



## Further information

[www.worcsacute.nhs.uk/  
meadowbirthcentre](http://www.worcsacute.nhs.uk/meadowbirthcentre)

01905 733014



## Our philosophy

“Meadow Birth Centre will provide a warm welcoming relaxed and supportive environment for women and their families. The environment will support birth as a natural physiological process that will be supported by the expertise of the midwife as the lead professional for normal birth.

Midwives will work in partnership with women and their families to empower their choices, ensuring a safe and positive birth experience.”



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PHOTOGRAPHY

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Worcestershire   
Acute Hospitals NHS Trust

  
Meadow  
BIRTH CENTRE

Information for expectant mums





## Congratulations on your pregnancy!

Meadow Birth Centre opened at Worcestershire Royal Hospital in April 2015. It offers you more choice over where your baby is born.

Run by experienced midwives, it offers a comfortable environment where birth is treated as a 'normal' process (without intervention), rather than a medical one.

The four-room centre (each with an en-suite) is near to the current delivery suite, but not a part of it. It looks and feels homely – not like a hospital – helping you to feel comfortable and relaxed.

### Who can use the centre?

The centre offers a safe place to give birth if you are 'low risk'. This means the midwife has cared for you during your pregnancy and there have been no complications or medical problems. The lead professional for your care will therefore be the midwife. You will be provided with the phone number of the birth centre for advice when you are in labour and will then be invited to come in. The facility is used for all low-risk pregnancies, unless you wish to opt out.

### What will the care be like?

Our highly trained midwives offer support, encouragement and care for women to have normal labours. This includes offering different ways to cope, such as trying different birthing positions, relaxation, aromatherapy or using water for labour – you will even be able to adjust the lighting and any music you wish to have in the room. The birth centre does not provide epidurals or caesarean sections – these are provided in the delivery suite for women who choose or are advised to consider these options. Women who have used birth centres find they need less pain relief and have a normal birth. They are also less likely to need forceps or caesarean birth. You and your baby should be able to go home within a few hours after giving birth.



### What if something goes wrong?

Most women who give birth in a birth centre do so without problems. However, there are a few women who need to have their care under a consultant on the delivery suite. There are no doctors in the birth centre, so the small percentage of women who may experience difficulties during birth will be transferred to the nearby delivery suite just down the corridor to receive care from a consultant and a midwife.

### What are my other options?

Our model of care is 'opt out', which means all low risk women who choose to give birth at Worcestershire Royal Hospital will be booked for the birth centre. If you choose not to give birth in the birth centre you will be able to give birth at home or on the delivery suite at Worcestershire Royal Hospital. Your community midwife will be happy to give you more information on all options.

