



Annual Reflections 2023



*"We listen, we share
and we work
together to improve
maternity services
in Grampian"*

Welcome to this second annual reflections piece that gives an update on what the MVP has been involved with and the plans for 2024. Services are really stretched in this current climate, but babies keep coming and services need to provide the best and safest care possible in these, often challenging, circumstances. This is why the role of the MVP is all the more important. We are a critical friend, helping to make sure the voices of those using maternity services are listened to and acted upon. We work with staff on identifying and participating in projects that will make a difference to women, birthing people and their families across Grampian.

We hope that this will inspire you to join us and get involved in the work we do. We are keen to welcome new members to the MVP so if you have had a baby recently, work with or have an interest in maternity services and would like to be involved please email me directly.

Kathryn Masterson, Volunteer Lay-Chair

chair.grampianmvp@gmail.com

**Grampian is covered
by 2 MVPs**

**Aberdeen City & Shire
MVP**

&

**Moray & Banff
MVP**



Aberdeen City & Shire MVP meets bi-monthly,
online or in person

Moray & Banff MVP meets quarterly, in person.

Lay rep chairs for each area can be contacted
on these addresses.

**aberdeen.grampianmvp@gmail.com
centralsouth.grampianmvp@gmail.com
moraymvp@gmail.com**

2023: What Did We Do?



Grampian Maternity User Survey

MVP lay members carried out an online survey in October 2022 and had over 375 responses from people that had given birth between 2020 and 2022. Key areas of focus are

POSTNATAL CARE AT ABERDEEN MATERNITY HOSPITAL

COMMUNICATION AND INFORMED CHOICE, WITH A FOCUS ON IN INDUCTION OF LABOUR

ANTENATAL EDUCATION AND BIRTH PREPARATION

VISITING AND BIRTH PARTNER SUPPORT IN HEALTHCARE FACILITIES

ACCESS TO BIRTHING POOLS FOR WATER BIRTHS AND PAIN RELIEF ACROSS GRAMPIAN

ADDRESSING CHALLENGES AROUND TRANSFERS TO DIFFERENT LOCATIONS

These have directly influenced what priorities NHS Grampian and the MVP will work on in 2024 - see page 3.

Moray Maternity Service Engagement

The Moray & Banff MVP continues to be a key stakeholder in the discussions with the Scottish Government on Moray maternity services. This has included lay chairs attending online meetings with SG and meeting the Health Minister, Jenni Minto, alongside Keep Mum and elected representatives.

Upholding Your Rights

NHS Grampian has launched a Maternity Charter of Rights and Responsibilities.

MVP members, LATNEM (Let's All Talk North East Mums) and NHS staff, have come together to write the Charter to ensure people using maternity services across Grampian are aware of their right to:

- services appropriate to their needs
- to be involved in decisions about their care
- to expect confidentiality
- to be treated with dignity and respect
- to have safe, effective and compassionate care

"IT'S YOUR CHOICE
WHETHER YOU CONSENT
TO OR DECLINE AN
INTERVENTION"

"WE VALUE YOUR
FEEDBACK &
COMPLAINTS"

"IT'S OK TO ASK"



The charter is also available in Arabic, Polish, Romanian and Russian and women can also access it via their Badgernet account.

www.birthingrampian.scot.nhs.uk/maternity-charter/



2023: What Did We Do?



National Participation

MVP members have been working nationally with the Scottish Perinatal Network on a Maternity Engagement Framework. We have attended online meetings, reviewed documents and contributed to the creation of a set of maternity engagement guidelines for health boards.



Birth in Grampian Website

MVP members continue to be involved in the development of this invaluable resource including updating the **'Your Mental Health'** and **'Feeding your Baby'** sections. This involved small working groups of service users and staff meeting regularly over a number of months to agree content.

“The BiG website is a one-stop shop for all things maternity in Grampian”

<https://www.birthingrampian.scot.nhs.uk/our-mental-health/>

We want your feedback!



We now have a feedback form on the BiG website. Although we don't deal with complaints you are always welcome to provide feedback on your experience, particularly if you have any ideas on what could be improved.

Click [HERE](#) to link to the Feedback Form

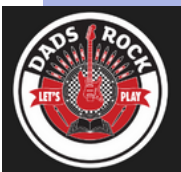


Scottish
Perinatal
Network

This is due to be published by the Scottish Government in spring and includes various engagement mechanisms including the MVP model.

Widening Knowledge

We have facilitated conversations with **Action on Postpartum Psychosis** and **Dads Rock** so that staff members are aware of the invaluable work these organisations do, can access resources and training and also signpost families.



“Dads Rock support Dads in the Perinatal stage who feel their mental health could be better”
www.dadsrock.org.uk

Postpartum psychosis is a severe but treatable form of mental illness. It begins suddenly in the days and weeks after having a baby.

www.app-network.org



Action on
Postpartum Psychosis

Choice of Birth – Access to Birthing Pools

MVP members have persistently lobbied NHSG about the availability of birthing pools in Grampian for water births and pain relief and on the importance of communicating this information to the public. Consequently a FAQ document is now available on the Birth in Grampian website.

<https://www.birthingrampian.scot.nhs.uk/birthing-pools-in-grampian-frequently-asked-questions/>

Get Involved!



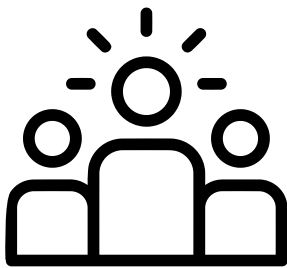
Guided by the findings of the MVP's Grampian-wide maternity user survey, the following priorities for 2024 have been agreed.

PROMOTION &
AWARENESS OF
MVP

ANTENATAL
EDUCATION

INDUCTION
OF LABOUR

IN-PATIENT
CARE



2024 Priorities

If you have a particular interest in any of these areas of care and not enough time to commit to the MVP as a full member, why not join one of our current working groups? Please email chair.grampianmvp@gmail.com to enquire.

Join Our Online Meetings

Wherever you are in Grampian, you are more than welcome to join our meetings, either in person or online. We just need to know you're coming!

Tell Us About Your Experience

Anyone can send comments and suggestions to the MVP about Grampian maternity services. These are read by a lay chair and remain anonymous unless the person sending comments wants a personal response.

Please use the feedback form on the BiG website or send an email. They are picked up by volunteer lay members. We will present and discuss feedback themes at our meetings.

Join a Local Parent Support Organisation

The MVP has established close relationships with a number of organisations that offer support locally. MVP members include representatives of LATNEM (Let's All Talk North East Mums), MISS (Miscarriage Information Support Service), Aberdeen SANDS, National Childbirth Trust, Aberdeen Birth Collective, AberNecessities, Scottish Doula Network, Conscious Birthing. The MVP members representing these support groups regularly feedback their clients' views and alert the MVP to specific issues arising across the whole service.

WE ARE ALWAYS LOOKING FOR NEW MEMBERS. IF YOU HAVE RECENTLY HAD A BABY, ARE PASSIONATE ABOUT MATERNITY CARE OR WORK WITH AN ORGANISATION RELATED TO THE BIRTHING WORLD, WE WOULD WELCOME YOUR PARTICIPATION!

"Let choice whisper in your ear and love murmur in your heart. Be ready. Here comes life." – Maya Angelou

