

NORFOLK AND WAVENEY LMNS NEWSLETTER

A QUARTERLY NEWSLETTER FROM YOUR
LOCAL MATERNITY AND NEONATAL SYSTEM

The LMNS

The Local Maternity and Neonatal System (LMNS) brings together commissioners, providers and service users to develop and implement a locally-owned plan.

The LMNS is overseen by a Board that includes midwives, provider staff, consultants, NHS England, Higher Education Institutes and Public Health.

The local plan aims to deliver the recommendations of the NHS England Three Year Delivery Plan for Maternity and Neonatal Services published in March 2023.



IN THIS issue

**NHS IN
TRANSITION**

**PRE-TERM
BIRTHS**

**DIGITAL
BULLETIN**

**NEWS
IN BRIEF**

**SPOTLIGHT
ON LEARNING**

**INFANT FEEDING
PEER SUPPORT**



**CONTACT THE
LMNS TEAM**



NHS IN TRANSITION



CHANGING TIMES

The NHS is in a period of significant change, with a new 10-year plan, major structural reforms announced across the country and fresh collaborations taking shape locally.

Here's an update on the latest developments...

NHS reform

As part of widescale NHS restructures, Integrated Care Boards (ICBs) are being asked to cut running costs and head count by around 50%.

We don't yet know what this means for existing services, like the LMNS.

It's been confirmed that Norfolk & Waveney ICB will merge with Suffolk ICB and our focus will shift to strategic commissioning.

A new executive team is due to be put in place with a whole-staff consultation on the revised structure to follow.

The ICB is planning for changes to take effect later this year although specific timings are not yet confirmed.

Norfolk & Waveney acute collaborative

In May this year, our three acute Trusts established the Norfolk and Waveney Acute Collaborative.

Maternity and neonatal services have been selected as one of the first group of specialities to move to collaborative working. A Perinatal Speciality Clinical Network has been formed to progress this work.



A national action plan for maternity and neonatal services

Health Secretary, Wes Streeting, will chair a national Maternity & Neonatal Taskforce, leading a rapid review of care across England, starting this summer.

The Taskforce will bring together experts, staff and service users to ensure lived experience shapes its work.

Focus will first be on the ten lowest-performing trusts, with a full report and national action plan expected by December 2025.

The plan forms part of a new NHS 10-year plan announced by the government in early July.

It outlines three core shifts - from treatment to prevention, from hospital to community and from analogue to digital.



PRE-TERM BIRTHS



Breaking down barriers to mental health support

A recent deep dive into our pre-term births data showed that half of women who gave birth prematurely also had a mental health concern, often mild to moderate. ✨

To help bridge this gap, we're working with the Talking Therapies team to make it easier for pregnant women to access mental health support if they need to.

The plan is to develop a new postcard that can be handed out during booking appointments.

The postcard will include a QR code linking directly to the Talking Therapies referral form along with a few short prompts to help midwives guide a supportive conversation with women who indicate they need mental health support.

This new approach means women can make a referral themselves – right there and then – with their midwife on-hand. It also aims to encourage women to take an active role in their care.

New referral pathway for high-risk women

A new referral pathway has been created to better support women at very high risk of having a premature baby. This has been a great team effort involving staff from all three of our hospitals.

The new process will be included in our updated pre-term birth guidelines, which are being finalised and approved over the summer.

Updated patient information on pre-term births

The team at NNUH has recently updated their information leaflet for parents who may be at risk of giving birth early.

The leaflet now includes up-to-date local guidance, evidence-based advice and details about the care families can expect to receive, in an easy to understand format.

Helping families spot the signs of pre-term labour

We've added new information to the Just One Norfolk website to help women families recognise early signs and symptoms of preterm labour.

By raising awareness, we hope more women will seek care earlier and benefit from specialist support – if needed – to give their baby the best possible start.

 [CLICK HERE TO GO TO JUST ONE NORFOLK](#)



DIGITAL BULLETIN



Meditech Maternity EPR project on track to go live

Digital Maternity Teams from all three trusts are working together to make great progress aligning digital pathways and data collection forms for the upcoming build.

Face-to-face sessions with maternity subject matter experts (SMEs) and the EPR project team have been invaluable, creating a space for open, practical discussions that are helping shape the future design.

There's still more to build and test, but we're on track for a Go LIVE in March 2026. We're looking forward to involving more SMEs and specialist colleagues for testing and service user feedback soon.

Thanks to everyone who's helped us get this far!



Norfolk and Waveney Insight Hub

Clearer data for smarter care

The LMNS has been working closely with the ICB's Business Intelligence team to improve access to maternity and neonatal data across Norfolk & Waveney.

Launching soon, the LMNS Services Board report will combine high-quality data in an easy-to-use dashboard format, supporting improved oversight of key metrics.

Our new Maternity Booking Report is available now on the Data Hub. Offering valuable insights into the personal characteristics and lifestyle factors of people booking into maternity care, this will help us better understand and support our local population.



Visit the digital maternity and neonatal noticeboard and find out about:

- Inspiring projects and success stories
- New developments and technologies supporting care for women, families and babies



CLICK HERE

SCAN HERE



NEWS IN BRIEF



Just one Norfolk

NEW online guidance to enhance our support for local families during pregnancy and early parenthood.

Helping families understand high-blood pressure in pregnancy

We've developed new guidance on **high-blood pressure** during pregnancy to help local families make informed choices about their care.

