



Western Sussex Hospitals
NHS Foundation Trust



Welcome to the

Maternity Units

At St Richard's Hospital and
Worthing Hospital

Patient information

Congratulations on your pregnancy!



We look forward to taking care of you and your partner when you choose to have your baby at our trust. Our award winning maternity units offer you a wide range of services and facilities to meet your needs.

Why choose us?

Depending on your personal and medical circumstances, our team will help you make the best choice between:

- Birth in hospital supported by the maternity care team of midwives, anaesthetists and obstetricians
- Birth in our birth unit under the care of a midwife
- Home birth



We are proud of our track record of delivering women and family-friendly, high quality care:

- Rated as 'Outstanding' by the Care Quality Commission
- Named in CHKS Top 40 Hospitals every year since 2001
- The only 'Partners Welcome' award winner on the South Coast and we welcome your birth partner to stay overnight in a comfortable environment. Visiting times for dad are 24 hours.
- Flu/Pertussis (Whooping Cough) immunisation at 20 week scan (not yet available at neighbouring trusts)
- Non-invasive safe test for low-risk pregnant mothers available at cost
- Family Assist online support programme/information for all parents with children up to 5 years (not available elsewhere locally, nearest venue is Liverpool) starting in December 2016
- Specially-trained Maternity Support Workers will visit you in your first few days at home and undertake hearing screening for your baby.
- Welcome expectant mums from Petersfield, Horsham, Hove and Havant
- Water birthing
- Hypnobirthing
- Aromatherapy



Our award winning services and care

Early stages of pregnancy - our antenatal care

Your care is provided by teams of midwives at home, hospital, GP practices and from Children and Family Centres. If you have an underlying medical condition or develop complications during pregnancy, we will ensure you receive support, care and advice from the appropriate healthcare team. It is important you make contact with us as soon as you find out you are pregnant so that you can receive support and advice as early as possible.



At this early stage of pregnancy, we offer these additional services:

- Antenatal consultant clinics
- Community antenatal clinics
- Detailed ultrasound scanning including anomaly and nuchal translucency scanning
- Chorionic villi sampling (CVS) and amniocentesis
- Screening for Down's Syndrome offered to all women
- Screening for Hepatitis B and HIV offered to all women
- Specialist services for diabetic pregnancies
- Specialist support for complicated pregnancies
- Fetal and maternal medicine services
- Fetal day assessment unit (FDAU) and Triage services
- Weight management in pregnancy services
- Flu/Pertussis (Whooping Cough) immunisation at 20 week scan (not available at neighbouring Trusts)
- Non-invasive safe test for low risk pregnant mothers available at cost.

@Westernsussex

Stephen Graham Byles @sdubest · 10 Aug 2018
Quick thank you to St Richards Chichester and the @WSHTmidwives team. Too many to list but fantastic support, professionalism and experience

All Durrant @FrogChan · Feb 9
For the literally dozens of midwives who have helped me over the last few days. Thank you ❤️❤️ @WSHTmidwives #LOVENHS

alex millar @alexmillar2017 · 18 Oct 2018
@WSHTmidwives simply amazing team , you are all superb we honestly thank you so much xx

made all the right decisions at the right times , thank you to Jackie Miller for being by our side the whole time and to Danny Shani Mark and Cara for looking after Oscar but the biggest thank you to Libby Millington for being the most amazing individual I've ever met your so strong and I love you so much xxx



Find us on 

Mathew Worrall —  Everything about this place and our experience was amazing.
The staff couldn't have been more helpful, this was our first child and the help we received throughout the birth and through the door into parenthood was second to none. I'm so happy and grateful to each and every member of staff that supported us
Thank you
about 5 months ago · 2 reviews · 

Toni Harris —  Amazing midwives, thank you to Laura and all the staff for taking such great care of our daughter and her partner and our new grandson Charlie best day ever 4.4.16 at five twenty one, great service, really friendly and professional
about 6 months ago · 17 reviews · 

Victoria Elizabeth Harmshaw —  Such incredible people! So compassionate about their jobs! I felt so cared for through something quite scary I could put my complete trust in them!
Thank you xx
about 5 months ago · 4 reviews · 



Preparing for delivery - our birthing care

- Our Birth Unit supports women and their partners during labour and birth or, if complications should arise, in the antenatal or postnatal period.
- Our team of midwives and obstetricians provide high-quality and safe care, individualised to support your needs.
- A named midwife will be assigned to you when you are admitted to the Birth Unit.



Our facilities and support include:

- Fully-equipped birthing unit with birthing pool
- En-suite facilities
- Birth Unit with home-like birth rooms complete with own birthing pools and en-suite bathrooms
- Free antenatal classes to prepare you (and your partner) for childbirth, in the community and hospital, evenings and weekends
- Weekly antenatal physiotherapy classes

- Breast feeding classes available in a choice of locations, in the community and the hospital
- 24-hour telephone advice line manned by specially-trained midwives, for women at any stage of their pregnancy and in the postnatal period
- Family Assist online support programme/ information for all parents with children up to 5 years (not available elsewhere locally, nearest venue is Liverpool) starting in December 2016

"Since 1st appointment with booking midwife I have received prompt, professional friendly service. All staff and services have been great, from community midwives to antenatal services. Needed to use Triage a few times and never felt I was worrying, always reassured!"

