

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.

The LMNS Programme Team



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LMNS TEAM UPDATES



We're delighted to introduce Penny Snowden - our new System Director of Midwifery

Penny brings with her over 30 years of experience in nursing and midwifery, with a career that has spanned both hands-on clinical care and senior leadership roles.

Her deep understanding of maternity and neonatal services, combined with her strong and compassionate leadership style makes her a fantastic addition to our system.

Penny will take the lead on complex service transformation and quality improvement across our LMNS. She joins us at a pivotal time, as the NHS and maternity and neonatal services face significant change at a national, regional and local level.

Penny is passionate about ensuring families receive high quality, safe and personalised care and is looking forward to driving collaborative work across the system to support staff and continue to improve outcomes for women and birthing people, babies and families.

We're excited about the knowledge and energy she brings and the positive impact she will no doubt have in developing, strengthening and transforming maternity and neonatal care in Norfolk & Waveney.



Please join us in giving Penny a warm welcome as she steps into this key role.

Fond farewells...

In May, we'll say goodbye to Alana, one of our Senior Transformation Midwives, as she heads off to a new role at East Suffolk and North Essex NHS Foundation Trust.

While we're sad to see her go, we're so proud and pleased for Alana. She'll be greatly missed, not just for her wealth of expertise but for her wonderful support and ever-friendly face. During her time with the LMNS, she's made a real difference and will leave a lasting impact on our work and the families we support.

We wish you all the very best for the future, Alana, and look forward to hearing about the amazing things you do next!





NEWS IN BRIEF



Research into birth trauma gets the green light

LMNS Senior transformation midwife, Lydia Frere-Smith, is researching birth trauma support for refugee and asylum-seeking women in Norfolk.

Birth trauma can have a lasting impact on a mother's mental health and wellbeing, sometimes leading to Post Traumatic Stress Disorder (PTSD) which can affect bonding, relationships and daily life. While it impacts 4-5% of UK women, rates rise to 18% in women from Black, Asian, and minority ethnic backgrounds and those living in the most deprived areas, who often face greater risks during pregnancy and childbirth.

Refugee and migrant women can encounter additional challenges such as language barriers, legal issues and limited access to support services.

Over the next three years, Lydia's PhD aims to explore how maternity care can better meet the needs of refugee and migrant communities, with a focus on trauma-informed, inclusive and culturally sensitive approaches.

Antenatal classes are here!

We're excited to announce that digital antenatal classes are now live across Norfolk and Waveney.

Thanks to our partnership with the Real Birth Company, parents-to-be can now access 11 engaging modules online - available in multiple languages to support as many people as possible.

In just the first six weeks, over 400 pregnant women and birthing people have already signed up.

And there's more good news: face-to-face classes will be rolling out from April, based on local Trust plans.



New pre-conception resources now live on Just One Norfolk

Following a 2024 deep dive into stillbirth, preterm birth and neonatal death it became clear that many risk factors - such as raised BMI, smoking and maternal mental health - often begin before pregnancy.

This new guidance aims to support and educate individuals on how to prepare for a healthy pregnancy, with the aim of improving health outcomes right from the start.



**CLICK HERE TO VIEW
THE GUIDANCE**



CELEBRATING SUCCESS



Award-winning innovation!

We're thrilled to announce that a team of digital midwives, nominated by our very own Delyse Maidman, have won the *Achieving Excellence Through Service Improvements* award at the Baby Lifeline 2025 UK Maternity Unit Marvels (MUM) Awards.

In partnership with the Good Things Foundation, our digital midwives have been working collaboratively on the national #FixingtheDigitalDivide project. This inspiring initiative is tackling health inequalities by providing women and birthing people with free mobile data so they can access vital online resources and connect with the right support.

This year's nominations, submitted by both families and colleagues, highlighted exceptional care and dedication to improving services across the UK.



“An innovative approach that has not only enhanced the quality of care but has also contributed to a more equitable and inclusive healthcare system.”

Groundbreaking hyperemesis project at NNUH

A pioneering project at Norfolk & Norwich Hospital is transforming care for women with severe nausea and vomiting in pregnancy, known as hyperemesis gravidarum (HG).

By introducing a new ambulatory care model - offering IV treatment through virtual ward appointments or at home - the Trust has significantly reduced admissions and halved bed days, improving patient experience and sustainability.

Led by a multidisciplinary team, the project was featured at the Green Maternity Showcase in March 2025 as a leading example of best practice.



Recognition for Rachael

A big well done to Rachael Crane, Bereavement Maternity Support Worker at James Paget Hospital, who won the Archie Bereavement Professional Award at the Mariposa Awards held on 15th March.

