatal clinic appointments.</p> <p>We do not ask for evidence of a negative lateral flow test prior to the appointments, however we would ask that if a woman is unwell and has COVID symptoms they seek advice from the antenatal clinic before attending. Any supporting persons with COVID symptoms should not attend.</p>	<p>One accompanying adult/birth partner can attend from admission and stay with the woman during the Induction of Labour process.</p> <p>We ask that any planned support person does not attend if unwell and symptomatic of COVID.</p>	<p>Two birth partners may accompany a woman throughout her assessment, labour, and birth processes. The two birth partners may stay with the woman until transfer to the Postnatal Ward.</p>	<p>Intrapartum services currently suspended at South Tyneside Midwifery Led Birthing Centre.</p> <p>Full provision of water birth service and low risk midwifery care remains available at Sunderland site.</p>	<p>We are now allowing up to four visitors per day to visit women on the postnatal ward, in addition to birth partners and siblings. However, we ask that not more than two visitors at the same time.</p> <p>We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.</p>	<p>Both parents have 24-hour access to babies in the neonatal unit. Staff can also facilitate video calls for parents to see and check on their baby when they are not in the unit themselves.</p>	<p>Face to face parent craft and infant feeding sessions have recommenced at the South Tyneside site. All women can book via antenatal clinic.</p>
<p>North Tees & Hartlepool</p> <p>Maternity Assessment Unit</p> <p>Stockton 01642 624239</p> <p>Hartlepool 01429 522879</p>	<p>We are happy to support one accompanying adult at all scans. This means that appointments may be undertaken at a site which is not within your locality.</p>	<p>The MAU and ANC are happy for women to be accompanied by one adult. They can sit in the waiting room with their partner if space allows. However, on busy clinic days priority will be given</p>	<p>One adult nominated birth partner may accompany a woman on admission for induction of labour and remain with their partner overnight. If they decide not to stay visiting for</p>	<p>One birth partner may accompany a woman at any stage of an admission to delivery suite, and until the woman and baby move to the postnatal ward.</p>	<p>Two birth partners may accompany a woman throughout her labour and birth and can remain with her until she is discharged home or transferred to UHNT. Waterbirth service is available in The</p>	<p>One adult nominated birth partner may accompany a woman on admission for induction of labour and remain with their partner overnight. If they decide not stay visiting for partners is 10am – 8pm.</p>	<p>Both parents allowed 24hr access but may not leave and return to the unit in the same day. No extended family admitted.</p> <p>We do not ask for evidence of a</p>	<p>Face to face parent craft sessions are provided by Community Midwifery and Continuity of Carer team. 'Beach Bumps' provided by Continuity of Carer team.</p>



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	We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	to the women. Partners may be asked to wait outside until the clinic appointment to ensure we continue to maintain 1 metre social distancing. We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	partners is 10am to 8pm. In addition, visiting hours for two additional adults are 1-2pm and 4-5pm. Siblings and partners are in addition to this and baby's siblings are welcome at any time throughout the day. We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	Two identified birth partners can attend during labour and birth. The birth partners are asked to remain on the unit for the duration of labour to reduce footfall within the Trust. One partner is welcome to attend for elective caesarean section. Birth partners are advised to come prepared with snacks; fluid refreshments will be provided. We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	Rowan Suite/Delivery Suite and in the community setting. We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	In addition, visiting hours for two additional adults are 1-2pm and 4-5pm. Siblings and partners are in addition to this and baby's siblings are welcome at any time throughout the day. We do not ask for evidence of a negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	negative lateral flow test prior to visiting, however we would ask that if any planned visitor is unwell and has COVID symptoms they should not attend.	
Gateshead Health Queen Elizabeth Hospital Maternity Assessment Unit (0191) 445 2764	One accompanying adult may attend all antenatal scans. Lateral flow testing is encouraged prior to attendance.	Currently we are able to accommodate one support person attending with the woman for routine antenatal appointments. Lateral flow testing is encouraged prior to attendance.	One birth partner may accompany a woman throughout her induction of labour (IOL). A second birth partner is welcomed when the woman is transferred to a delivery room. A PCR test is performed on all	Two birthing partners may accompany a woman throughout her labour and birth and remain with her until she is transferred to the Postnatal Ward. .	Two birthing partners may accompany a woman throughout her labour and birth and remain with her until she goes home or to the Postnatal Ward.	One nominated support person can visit between 1000 and 1945. All other visitors can attend between 1400-1500 and 1830-1930. No children under 12 permitted (with exception of siblings).	Both parents allowed 24hr access. All other visitors can attend between 1530-1630 and 1830-1930. No children under 12 permitted (with exception of siblings).	Weekly face to face antenatal classes held at Tyneview Childrens Centre.