- New mum, Chichester

"Fantastic level of staff competence and commitment throughout. Every member of staff was so helpful and extremely encouraging on my new journey to motherhood."

- New mum, West Sussex



Post delivery - our postnatal care

The first hours and days with your new baby are a special time and our midwives and maternity care assistants are skilled in providing this transitional support for you, your partner and your new baby.

Our specially-trained Maternity Support Workers will visit you in your first few days at home and undertake hearing screening for your baby.

Our Birth Units have en-suite facilities and special cots, keeping your baby close to you with easy access without getting out of bed. Each bed has a pull-round curtain to ensure your privacy. Partners are welcome to stay overnight as the ward has comfy recliner chairs next to you and your baby, enabling you to bond as a new family at the earliest opportunity. There is also a breastfeeding room and a baby changing and bathing room.

“Cannot fault the care we received both antenatal and postnatal and during a 5 day stay in hospital. While we would of course rather not have had to be there, all Bramber ward staff and community midwives couldn’t do enough for us and were fantastic!”

- New mum, Worthing

Neonatal units - our care for your baby



- St Richard’s Hospital: Providing special care for up to 12 babies born at more than 30 weeks gestation.
- Worthing Hospital: Providing special care for up to 12 babies. Babies with breathing difficulties, feeding problems, infection or abnormalities will also be cared for.
- The units are staffed by a team of nurses specialising in the care of sick newborn babies. Paediatric doctors, who are highly trained in caring for sick newborn babies, work alongside the Unit’s specialist nurses and others such as paediatric dietitians.

How to book

We welcome women from Chichester, Worthing, Petersfield, Horsham, Hove and Havant. Whichever Maternity Unit you will choose, you can be reassured that you are in safe hands.



There are four ways you can contact us:

- Call one of our antenatal clinics:
 - St Richard’s Tel: **01243 788122** ext **32871**
 - Worthing Tel: **01903 205111** ext **84371**
- Online booking form: www.westernsussexhospitals.nhs.uk/services/maternity/pregnancy/booking-birth/
- Contact a midwife at your local GP surgery or Children and Family Centre
- Contact your local GP for a referral



What happens next?

A midwife will then:

- Contact you to confirm your referral,
- Inform your GP that you are pregnant and let them know which antenatal clinic you have booked to have your baby at
- If you have not heard from us within two weeks of submitting your online or GP referral, please contact your chosen antenatal clinic.

Further information

There are various online maternity guides and you may find the following useful:

- Vitamins recommended in pregnancy:
www.nhs.uk/Conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx
- Virtual tours for each of our units: www.westernsussexhospitals.nhs.uk/maternity-tours

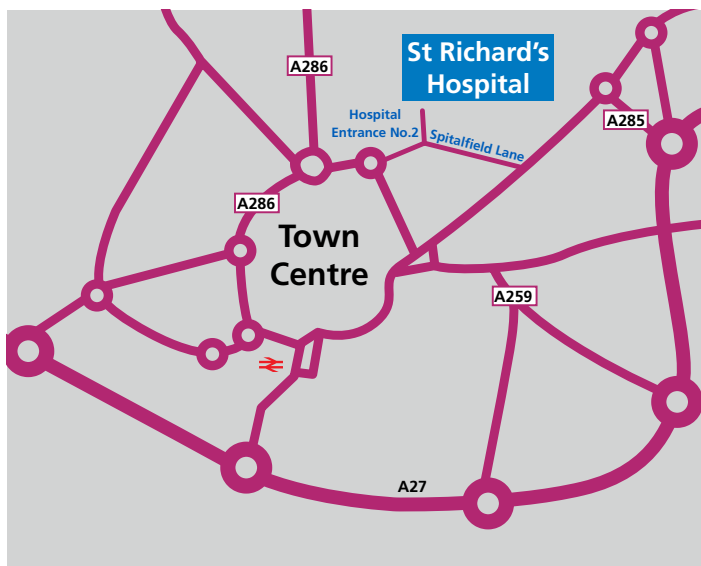


If you have more questions to ask, please call our triage and advice line service on: 01903 285269 (this line covers both maternity units). We look forward to seeing you soon.

How to find us

www.westernsussexhospitals.nhs.uk

- **St Richard's Hospital, Spitalfield Lane, Chichester, West Sussex. PO19 6SE. Telephone: 01243 788122**
The hospital is well signposted from the A27 and the Women's and Children's Unit is easily accessible via entrance 2. The nearest public car park is the Outpatients' car park.
- **Worthing Hospital, Lyndhurst Road, Worthing, West Sussex BN11 2DH. Telephone: 01903 205111**
The Hospital is about a quarter of a mile from the town centre and seafront, accessible from the A259, A24 and A27. The main hospital car park is open 24 hours a day. The Hospital's town centre location and the operation of a residents' parking scheme in the surrounding streets means car parking space is very limited.



We are committed to making our publications as accessible as possible. If you need this document in an alternative format, for example, large print, Braille or a language other than English, email: communications@wsht.nhs.uk or speak to a member of maternity staff.