



One+all | we care



Treth an Mor
Newquay Midwives
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Welcome to Treth an Mor Newquay Maternity Team

We are a team of Midwives and one Maternity Support Worker who cover Newquay and surrounding areas. The following information will guide you on the next steps on how to access midwifery services for your pregnancy and antenatal care.

Registering with Maternity Services to continue your care

In order for a midwife to contact you to arrange your first booking appointment please access the link below and complete the 'Maternity Patient Contact Form': <https://www.royalcornwall.nhs.uk/services/maternity-services/how-to-self-refer-to-maternity-services/>

We aim for your booking appointment to take place between 8-10 weeks of pregnancy to ensure you are offered all antenatal screening available.

Before your booking appointment with your midwife

Before you attend for your first booking appointment with your midwife you will need to get access to your Electronic Personal Health Record. To do this please call maternity IT on **07557 172389**.

The Maternity IT team will set you up with a login. Once accessed, please complete the medical questionnaire on the '**First Booking Appointment**' section.

You will also have access to lots of useful leaflets and website links in the '**About Me**' section of your Personal Maternity Health Records.

It is recommended that you commence **400 micrograms of folic acid** in the first 12 weeks of pregnancy to reduce the risk of neural tube defects, such as spina bifida and **10 micrograms of vitamin D** throughout pregnancy. If you have a **BMI above 30** it is recommended that you take a higher dose of **folic acid of 5 milligrams** which you will need to get prescribed by your GP as early as possible in pregnancy.

If you need a midwife urgently, please call the 24/7 triage midwife number: **01872 258000**

We look forward to caring for you and your baby during your pregnancy.

Treth an Mor Newquay Maternity Team



Chairwoman: Dr Mairi McLean **Chief Executive:** Mrs Kate Shields
Care + Compassion | Inspiration + Innovation | Working Together | Pride + Achievement | Trust + Respect