



Congratulations on your pregnancy

Welcome to your East Kent Hospitals Community Midwifery Team

Useful information

The following links can help to support, and prepare you for the arrival of your baby, with as little stress as possible. If you do not have access to the internet, or you are not able to view any of these web sites, please speak to your midwife.

We hope you find this information useful and we look forward to taking this journey with you.

General information

- Bump, Birth and Beyond: Kent and Medway (<https://www.kentandmedwaylms.nhs.uk/>)

This website covers all aspects of pregnancy, from conception to mental health, to screening in pregnancy. It can be accessed in any language.

- East Kent Hospitals' Maternity Patient Information Library (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=maternity-pregnancy-and-childbirth>)

Links to leaflets produced by the East Kent Hospitals' Maternity Team, and external organisations we think would be of interest to our patients and their families.

- Healthy eating pregnancy: Better Health Start for Life (<https://www.nhs.uk/start-for-life/pregnancy/healthy-eating-in-pregnancy/>)

Advice from the NHS about eating a healthy diet during your pregnancy.

- Pregnancy: NHS (<https://www.nhs.uk/pregnancy/>)

Information from the NHS about pregnancy.

- Screening tests for you and your baby (<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby>)

This website contains information from the government about screening tests offered for you and your baby during your pregnancy.

- Tommy's Pregnancy Hub (<https://www.tommys.org/pregnancy-information>)

Information regarding a healthy pregnancy including movements, mental health, and wellbeing.

- Tommy's: Welcome to our Helpline for Black and Black Mixed-Heritage women (<https://www.tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service>)

Specialist support for Black or Black Mixed-Heritage pregnant women or birthing people living in the UK.

- Your choice where to have your baby (<https://assets.nhs.uk/prod/documents/Birth-options-first-baby.pdf>)

Information produced by the NHS for healthy, low-risk women having their first baby.

Mental health

- Mental health: Kent County Council (<https://www.kent.gov.uk/social-care-and-health/health/mental-health>)

Mental health support from Kent County Council, including local services.

- Mental Health Matters (MHM) (<https://www.mhm.org.uk/>)

A website with helpful leaflets regarding mental health. The information can be accessed in many ways, including British Sign Language (BSL).

- Mind (<https://www.mind.org.uk/>)

Website for general mental health advice.

- NHS Talking Therapies (<https://www.everyturn.org/talking-therapies/locations/kent/>)

Kent counselling and talking therapies. You can self-refer to these services if needed.

- Tommy's: your mental health after the birth (<https://www.tommys.org/pregnancy-information/after-birth/your-mental-health>)

Mental health information from Tommy's, covering the whole pregnancy journey.

Smoking in pregnancy

- East Kent Hospitals. Alcohol and smoking: keeping well during pregnancy (<https://www.ekhuft.nhs.uk/services/during-your-pregnancy/alcohol-and-smoking/>)

Information from the hospital's Maternity Team, regarding the affect smoking and alcohol can have on your baby during pregnancy. It outlines the benefits of giving up, and the help and support we can give you.

- Stop smoking in pregnancy: NHS (<https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/>)

Information about smoking in pregnancy. The benefits of stopping and the risks to yourself and your unborn baby.

Feeding your baby

Each of the links below provide advice and support for feeding your baby

- **Bottle Feeding Resources: UNICEF The Baby Friendly Initiative**
(<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/>)

Resources, information, support and advice for bottle feeding.
- **Breastfeeding and bottle feeding advice: NHS** (<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/>)

Breastfeeding and bottle feeding advice from the NHS.
- **Breastfeeding helpline**
Telephone: 0300 100 0212
Open 9.30am to 9.30pm, every day of the year.
Independent, confidential, non-judgemental breastfeeding support and advice.
- **Breastfeeding in Kent: #bedside you** (<https://www.besideyoukent.co.uk/>)

Provides local breastfeeding support.
- **Friendly breastfeeding support from pregnancy onwards: La Leche League GB**
(<https://www.laleche.org.uk/>)

Breastfeeding support from pregnancy onwards.
- **The Breastfeeding Companion** (<https://thebreastfeedingcompanion.com/>)

Some videos for various stages of feeding your baby.
- **The Breastfeeding Network** (<https://www.breastfeedingnetwork.org.uk/>)

Independent breastfeeding support.

Social support

- **Benefits and financial support for families** (<https://www.gov.uk/browse/benefits/families>)

Government advice on benefits and financial support for families.
- **Family Action: building stronger families** (<https://www.family-action.org.uk/>)

For families needing financial, practical or emotional support.
- **Housing help and advice: Thanet District Council** (<https://www.thanet.gov.uk/services/housing-help-and-advice/>)

Housing help and advice from Thanet District Council.

- Money Helper (<https://www.moneyhelper.org.uk/en#what-benefits-can-i-claim-when-im-pregnant>)

Advice on what you may be able to claim whilst you are pregnant.

- Porchlight (<https://www.porchlight.org.uk/>)

Housing, financial, and mental or physical health support for people who may be homeless or vulnerable.

Domestic violence support

- Rising Sun Domestic Violence and Abuse Service (<http://www.risingsunkent.com/>)

Rising Sun supports women and children affected by domestic abuse in Canterbury and East Kent.

- Domestic abuse support services in Kent and Medway (<https://www.domesticabuseservices.org.uk>)

Specialist support services for domestic abuse in Kent and Medway.

- Oasis: helping survivors live a safe life (<http://www.oasisdaservice.org/>)

For support with domestic abuse.

Drug and alcohol support

- Change Grow Live (<https://changegrowlive.org/>)

Supporting various aspects if you want to change your life.

- Forward: Thanet Hub (<https://www.forwardtrust.org.uk/service/thanet-hub/>)

Supporting various aspects including drug and alcohol use, housing, financial support, employment and family support.

- Red Zebra (<https://redzebra.org.uk/>)

Links to various community groups and social support in East Kent.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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