

support staff in Lewis and Harris, please contact your Midwife or Health Visitor. For support in Uists & Barra contact: 01870 602459.

### Department of Work & Pensions

Offers information on government services and information including benefit entitlements and legal rights. Visit: [www.gov.uk](http://www.gov.uk)

## Healthy Start

Pregnant and breastfeeding women can obtain their free **Healthy Start Vitamins** from their Midwife, Health Visitor, GP Practice, Health Centre or Clinic.

You and your family could also be eligible for **Healthy Start Vouchers** if you are at least 10 weeks pregnant or have a child under 4 years. Ask your Midwife about Healthy Start or visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Useful Links

NHS24:	Freephone 111
W.I. Pregnancy Crisis Support:	07901 966101
Stillbirth and Neonatal Death Society (SANDS):	<a href="http://www.uk-sands.org">www.uk-sands.org</a>
Western Isles Hospital:	01851 704704
Stornoway Health Centre:	01851 703545
Uists & Barra Hospital:	01870 603603
Balivanich Clinic:	01870 602266
St. Brendan's Hospital:	01871 812021
NHS Western Isles:	<a href="http://www.wihb.scot.nhs.uk">www.wihb.scot.nhs.uk</a>
NHSinform:	<a href="http://www.nhsinform.scot">www.nhsinform.scot</a>
Smoking Cessation - Quit Your Way:	01851 708040
Alcohol and Drugs:	01851 702712
Comhairle nan Eilean Siar:	0845 6007090
Action For Children (Eilean Siar):	01851 705080
Early Years Service:	0845 6007090
Fire Safety Check:	08000 731 999

## Further Information

For further information please contact your Midwife or local Maternity Team:

Lewis and Harris:	01851 704704 ext. 2301
Uists:	01870 603633
Barra:	01871 812005 / 0797 679 2654
Text Service:	0776 9932 189

*Note. In the event that the Barra or Uist Midwife is unavailable, those living in Uist/Barra are asked to contact Barra Medical Practice: (01871) 810282, Maternity Dept. in Stornoway: (01851) 708301, or NHS24: freephone 111.*

### Western Isles Domestic Abuse Forum

Abuse can be psychological as well as physical

Domestic Abuse Helpline:	0800 027 1234
Stornoway Women's Aid:	01851 704750
Western Isles Rape Crisis:	01851 709965

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at - [www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- tel. 01851 704704 (ext. 2236) Monday-Friday between 10am-4pm.

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#### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Your Pre-natal and Pregnancy Service Guide



A guide to classes, services and information  
available to pregnant women in the Western Isles

## I'm Pregnant...what next?

When you first find out you are pregnant you should contact a Midwife through your local Maternity Team for your first appointment:

Lewis and Harris: 01851 704704 ext 2301  
Uists: 01870 603633  
Barra: 01871 812005 / 0797 679 2654  
Text Service: 0776 9932 189

### Your First Appointment

On your first appointment you will meet a Midwife who will explain all of the screening options, tests and care available to you.

### Text Service - 0776 993 2189

This service is anonymous and available for anyone who has any pregnancy issues, even before meeting your Midwife. If required, a discreet meeting can be arranged outwith hospital premises before your first appointment.

## Your Maternity Team/Midwife

Your Maternity Team provides a range of services and information. This includes: antenatal breastfeeding class, breastfeeding support; clinic schedule and ultrasound scan.

Should you wish to discuss an aspect of your pregnancy, please discuss with your Midwife, GP or Consultant Obstetrician.

## ParentingWI

ParentingWI is your local parenting website, which offers information and support from the early stages of pregnancy, to the birthing process, babyhood, toddlerhood, childhood - and beyond! Visit: [www.parentingwi.scot.nhs.uk](http://www.parentingwi.scot.nhs.uk)

## Ready, Steady, Baby!

*Ready, Steady, Baby!* is the definitive pregnancy and baby guidebook which is given out at the first meeting with your Midwife. The book is also available online at: [www.nhsinform.scot/ready-steady-baby](http://www.nhsinform.scot/ready-steady-baby) - as well as available as a free smartphone app to download.

## Parenting Classes

Please speak to your midwife about local classes and registering onto the Real Birth Company, a digital company that provides online birth preparation modules.

Expectant parents in Uists and Barra will also receive a letter to attend classes held locally to them. Classes are provided as per demand.

## Dental Care

NHS dental care is safe and free while you are pregnant and for one year after the birth of your baby. It is important to register and attend your Dentist and other members of the dental team regularly during pregnancy.

## Nutrition and Healthy Eating

As part of the Parentcraft Classes, the Department of Nutrition & Dietetics offers mums-to-be information on the importance of eating a healthy diet, weight management and avoiding unsafe foods during pregnancy.

The Department also offers a general Dietetic Drop-in Clinic each Thursday from 12 noon - 1pm in the Renal Unit of Western Isles Hospital.

A limited number of slots are available, but no appointment is needed, and there is no need for a referral from a doctor.

Those unable to attend the Clinic, but would like to make an appointment, can contact the Department on 01851 704704 ext 2301.

## Bosom Buddies

Bosom Buddies is the free Lewis and Harris breastfeeding support group which offers mums and mums-to-be the chance to meet, support and share their breastfeeding experiences, with a health professional in attendance.

Bosom Buddies is held every Wednesday from 10am-12 noon at the Failte Centre, Bayhead, Stornoway.

## Health Visiting Team

The Health Visiting Team will make contact with you once your Midwife has transferred your care, at around 10-14 days after your baby is born.

## Additional Services

### Western Isles Pregnancy Crisis Support

Offers a caring and confidential place for anyone facing any pregnancy-related difficulty which requires extra support.

Tel 07901 966101 or visit: [www.careconfidential.com](http://www.careconfidential.com)

### NCT Breastfeeding Counsellors

The NCT Breastfeeding Counsellors are mothers who have breastfed and have undertaken training to offer support and information about breastfeeding. The Counsellors are available to anyone, including partners and grandparents. For information on peer