

Midwives Team
South Bristol Community Hospital
Hengrove Plaza
Hengrove
BS14 0DE
Tel: 0117 3429841



CONGRATULATIONS ON YOUR PREGNANCY.

Your Midwifery Team is:

Midwives - Traceydawn White, Emma Grzyb-Yung & Keturah Williamson-Gibbson
Maternity Support Workers - Gaynor Milkins & Kate Jones

Our Midwifery Team covers the Whitchurch, Hengrove and Stockwood area. We are based at South Bristol Community Hospital but also hold antenatal clinics appointments at Stockwood Medical Centre.

Please read the enclosed leaflets:

'Screening tests for you and your baby' and 'off to the best start'.

If you have a smart phone please download (alternatively call us for a pack of leaflets)

'My Pregnancy@St Michael's' app

Visit the app store and search for 'St Michael's pregnancy' and read the leaflets in: routine information - Booking

The booking appointment can last for up to an hour and a half, in this time we gather information about your health, the health of your partner and close family members. At this appointment we will also require you to bring along a urine sample and carry out routine blood tests, blood pressure check and measure height and weight.

It is a good idea to write down any questions you may want to ask before coming to meet us.

Tiredness and sickness are common in early pregnancy, try to eat little and often and drink plenty of water. If you feel tired, listen to your body and rest when necessary. Nausea and sickness usually subside after the first 12 - 16 weeks. It is important to take folic acid as soon as you find out that you are pregnant, this helps with healthy development and growth. To access further information on Eating, drinking and keeping well in pregnancy go 'NHS Choices' at www.nhs.uk

We look forward to meeting you.