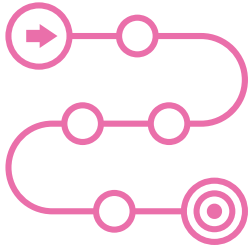
Rachael created *Max's Legacy* in memory of her son and has been dedicated to supporting families and staff through baby loss ever since.

Thank you, Rachael, for the incredible care you give – and congratulations on this well-deserved recognition!

→ NNUH's hyperemesis project leads, Beth Laverick, Laura Allen and Sophie Holland



PLANNING AHEAD

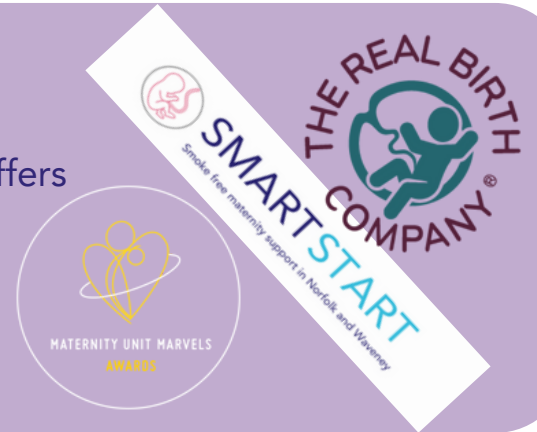


At the end of February, the LMNS team came together for a much-needed planning day - an opportunity to reflect on our journey so far and to start shaping the road ahead.

We looked back at our achievements

Including transformational projects such as the launch of systemwide smoking cessation and antenatal education offers and the initiation of key new work around preterm births.

We also celebrated team wins including national awards, systemwide training and many personal achievements.



We acknowledged the challenges we're all facing as we enter a period of significant change across the system...

Nationally, we have a new government, widescale restructuring in the pipeline across the NHS and ongoing pressures on maternity and neonatal services.

Locally, there are plans to bring Trusts' perinatal services closer together through the Acute Collaborative, work is progressing at pace to build the Electronic Patient Record and there are new hospital builds on the horizon.

... And we took time to reflect on our work over the coming months

We agreed on clear priorities to help us meet these challenges positively.

And we also talked about how we each deal with change differently and the importance of supporting each other as a team, as well as our colleagues across the system.



INCLUSION HEALTH



Better beginnings: tackling health inequalities in pregnancy

In August 2024, the LMNS launched an exciting new pilot aimed at improving pregnancy outcomes for families in our most deprived communities.

In collaboration with the ICB's Population Health team, Norfolk Family Hubs, Citizens Advice East Suffolk and South Waveney Primary Care Network, the pilot's focus is on connecting families in early pregnancy with community-based support and guidance to boost health and wellbeing.

The longer-term ambition is to help reduce rates of preterm birth, stillbirth and maternal mortality - outcomes that disproportionately affect those living in deprived areas.

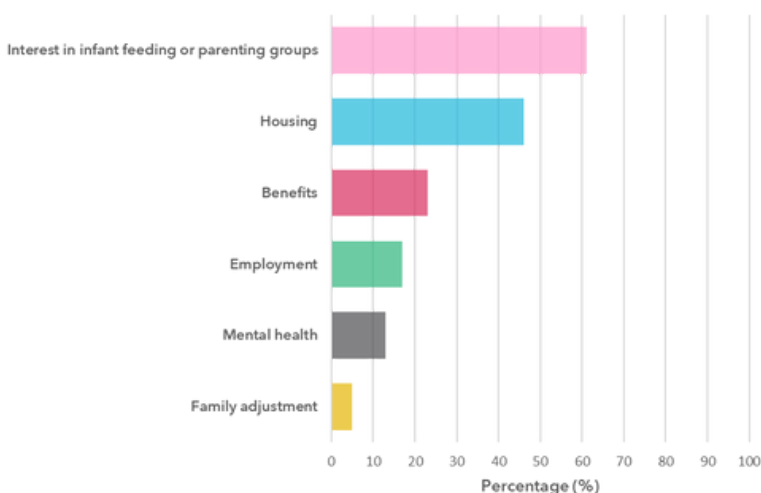
The project is also shining a light on the wider determinants of health, giving us clearer insight into how services can be shaped to better support our communities. What's more, it's strengthening partnerships and encouraging shared learning across organisations.



A full evaluation, supported by the ICB research team and the University of East Anglia, is now underway - watch this space for what comes next!



Wider determinants of health reported in questionnaire



In the first five months of the project, we've engaged with over 600 participants.

Initial data shows promise in how this model can support early intervention, build trust, and increase awareness of available services within these communities.

Key emerging themes include requests for support with parenting groups and infant feeding, housing help, financial queries and mental health.