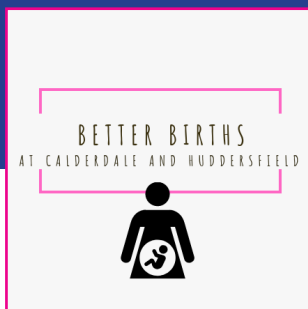


# Who and Where to Contact



## My Pregnancy Notes

- ✓ For pregnancy and health information
  - ✓ View care plan **check appointments**
  - ✓ Questions for my midwife (to be answered at your next appointment)
- <https://www.mypregnancynotes.com/>

## Your GP Surgery

For all non-pregnancy related matters, and for example:

- Review of current medication
- Prescriptions
- Pregnancy sickness
- Flu or whooping cough vaccine
- Postnatal contraception

## Early Pregnancy Assessment Unit

If you are under 16 weeks and have pain or bleeding you can ring EPAU for advice on **01422 224415** or contact your GP / A&E

## Hospital Appointments

If you are unable to attend your antenatal clinic appointments, scans or tests?

- **Calderdale 01422 224580**
- **Huddersfield 01484 432666**

## In An Emergency!

Phone 999

## Community Midwives Enquiry Line (CMEL) (Mon-Fri 9-4)

Huddersfield: **01484 355743** (9-4pm)  
Calderdale **01422 261364** (8.30-4.30)

To speak to a Midwife (please note lines are busier in the mornings) about **non-urgent** pregnancy related matters only e.g.

- Change community appointments
- General pregnancy advice
- Request free prescriptions form
- Request a Mat B1
- Pass a message to your midwife
- Postnatal care & support

*Midwives cover our 24 hour services over 7 days so your midwife may not be available when you need her. CMEL ensures that a Midwife is available to talk to about non-urgent matters.*

## Support With Your Mental Health (24h)

Phone: **01924 316830 / 0800 183 0558**



## Maternity Service Website

Take the Virtual tour, find out updated service information, antenatal classes, local support services and lots more.

[Maternity Services - CHFT \(cht.nhs.uk\)](http://cht.nhs.uk)

## Maternity Assessment Centre (MAC) (24 Hours Emergency Only)

Phone **01422 224392** if you are over 16 weeks pregnant and have **emergency pregnancy related symptoms** only e.g.

- Your baby's movements are less than normal
- Abdominal pain
- Vaginal bleeding
- Significant itching without a rash
- Severe headache / visual disturbances
- You think your waters have broken
- You are very worried about your self or your baby

## Think You Are In Labour?

If you are under 37 weeks or booked to give birth on Labour Ward, please phone MAC **01422 224392**.

If you are over 37 weeks and booked for the Birth Centre or a Homebirth please phone **01422 224417**.

## If You Live Outside Calderdale / Kirklees

Your booking appointment, blood tests, scans and any consultant appointments will be at Antenatal Clinic **01422 224580**.

Your antenatal and postnatal appointments and non-urgent care will be with a Community Midwife in your local area.

Please phone MAC or the Birth Centre as appropriate.

You are welcome to attend our in-house Antenatal Classes.



## After Your Baby Is Born

If you are worried about yourself or your baby, phone your GP or Community Midwives Enquiry Line Huddersfield **01484 355743** or Calderdale **01422 261364**.

Out of hours and during the night, if you need urgent advice you can phone the ward you were discharged from, Ward 4 - **01422 224249** or the Birth Centre - **01422 224417** or MAC.