



Annual Reflections



"Working together to make change happen"

Whether you are pregnant or you have just had a baby or maybe you work in maternity services - whoever you are, welcome to this first Annual Reflections from the Grampian Maternity Voices Partnership Network. This has been written for you, to tell you who we are and to show you how we are working in partnership to ensure the voices of lived experience remain at the heart of maternity services in Grampian. We hope that this will inspire you to join us and get involved in the work we do.

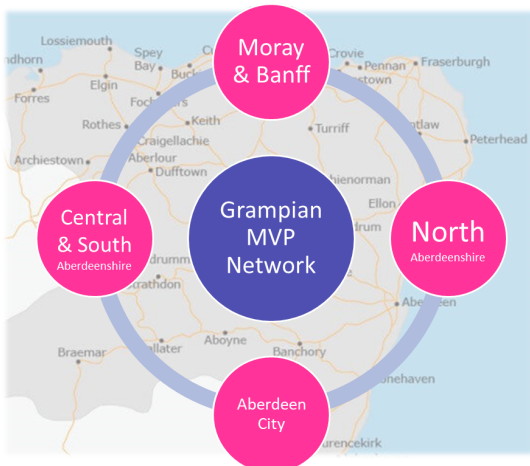
We have worked in collaboration with NHS staff to bring positive changes over the years and this piece aims to highlight some of our recent achievements. We will publish one every year going forward. MVP volunteers and staff recognise the benefits of listening to the voices of lived experience and that together we can make change happen. We thank NHS Grampian for their continued support and willingness to listen.

We are always keen to welcome new members to the MVP. Read on to see how you can get involved!

Kathryn Masterson, Grampian MVP Network lay chair

chair.grampianmvp@gmail.com

Our New Groups



In 2019 we restructured, creating 4 local MVP groups. This was to improve the geographical representation of those using maternity services across Grampian.

We bring together the families who use maternity services and the people who work for NHS Grampian maternity services.

We listen, to identify where change is needed and work in partnership to make improvements.

What have we done?



Birth in Grampian Website

In answer to our calls for a comprehensive and accessible online resource for families planning or expecting a baby in Grampian, MVP members co-created the Birth in Grampian website - a one-stop shop for all things related to having a baby in Grampian.

<https://www.birthingrampian.scot.nhs.uk/>

Your Labour and Birth



[The Early Stages of Labour](#)



[Where can I choose to have my baby?](#)



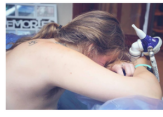
[Types of Birth](#)



[The Third Stage of Labour](#)



[Induction of Labour](#)



[Coping with Labour and Pain Relief Options](#)

We will continue to work collaboratively with NHS Grampian on updated content to support future parents to have evidence-based & meaningful conversations with their midwife on their birth choices. Feedback chair.grampianmvp@gmail.com

Future Midwife

MVP members have been supporting our future midwives by getting involved in the validation of RGU's new student midwife curriculum.

Quality Improvement

MVP members have contributed to place of birth quality improvement work by creating a leaflet to highlight place of birth choice in Grampian.

Members have also been involved in work around informed shared decision making.

We helped get morphine for homebirths

The MVP helped secure morphine prescriptions for homebirth with guidance on prescribing now available for GPs on NHS Grampian's intranet. The Homebirth Team provides continuity of care and support to the women, birthing people and families who choose to have their babies at home. They continued to offer this service throughout the pandemic, one of the few NHS boards to do so.



Spotlight on Perinatal Mental Health

Be A Winner / These Mother's Hands by Gill Skene

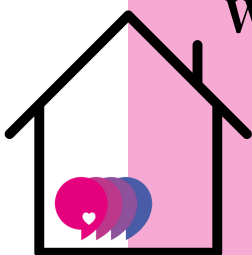
Exploring the scars on my hands and the postcode lottery. Women in Scotland have access to vastly different services based on their geographic location.

www.mmhsinvisibletruths.com

The MVP has kept the lack of adequate perinatal mental health services in the north-east of Scotland on our agenda for the past decade, knowing that women, birthing people & families in Grampian have suffered from a postcode lottery of access to specialist services. We welcome the launch of the new Community Perinatal Mental Health Team (CPMHT) thanks to Scottish Government funding and look forward to working with the team to ensure voices of lived experience are at the centre of service development.

Co-Designing a Maternity Charter

MVP members co-designed a Maternity Charter that tells mothers, birthing people, fathers, partners infants and their families what they can expect from NHS Grampian maternity services. We focussed on using inclusive language and an easy-read format. Look out for the official launch shortly!



How You Can Get Involved



Join a local MVP group!

We have 4 local groups meeting every 6-8 weeks. We are moving towards a hybrid model of some face-to-face meetings and some online. Find out how to contact the lay chairs on the MVP pages of the Birth in Grampian website. We just need to know you are coming.

<https://www.birthingrampian.scot.nhs.uk/>

Join A Parent Support Association

The MVP has established close relationships with a number of associations who support parents-to-be and families. Among these are SANDS (Stillbirth & Neonatal Death) NCT (National Childbirth Trust), MISS (Miscarraige Information Support Service), Abernecessities, La Leche League and LATNEM (Let's All Talk North East Mums).

The members representing these support groups regularly feedback women's / birthing people's views and alert the MVP to specific issues arising across the whole service. Their input is invaluable.

Inclusive Representation

We believe services should be inclusive of everyone and that the MVP should represent all those using maternity services. We are reaching out directly to quieter voices but if you do work with community groups supporting young families we'd be glad to work with you to ensure all voices are heard.



Tell Us About Your Experience

Anyone can send comments and suggestions about Grampian maternity services to the MVP. These are read by the MVP lay chair and remain anonymous unless the person sending comments wants a personal response. Unfortunately, the MVP cannot deal with formal complaints.

Contact the MVP on the Grampian MVP Facebook page or by email.

chair.grampianmvp@gmail.com

Future Engagement

Now that restrictions have eased we are hoping to run face to face events in the community to allow you to talk about your experience of maternity services with other parents and NHS Grampian midwives, health visitors and doctors.

We will be running a Grampian-wide online survey asking for feedback on your maternity experience. This will inform future projects that the MVP will work on.

"Find your voice. It's easier than you think and will help make a difference for others"





What our members are saying...

"I have felt privileged to be involved, listened to and have enjoyed the collaboration with the professionals in NHS Grampian Maternity Services through the MSLC/MVP. I believe that listening to the voices of service users own perspectives on issues, helps provide the best care. The care in our area has definitely improved the experience of parents and families during and after their pregnancy journey, over the last few years".



"I have been a member of the GMVP since 2015 after the traumatic birth of my first child. Through attending I've seen some great improvements in NHS Grampian's culture and level of awareness of the psychological impact of childbirth and a proactive approach to Perinatal Mental Health. I'm really proud of the changes I've been involved in and pleased by the willingness shown to engage with 3rd sector partners and lay representatives".

"For me, the MVPs were amongst our most proactive 'critical friends' in terms of constructive feedback and willingness to take shared ownership of driving improvement forwards. This was especially appreciated in instances of high-profile public concern and heightened emotions".

"As NHS Grampian's Chief Midwife, I strongly believe that true collaboration with the public and maternity service users as well as staff is key to enhancing safety, improving experiences of care, and delivering on strategic objectives set nationally

Service improvements that are informed by women, their partners and health care professionals and taken forward collaboratively through co production are essential elements of a maternity service which is transparent, willing to learn and willing to listen. Everyone has a part to play".