

International Day of the Midwife 2021: Investing in Midwives and Students to Enhance Care Around Women and Families

Project title: “We are Family”



Project overview :

Supporting and encouraging staff to take a leadership role in the equality and diversity, wellbeing and care and kindness, agendas within our maternity service

Project aim: To promote a positive workplace culture which in turn enhances the quality of care for women and their families .

Project scope

Staff coming together to:

- Raise awareness, embrace our diverse culture and celebrate key diary dates
- Encourage the use of local and national networks of support and resources in relation to wellbeing
- Provide platforms for staff to access information/resources

Interdependencies

- Investing in Staff
- Open and inclusive working
- Improving relationships between all groups of staff and the families we work with

Potential Outputs

- Improved standard of patient care
- Inclusive workplace for all
- Improved understanding of patient and staff needs
- Improved staff health and wellbeing (reduced absence)

Board/team: NHS Forth Valley- Women and Children’s Directorate

Project team: Various staff as part of :-

- Equality and Diversity Group
- Wellbeing Group
- Midwives Working Group (for change)
- Student Forum

Timeline

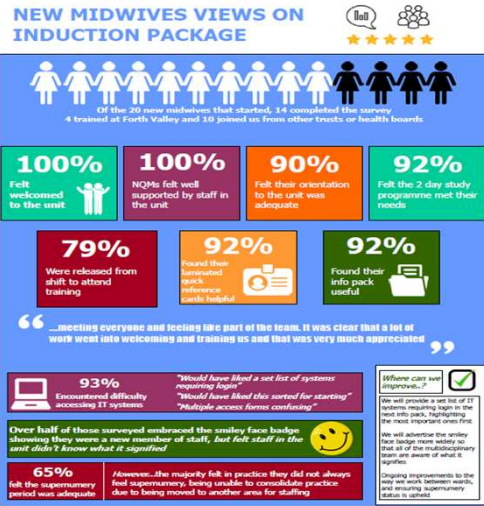
Throughout the Year

- Staff and inpatient children involved in decorating the information boards
- Orientation package updated and continuous review
- Walk and Talk initiative
- Gardening wellbeing project
- Student Forum – safe space – preparing for registered role – University links
- PRIME Study Days

December 2020	Working Group established with timeline of events for the year
January 2021	Staff Winter Newsletter “Mat Chat” distributed to all staff. 18 th Cervical Cancer awareness week, 25 th Burns Day
February 2021	6 th FGM awareness, 12 th Chinese New Year, 17 th Random Acts of Kindness Day & Midwives Study Days
March 2021	Staff Spring Newsletter distributed to all staff, 8 th International Women's Day, 17 th Midwives Study Day, 21 st World Down Syndrome Day
April 2021	Stress Awareness Month, 13 th Ramadan, 19 th Fast challenge for all staff 14 th , 28 th , 29 th Aromatherapy Study Days, , 30 th Beltane
May 2021	Maternal Health Month, 3 rd Maternal Mental Health Awareness Week, 5 th International Day of the Midwife, 10 th Coeliac Awareness Week, 12 th International Day of the Nurse, 16 th Neurodiversity Celebration Week
June 2021	Pride Month, Sands Awareness Month, 21 st Learning Disability Week



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Thank you for sharing your feedback with us

NHS Forth Valley



Inspirational Midwife of the Year

- Acknowledge something you found challenging today, take a moment and let it go.
- What went well today? Pause and enjoy that positive moment
- Check your colleagues are ok before you leave.
- Are you ok? We are one team and here to support each other. Tell someone

RCM Forth Valley Branch Survey Results February 2021

THE ROYAL COLLEGE OF MIDWIVES

All RCM Forth Valley Branch members were asked to take part in our survey. We had 31 respondents.

You told us you received regular and valuable updates from your employer re COVID-19, which is great to hear

Health & wellbeing for staff is paramount and you told us you are aware of the services available and how to access them.

Most of you did not have any concerns to raise with us. However, we are working with your local reps on the concerns that you did raise.

You told us you knew about the RCM's Pay Campaign. Keep up to date with the latest information on our website

Many positive actions at work have been noticed, including supportive colleagues & managers, gifts received and positive from the woman you cared for. You can send us photos to share on our Branch Updates page!

You said that staff are able to wear PPE where social distancing isn't able to be maintained in clinical settings.

You said you'd like to the RCM to support you by just being there and by hosting virtual events. Remember the RCM is here for you 24/7 on 0300 303 0444

However, you have also seen some negative actions; ranging from staffing issues, staff anxiety, issues supporting homebirths & concerns around Best Start implementation. Please do speak with your local reps at anytime if you have any concerns

You prefer to stay in contact with the RCM by email. Please remember to update your email and preference settings on the My RCM page of our website

You are keen to take part in learning events. You voted Confidence Building, Mental Health First Aid & Statement Writing your top 3. Watch out for updates on when and where....

So what are the RCM doing....

The RCM continues to be your voice and raise concerns and facilitate discussions with management. We are taking forward your comments made to us in the survey and are in talks with your local reps and management. We are working with your local reps to offer time for each of the workshops you showed interest in. We wish to shout about your achievements and the positive things you have done so please send us pictures where you can (with permission to share of course) AND we are encouraging all staff to check and update their contact details. Remember if we can't email you then neither can the branch!

NHS FORTH VALLEY

Mat Chat

Informing, Involving, Inspiring

Volume 1, Issue 2
March/April 2021

Upcoming Study Days

Midwives Study Day
21st April, 19th May

PROMPT 22nd April,
17th May

Aromatherapy for Midwives
14th, 28th, 29th April

Child Protection Study Day 28th April

Violence and Aggression—multiple dates on V drive

PRIME sessions now being trialed every FRIDAY—see the v drive for info

Get involved!

Here's just some of the things happening in our unit right now! Each has a team of midwives working hard behind the scenes. Interested? Email the lead person named.

Virtual Parent education
Julian Strling

Aromatherapy training
Julia Butler/forford/beat/ash/Guiding

Website/social media for Midwives—Gemma Senior/Charlotte Hallows

Quality Improvement—Kirsty Mallick

Perinatal contraception—Alison Millidge

AMU sepsis—Jasika Robertson

EAD Calendar of celebrations—EAD Group

“Alone we can do so little, together we can do so much” Helen Keller

Support Staff
Valuing the contribution of our support staff

Within our maternity unit we recognise that it takes the contribution of every member of the multidisciplinary team to enable us to provide the best possible care to women and their families.

Our support staff, from auxiliaries to clerks to MCAs provide us with an invaluable support in the day to day running of our service. The RCM 'Valuing MOWs' publication acknowledges that the role of Maternity Support Worker covers many roles, and the RCM states that it is committed to the continued development of this role, and this is echoed by NHS Forth Valley.

We also value our medical team and the joint working that we do to ensure our families receive the best possible experience.

Lets keep supporting each other.

Welcome!

In the past few months we've welcomed six new auxiliary staff. A big welcome to the team to Sharon, Erin, Amy, Lynsey, Elaine and Anne

“ I have felt very welcomed by all the staff on the unit and I'm finally settling in and feel my confidence is growing by the day. I'm constantly amazed by all the work that goes on in the unit and how helpful everyone has been since I started ”



Ted Talks
Random Acts of Kindness
Aromatherapy
New Equipment
Corporate Journal Subscription
Therapy Chair
Wellbeing Room
Virtual Tea Breaks
Staff Wellbeing Hello's



For more information about the work of our Midwives in NHS Forth Valley, please contact

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