

NORFOLK AND WAVENEY LMNS NEWSLETTER

A QUARTERLY NEWSLETTER FROM YOUR LOCAL
MATERNITY AND NEONATAL SYSTEM

The LMNS...

The Local Maternity and Neonatal System (LMNS) bring 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.

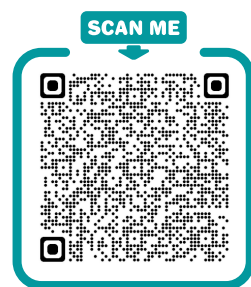
The local plan aims to deliver the recommendations of the Maternity and Neonatal Three Year Delivery Plan for Maternity and Neonatal Services published in March 2023.

goodluck

In March we said goodbye to our Therapy Assistant Practitioner, Zoe George and our Maternity Health Advisor, Melanie Macrow who are both moving onto pastures new within the NHS. We extend a massive thankyou for all of the work you have done for Norfolk & Waveney!

Take a look at our **23/24 deliverables** and all of our ongoing projects on the recently updated **LMNS webpages** using **this link or QR code:**

[CLICK HERE](#) 



The LMNS Programme Team



THIS ISSUE

PCSP Launch
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SiP Launch Plans
Celebrating Successes
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PERSONALISED CARE AND SUPPORT PLANS LAUNCHED

In March, Norfolk and Waveney LMNS launched a brand new Personalised Care and Support Plan (PCSP) across the system. The new PCSP is now being given to all pregnant women at booking to see them through their pregnancy journey.

The PCSP has been in development since January 2023, through collaboration in a Task & Finish Group. Members of the group included all three Trust Maternity and Neonatal Voice Partnerships, Trust Leads and members of the LMNS Programme Team.

Both a paper version and digital version has been created in order for equity across the system and our different Trust maternity systems.

Throughout February, each Trust focused their Topic of the Month training on implementation and use of the new PCSP to ensure staff were ready for the launch.



Your personal care and support plan (PCSP)

Your PCSP can help you make informed choices about your pregnancy care:

You can record what is important to you and your family.

You can talk about your birth plan and updating it during your pregnancy.

You can plan what is important to you after your baby is born.

You can bring your PCSP to your pregnancy (antenatal) appointments to help you talk to your doctor or midwife about your care.

You can find out more about your choices during your pregnancy in the Your Choices Easy Read booklet.

An Easy-Read version of the booklet has also been created to promote inclusivity and equity of care for personalisation across our units.

If you want to read the PCSP or know more, you can access the document and further information on Just One Norfolk's website:



PERINATAL PELVIC HEALTH SERVICE



At the end of 2023 NHS England released the PPHS service specification and implementation guidance (click link), which mandates that each LMNS is to commission a PPHS by April 2024, with three clear aims:



Over the past six months the LMNS have been working closely with the acute trusts' specialist Physiotherapy and maternity teams to agree on the commissioning of a model of care for business as usual in 2024. A huge thank you from the LMNS to all involved so far to implement this service to support our patients with pelvic health issues including incontinence, prolapse and pelvic pain.

Funding has been provided to the acute trusts to employ band 4 Physiotherapy assistant practitioners substantively, we are pleased to welcome Sue Richardson at QEHL, and Keiran Dalton at NNUH into their new pelvic health roles. JPUH will advertise this role in the coming months.

NEW PPHS SERVICES ACROSS NORFOLK & WAVENEY INCLUDE:

- Pelvic health group education & information sessions – suitable for all perinatal patients, available both online and face to face at locations across the region, linking in with early and family children's hubs. Patients can book sessions here: [CLICK HERE](#)
- Self-assessment pelvic health questionnaires: all patients will be invited to complete independently a questionnaire about their pelvic health during pregnancy and at 6-8 weeks postnatally which will be triaged by the physiotherapy teams and relevant referrals made.
- Pelvic health information resources: [CLICK HERE](#)
- Streamlined access to specialist Physiotherapy for pelvic floor health related issues with standardised points of access. This work will be underway later in 2024.

SMOKING IN PREGNANCY NEW SERVICE PATHWAY



The new, systemwide smoking cessation pathway “SmartStart” launched on the 22nd April. SmartStart was achieved through collaboration with the ICB, Norfolk County Council, the MNVP, the three acute trusts and the LMNS.



SMARTSTART

Smoke free maternity support in Norfolk and Waveney



The SmartStart pathway is an in-house, opt-out smoking cessation pathway, providing behavioural support and nicotine replacement therapy to pregnant people who smoke across Norfolk and Waveney.

Tobacco Dependency Advisors will work within maternity teams to provide smoking cessation support to service users and feedback to the maternity teams to ensure a seamless pathway of care.

Topic of the Month in March was Smoking in pregnancy, where webinars took place, alongside walkabouts in trusts to share information on the new pathway.



