

Midwives in Partnership

Providing the Very Best in One to One Midwifery Care

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Member of RCM, ARM AIMS, NCT

Providing an individualised midwifery service, tailored to meet you and your families needs, both before during and after the birth of your baby. Specialist in home and water births, we are happy to provide you with care and support wherever you choose to give birth.

The act of giving birth, by whatever process is an act of immeasurable love. We recognise the power of the individual woman's intuitive birth wisdom, and appreciate the collective birth knowledge gained through all the ages. We view pregnancy and birth as a significant but normal life event, a fundamentally healthy process, which should not be unnecessarily medicalised.

We recognise a known midwife can cross boundaries, reducing problems, enhancing the experience, leading to confident mothering. As such we endeavour to provide holistic care, which is evidenced based, listening and respecting individual needs, with safety being paramount. Our goal is to achieve the best possible birth in the circumstances that arrive, creating the best environment for bonding and breastfeeding

June Pembroke Hajjaj

I am a registered independent midwife, located in North West London, a wife and mother of four.

After a career break from graphic design to have my family, I decided to re-enter the workforce, and decided against my mother's advice (who by the way was a midwife!) to enter the field of midwifery.

I studied midwifery at Kings College University London, after my youngest child started nursery (well I had to find something to do!). I completed the course and attained a diploma with distinction, and Bsc in midwifery and sexual health during pregnancy and after childbirth. After qualification I worked in one of London's leading teaching hospitals, based on a 'midwifery led unit', often having to cross the boarder into the birth centre to care for women whose labours had deviated from the norm, or were high risk. After that I worked as a traditional community midwife. Living and working with the constraints, targets and limitations, and seeing and feeling the negative impact, we fought to introduce one to one case loading as a model of care.

The project was launched; being able to provide quality one-to-one care provided the 'ideal' package for mother, babe, family and midwife. However the constraints of working within the NHS, and the aim being numbers rather than quality made this ideal model of care unattainable. The lack of continuity and the ability to provide quality woman-centred care and support resulted in increasing frustration, leading me to choose job satisfaction over job security thus

independent practice. This decision was essential for the maintenance of my enthusiasm to continue as a caring midwife (and not a grumpy one!).

I believe it to be of paramount importance, to build an honest and trusting 'partnership' with the women and families that I provide care for. Making the experience memorable and satisfying for all.

I believe strongly in a holistic approach, centred on the physical and emotional aspects of a woman, acknowledging cultural, religious and spiritual needs.

I recognise my privileged position of witnessing the miracle of birth, each being completely unique, and of working one to one with women during their pregnancy, birth and breastfeeding experiences.

I believe in the importance of empowering women to listen to themselves, their bodies, and their intuitive wisdom and natural ability to give birth, and to become good mothers. My expertise lies in facilitating this process, keeping a positive focus on this life changing experience, and the positive power of pregnancy and childbirth. My goal is to facilitate the best possible birth in the circumstances that arrive, creating the best environment for bonding and breastfeeding.

Midwives In Partnership

We are a group of three independent midwives working in a co-operative group practice "Midwives In Partnership". Each midwife is responsible for her own caseload of women calling on the other members of the co-operative to be a second midwife at a home birth and providing professional support and input if necessary.

We are available to clients living within London North-West, South-East and Central areas. We provide a 24 hour a day on call service to our clients. We offer a selection of care packages, which can be tailored to your individual needs. Antenatal appointments can take place in your home or work place at a time convenient to you.

All the midwives within the co-operative specialise in Home-Birth, Water-Birth and Breast-Feeding, we attend regular updates in order to ensure you receive the latest evidence based information and advice. We offer and run regular Home Birth support groups and workshops.

All the Midwives In Partnership are registered with the Nurses and Midwives Council (NMC). Midwifery is the most securely regulated profession in the UK. All practising midwives must adhere to the Midwives' Rules, which are enshrined in the 1902 Midwives Act of Parliament and subsequent amendments. All independent midwives are subject to yearly supervisory visits and equipment checks and must notify their NHS appointed Supervisor of Midwives of their "Intention to Practise" each April. In line with the requirements of our regulatory body, the NMC, we are required to ensure that our clinical practice is up to date and that our actions are within our sphere of competence, IMA (2004).

Your Maternity Care Consultation

During your initial consultation, which usually lasts about one hour you will meet with your primary and secondary midwife. This appointment will allow you to get to know the midwives a little better and will also give you the opportunity to discuss any concerns you have or to ask questions about different maternity packages that may suit your needs.

Booking Appointment

If you decide to book with the *Midwives In Partnership* an appointment will be arranged as early as possible in your pregnancy with your primary midwife. This appointment will include a full antenatal examination including routine blood tests, urinalysis, blood pressure and a complete medical and obstetric history. Your midwife will then arrange for you to have an early nuchal scan via your GP. The midwife will provide information on nutrition and safety during pregnancy and will provide you with a set of maternity notes that you will carry with you during your pregnancy. You will be provided with a direct telephone number for your primary midwife who will provide 24 hour a day emergency on call for you. You will need to pay a deposit at this appointment with further payments spread out throughout your pregnancy and the final payment to be paid in full by the thirty sixth week of your pregnancy.