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			women admitted to the unit.					
Gateshead maternity department encourage lateral flow testing for all women and partners prior to attending the units for appointments, scans, antenatal and postnatal attendance.								
South Tees & The Friarage 24h Maternity Advice Line 01609 763093	All scans opened to women and partners from Friday 16 th April.	All appointments opened to women and partners from Friday 16 th April.	One birth partner may join a woman at the beginning of the induction process and stay until the end of visiting at 8pm. Individual cases assessed to facilitate partners staying out of visiting hours. This is to enable safe social distancing and dignity as women may be cared for in a small 6 bedded area until they transfer to a delivery room.	Two birth partners may accompany a woman at any stage of an admission to delivery suite, and until the woman and baby move to the postnatal ward. One partner is welcome to attend for elective caesarean section. Partners are advised to come prepared with snacks; refreshments will be provided.	Full provision of waterbirth and midwife-led care at Friarage. Midwife led unit at JCUH also available.	One birth partner may visit between 8am and 10pm. Individual cases assessed if risks identified to facilitate partner staying. Siblings of the baby can visit for 1-hour slots multiple times a day from 10am-8pm avoiding mealtimes. 2.30pm–3.30pm and 7pm-8pm for two visitors no other children.	Both parents can visit at any time and siblings are also welcome. Grandparents can also visit at any time. Anyone else (friends, other family members) can visit with the parents between 12-7.	Baby feeding antenatal preparation virtual classes available. In-person aqua-natal classes with group Q&A session following class. Walk & Talk sessions. Tour of unit and information evening monthly.
West, North & East Cumbria Cumberland Infirmary 01228 814269 West Cumberland 01946 523242 Penrith Birthing Centre 01768 245558	All scans are open to all women attending with one partner.	All antenatal appointments are open to all women attending with one partner.	One birth partner may accompany a woman throughout her induction of labour (IOL) if accommodated in a single room (not always possible). COVID testing applies only if symptomatic for any inpatient episode.	Two birth partners may accompany a woman throughout her labour and birth and remain with her until she goes home or to the Postnatal Ward. One birth partner in theatre for caesarean elective sections. Siblings of baby 3-8pm accompanied by birthing partner(s) only. General Visiting 3-4pm x2 people (additional to the visitors above)	Two birth partners may accompany a woman throughout her labour and birth and remain with her until she goes home or to the Postnatal Ward.	Birthing partner(s) 10-8pm Siblings of baby 3-8pm accompanied by birthing partner(s) only. General Visiting 3-4pm & 6-8pm x2 people (additional to the visitors above)	Both parents may visit at any time. Siblings welcome.	Face to face parent craft sessions have commenced by Community Midwives. Breastfeeding workshops face to face now running.



**Pregnant
and worried?
Contact your
midwife or
maternity team.**

If you are worried about your health or the health of your unborn baby, please contact your midwife or maternity team.

**HELP US
HELP YOU**
AND YOUR BABY

Help us help you and your baby. nhs.uk/pregnancy-and-coronavirus