Please welcome into our maternity teams your new Tobacco Dependency Advisors:

James Paget University Hospitals: Rachel Smith & Antoinette McCloud

Norfolk and Norwich University Hospitals: Mel Macrow (further TDA posts out to recruitment)

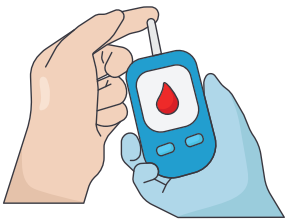
Queen Elizabeth Hospital: Tiffany Thorogood

Tobacco Dependency Team Lead: Nicola Brown

CELEBRATING SUCCESSES

Local Learning Events

Over the last quarter we have hosted three exciting and successful Local Learning Events for staff across Norfolk & Waveney, also extending the invitation to colleagues from across the East of England.



In January, our **Diabetes in Pregnancy** Local Learning Event saw 30 members of staff attend to hear about case studies from our system with a focus on how diabetes technologies are changing the way we provide care.

In February, we held our **Substance Misuse in Pregnancy** Local Learning Event, where 40 colleagues came and learnt about the different substances in use, how they impact on pregnancy and neonates, and what services are on offer within Norfolk & Waveney.

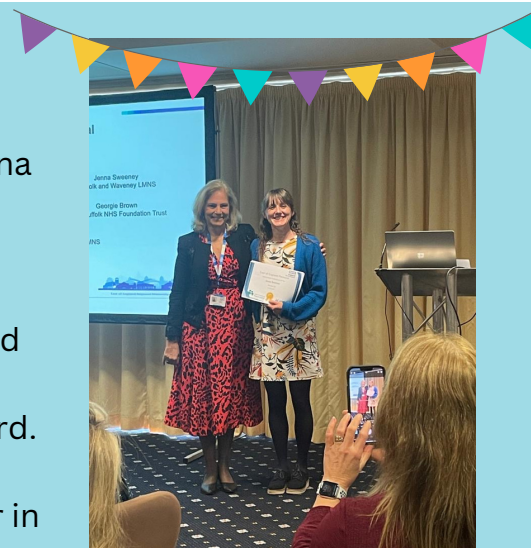


In March we honoured Neurodivergence Celebration Week 2024 with our **Neurodivergence in Pregnancy** Local Learning Event. 63 healthcare professionals attended to hear about neurodivergence, what neurodivergence means, how it can impact pregnancy for service users and how it can impact families.

East of England Regional Midwifery Awards

At this year's East of England Regional Midwifery Awards we are proud to celebrate our Practice Development Physiotherapist Jenna Sweeney won runner-up Allied Health Professional of the year! Jenna has shaped and developed Norfolk & Waveney's Perinatal Pelvic Health Service over the last few years, improving care and outcomes for our service users through new pathways, services and staff training and development. We would like to extend congratulations and well done to Jenna for the well deserved award.

Congratulations also to Zoe George, Therapy Assistant Practitioner in Pelvic Health who was nominated for all the work that she has done during the past year to implement the new PPHS pathways at Norfolk & Norwich University Hospitals Trust, including the pelvic health group advice sessions and triaging the self-assessment pelvic health (ePAQ-Pelvic Floor) questionnaires. We wish Zoe all the best in her career as she returns to her previous role.





MNVP ANNUAL REPORTS

In Norfolk and Waveney, our three Maternity and Neonatal Voices Partnerships represent our local communities and give service users a voice to shape and co-produce local maternity and neonatal services.

Our MNVPs recently published their annual reports for 2023, capturing their many amazing achievements which are testament to their commitment and drive to improve patient care and experience.

We've summarised some highlights below. You can scan or click on the QR codes to read the full reports.

NNUH MNVP

In 2023, MNVP Lead, Jenny, welcomed Catherine (Neonatal Lead) and Victoria (Community Engagement Champion) to the team. A key highlight of the year was the delivery of the Health Inequalities Listening Project which saw the team secure funding to engage with local communities to tackle specific health inequalities and differences in maternity care in Norfolk. The project gave some great insights which the team is aiming to develop further in the coming year.



JPUH MNVP

In January 2023 MNVP Co-Leads Kaya (maternity) and Hannah (neonatal) worked tirelessly to support the Trust through a CQC inspection and development of a subsequent action plan. The team also focussed on improving bereavement care, with service user feedback informing staff training and the development of the Our Choices pack for families to help them make informed choices around birth and memory making.



QEH MNVP

New lead, Emily, joined the QEH MNVP in May and has achieved a huge amount in a short time. She's re-established the MNVP presence, forging links with the maternity team, local groups and parents to collect feedback to shape improvements in care. Emily has also developed a new neonatal survey and launched working groups in bereavement, neonatal and consent and communications.