Antenatal Appointment

Your antenatal appointments are arranged throughout your pregnancy to suit your needs. These are usually at, 18, 22, 26, 30, 34, 36, 37, 38, 39, 40, 41, 42. Yours care will be tailored to meet your individual circumstances and your midwife will monitor the well being of both mother and baby at each visit.

Antenatal Referrals

If there is a need, the midwife will refer you to see a consultant obstetrician at your local hospital. This is usually covered by the NHS if it is appropriate. You will also receive a scan at your local hospital, which is also covered by the NHS (if you are entitled) at approximately 20 weeks gestation. This scan is called an anomaly scan and is used to screen for abnormalities.

Further scans are not included in your fee unless deemed necessary by your midwife, GP or consultant under the NHS. Throughout your antenatal care, you can be referred to other private practitioners such as acupuncturists, aromatherapists, homeopaths, chiropractors, reflexologists, yoga classes and tai chi classes.

Labour

When you feel that you are in labour your primary midwife will assess you at home to establish whether you are in early pre-labour or if you are in established labour. If you are not in labour, your midwife will give you tips on how to cope, how to relax, what to expect and what changes to look out for before calling your midwife out again. Once in established labour your midwife will stay with you at home until the delivery of your baby. Your secondary midwife will be used to provide relief for your main midwife during a long labour and both midwives will aim to be present at the home birth. Both midwives are fully trained in obstetric emergency if they arise and carry all necessary equipment for mum and baby. If you need to be transferred into hospital, your primary midwife will accompany you into hospital and hand your care over to the hospital midwives and doctors; however, she will remain with you until your baby is delivered. Her role in this context is one of support only. If you are transferred into hospital, your care will be covered by the NHS, if you are entitled to free treatment.

Postnatal Care

Following the birth of your baby at home, your midwife will stay with you for a minimum of two hours, however she will be only a phone call away overnight should you need advice. She will give both you, baby a thorough examination before leaving, and provide early breast feeding support and advice. Baby will be weighed, measured, and examined from top to toe and you will be offered advice on care of the newborn baby. Your GP will usually come to your home within 48 hours of birth to give the baby a more detailed newborn examination. The midwife will usually visit you for the first few days and after this, she will visit you weekly until your discharge at approximately 28 days. During this time, your midwife will be a source of advice and support whilst you establish a breastfeeding pattern, and your new family adapts to parenthood.

ANTENATAL CLASSES & WORKSHOPS

One day workshops are provided as an extra service.
The workshops include:

- > Breast-feeding
- > Water Birth
- > Home-birth

Antenatal classes are also provided covering a variety of topics from early pregnancy through to birth and after birth.
Held at the Pirates Castle, Gilbeys Wharf, Oval Road NW1. Dates vary.
Your midwife will provide you with more information.

HIRE GOODS

We have a variety of goods available to hire out or sell including:

- > Home Birth pools
- > Beanbags
- > Birth Balls
- > TENS machines
- > Videos
- > Books

Useful Links

AIMS Association for Improvements in the Maternity Services. Information about birth choices and your rights to maternity services, as well as emotional support and encouragement.

IMA Independent Midwives Association. Explains the role of the Independent Midwife, and provides a directory of Independent Midwifery practices throughout the UK.

ARM Association of Radical Midwives. For midwives and parents who want to see midwives practising as independent professionals in the NHS.

BirthChoiceUK Explains your options and gives you some information to help you make choices. Maternity statistics and contact details of all UK maternity units are listed.

Forum on Maternity and the Newborn The Royal Society of Medicine Forum on Maternity and the Newborn. For the discussion of issues at the cutting edge of pregnancy, birth, and care of the newborn.

Home Birth Reference Site Index of Research and Articles on Home Birth. A good starting point for members of the public.

La Leche League Leading breastfeeding support group. Provides information and support to any mother wishing to breastfeed.

Midwives Information and Resource Service MIDIRS mission is 'To be the central source of information relating to childbirth and to disseminate this information to midwives and others, both nationally and internationally'.

National electronic Library for Health (NeLH). NHS provided health information resource, including the Cochrane Library, which is freely available to NHS staff, patients and the public in England.

NHS Local Services Search Search for local NHS Services in England. Search for Hospitals, GP surgeries and Pharmacies. Location maps, addresses and contact numbers listed.

Sharing the Skills Sharing the knowledge of experienced practitioners, in breech birth, twins and other unusual normal births, to other professionals providing maternity services.

Sheila Kitzinger The author and social anthropologist campaigns for women to have the information they need to make choices about childbirth.

The Maternity Alliance The Maternity Alliance is a national charity which works to improve support for, and end inequality amongst, pregnant women, new parents and babies under one.

The VBAC Pages Information about choices you can make for the birth of your baby if you have had a previous Caesarean section.

With Woman A site for women, midwives, and anyone interested in creative birth and birth choices. Includes articles, workshops, birth art and lots of link to sources of midwifery knowledge.