Co-produced with our Maternity and Neonatal Voices Partnership (MNVP) leads, we've covered information on pregnancy-induced hypertension, pre-existing conditions, and pre-eclampsia.



The pages highlight the importance of regular monitoring, explain treatment options and link to helpful tools to support decision-making.

From bump to baby - improved support for dads

Our updated **Support for Dads** section now includes a broader range of father-focused resources.

These new additions offer guidance on topics such as paternal mental health, coping with birth trauma, bonding with baby, and supporting a partner during pregnancy and after birth.

Supporting Dads - You Matter

This content was co-created with dads from the Parent-Carer Panel to ensure it reflects real experiences and needs.

LMNS team updates

Congratulations, Lydia!

Lydia will be heading off shortly on maternity leave.

Wishing you the best of luck, Lydia, we can't wait to meet your little one!



And welcome back, Mollie!

We're delighted to welcome Mollie back to the team in September. We're really looking forward to seeing you soon, Mollie!

Taking on the Macmillan Mighty Hike

In May, Karen, Delyse and Sarah laced up their walking boots and joined Karen's wider family on the Macmillan Coastal half-marathon to raise money for people living with cancer.

Our team – named "Walking with a Lymph" made the (at times, tricky) trek from Cromer to Blakeney on a gorgeous sunny day.

We were thrilled to raise an amazing £2,345 for Macmillan Cancer support.

A huge thank you to everyone who donated, supported and cheered us on!



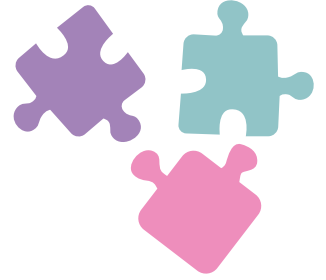
**MACMILLAN
CANCER SUPPORT**



SPOTLIGHT ON LEARNING



Over the past few months, we've been working to strengthen the learning process and make professional development more joined-up, flexible and responsive to the needs of our teams.



Three key initiatives are helping to drive this forward...

OUT NOW: The MatNeo Podcast

Developed by the LMNS programme team, this podcast explores trending topics within our system through expert interviews and in-depth discussions.

The first episode, "Beyond the Extremes: Rethinking Perinatal Mental Health Care", has just launched.

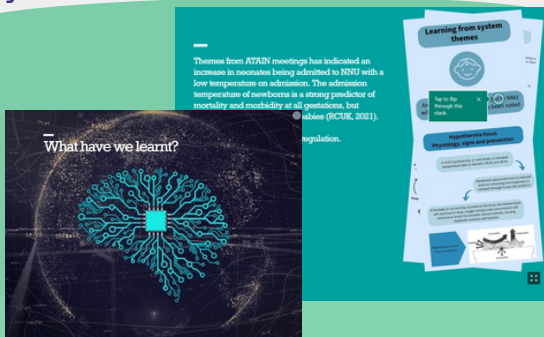
[TUNE IN HERE!](#)



Launch of the NEW systemwide learning sway

This monthly digital newsletter is now shared with the multidisciplinary team (MDT) via email and closed social media channels.

It features timely insights on current learning themes and trends, and includes anonymised case studies to highlight practical learning from across the system.



Introducing the new learning framework

Our new framework provides a structured, consistent approach to developing and sustaining a skilled, confident, and compassionate maternity and neonatal workforce.

It defines shared learning principles, clarifies how learning needs are identified, and outlines trust-wide and system-wide processes that support learning.

The framework also clearly sets out roles, responsibilities, governance structures, and outcome measures to ensure accountability and impact.



INFANT FEEDING PEER SUPPORT



The power of peer support!

Thanks to Start for Life funding, our three acute Trusts and Cambridge Community Services are collaborating to develop and grow the volunteer infant feeding peer support offer across the system.

Evidence shows that peer support can improve feeding outcomes, increase parental confidence and reduce feelings of isolation - particularly during the early days and weeks of a baby's life.

By working alongside healthcare professionals on hospital wards and within community settings, our peer supporters and call navigators are helping families feel listened to, informed and empowered to feed their babies how they choose to.

In the community

Volunteers have been out and about at local parenting groups, offering friendly, non-judgemental advice on breastfeeding, formula feeding and introducing solids.

Behind the scenes, work is underway to grow our network of community-based peer supporters so even more families can benefit from a friendly face and trusted advice close to home.

Virtually

Meanwhile, Call Navigators have been reaching out to new mums at home, offering a friendly check-in, support, and guidance where needed. These proactive calls have been warmly received, with parents praising the well-timed advice and reassurance during those early days with a new baby.

And in our hospitals

An incredible 30 new volunteers have been recruited across our Trusts so far, with plans to grow even further in the months ahead.

Volunteers are already making a difference on delivery wards, offering valuable support to new parents during those first important hours and days. As the teams expand, so too does their reach.

At the James Paget, volunteers are now joining antenatal education sessions alongside community midwives, helping expectant parents feel more prepared and confident about feeding their babies.

At the Norfolk & Norwich, volunteers are also sharing information on the benefits of skin-to-skin contact and colostrum harvesting with women in late pregnancy and offering vital support with expressing breastmilk to families in the neonatal intensive care (NICU).

Meanwhile, the Queen Elizabeth Hospital team used World Breastfeeding Week to launch their brand new peer support offer and are now gearing up to welcome their first group of volunteers onto the ward.

35
new peer support
volunteers

400+
parents supported
in person

1,000+
parents supported
virtually



The NNUH
volunteer peer
support team