

Hollingdean Children's Centre
Brentwood Road
Brighton BN1 7DY
Tel: 01273 295623

Congratulations on your pregnancy!

The first thing you need to do is register your pregnancy online at: www.mypregnancymatters.co.uk

This will let the local NHS trust know that you are pregnant and will generate your 12 week scan appointment.

You then need to call us here at Hollingdean Children's centre on 01273 295623, and choose option 3 for the reception/midwives.

We have midwives here Monday – Thursday running clinics from 9am-4pm.

Our midwives can see you on any of these days, but we recommend that in order to receive continuity of care, you stick with the same day whenever possible, and then you will get to know your own midwife. You are welcome on any day, and of course can swap days if you need to.

Your first appointment with your midwife is a pre-booking appointment at around 6-7 weeks pregnant (based on your last menstrual period). At this appointment we will give you a number of forms to fill in, and will start your notes. This should be a double appointment for 40 minutes. We will also take bloods from you and ask you to do a urine sample.

We will then tell you to arrange a Booking appointment at the reception desk, with us for a couple of weeks later (no later than 10 weeks pregnant) which will be 40-60 mins depending on how much we have completed at the pre-booking.

We will run through a schedule of care with you at this appointment as follows:

- 12 week scan
- 16 week midwife
- 20 week scan
- 24 week midwife (first baby only)
- 28 week midwife (blood test)
- 32 week midwife (first baby only)
- 34 week midwife
- 36 week midwife
- 38 week midwife
- 40 week midwife
- 41 week midwife

Please don't hesitate to call if you need to ask any questions – our reception staff will be able to answer many things, and can leave a message for a midwife to call you back. We look forward to supporting you through your pregnancy.

Kind Regards,

Your midwives at Hollingdean Children's Centre

Monday – TBC

Tuesday – Mags Rathbone

Wednesday – Laura Spicer

Thursday – Lucy Muirhead