



Department
of Health



Your NHS care

There are now more choices in the NHS than ever before
- what choices do you have?

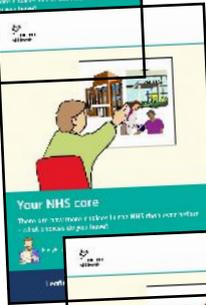


EasyRead version

This is one of 8 EasyRead leaflets about your choices in the NHS. They are:



Leaflet 1 **Choosing doctors**



Leaflet 2 **Choosing where to go for health tests**



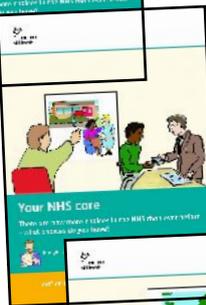
Leaflet 3 **Choosing your hospital**



Leaflet 4 **Changing your hospital**



Leaflet 5 **Having a baby**



Leaflet 6 **Choosing services in the community and personal health budgets**



Leaflet 7 **Choosing services in other parts of Europe**

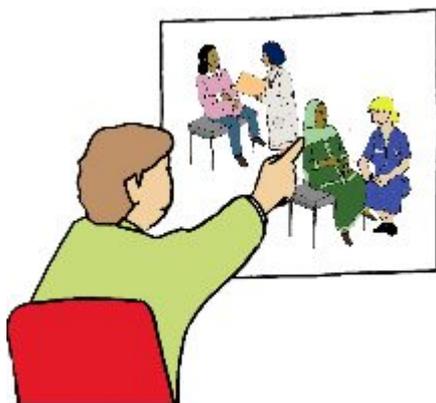


Leaflet 8 **Taking part in health research**

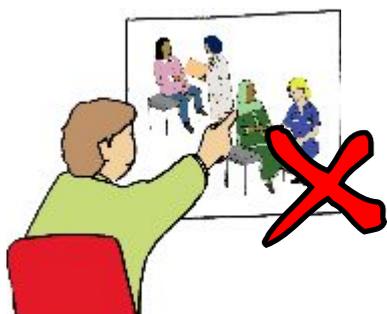
Leaflet 5 - Having a baby



This leaflet explains:



- the choices you have when you are having a baby



- what these choices depend on and when you will not have a choice



- where to get more information on these choices



- how to complain if you do not get offered this choice.

What choices do I have?



When you find out you are pregnant you can:

- go straight to the NHS midwife service you want



- ask your GP to send you to the NHS midwife service you want.



While you are pregnant you can choose to get care from:

- the NHS midwife you want



- a team of NHS midwives, doctors and other people at the hospital. This will be safer for some women and babies.

You can choose to give birth:



- at home with a NHS midwife



- in a local birthing unit with a NHS midwife



- in a hospital with a NHS midwife or with a team of NHS midwives, doctors and other people at the hospital.



You can talk to your NHS midwife about where you would like to give birth and they can give you advice about this.



The hospital will have a bigger team of people who can help. It is the safest choice for some women and babies.



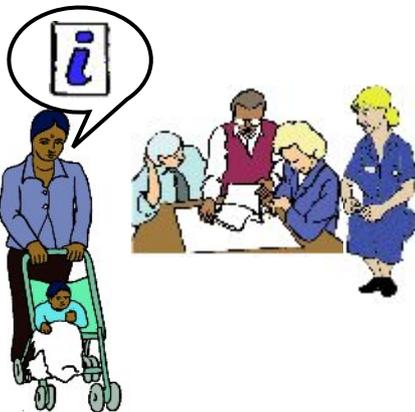
After you go home with your baby you can choose to have care:



- at home



- at a local centre.



Some areas might have other choices, ask your midwife or Clinical Commissioning Group for local information.



Your local **Clinical Commissioning Group**, or CCG for short are the people who arrange and buy local health services for you.



Does the law say I must have this choice?

No, these choices depend on:



- what is best for you and your baby



- what services there are available.



Sometimes your choice may be because of other things.

For example, if you chose to give birth at home you will not be able to have some kinds of help or pain relief.



If you need urgent care you might not be able to choose where that is or who does it.



Who should give me these choices?

Your NHS midwife will tell you all about the choices there are in your area.

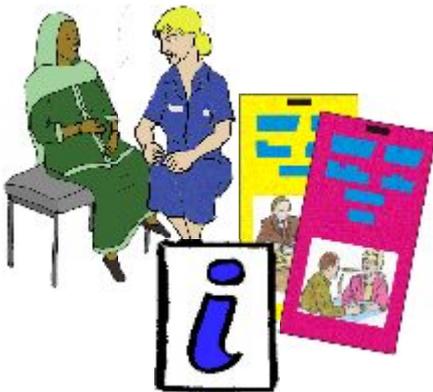


You can also speak to your local CCG.



Where can I find out more?

It is important that before you make a choice about when you are having a baby you look at other information to help you.



Your NHS midwife can give you help and information to help you choose what to do, or you can find more information at the following websites:



Start4Life, on their website:
www.nhs.uk/InformationServiceForParents

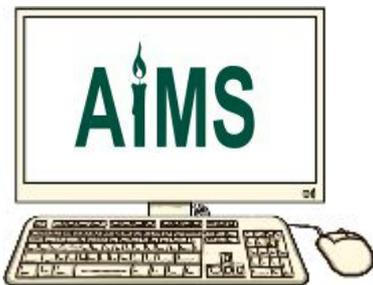


The National Childbirth Trust or NCT, on their website:
www.nct.org.uk

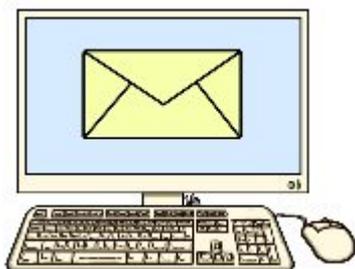
or call:
0300 330 0700



Birth Choice UK, helps women choose maternity care, on their website:
www.birthchoiceuk.com



Association for Improvements in the Maternity Services or AIMS, on their website:
www.aims.org.uk



Or email:
helpline@aims.org.uk



Or call:
0300 365 0663



The NHS Choices website. There is more information about the doctors and hospitals you can choose from.

On their website:
www.nhs.uk

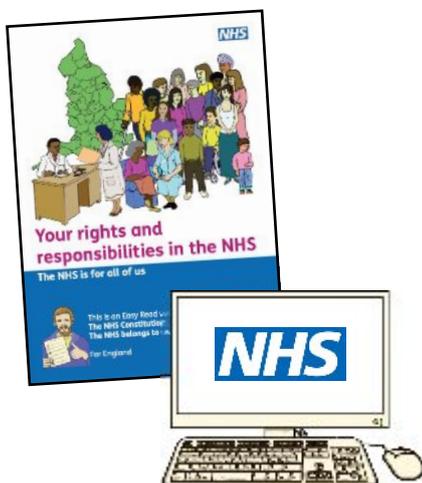


The Care Quality Commission, or the CQC for short, checks health and social care services to make sure they are good enough. You can find out what they think about your local services:



On their website:
www.cqc.org.uk

Or call:
03000 616161



In the NHS Constitution. This tells you more about what the NHS should do for you, and what you should do too.

There is an EasyRead version on their website:
www.gov.uk/government/publications/the-nhs-constitution-for-england

healthwatch



Healthwatch England speaks up for people using health and social care services.

They also have local Healthwatch groups for each area on their website: www.healthwatch.co.uk

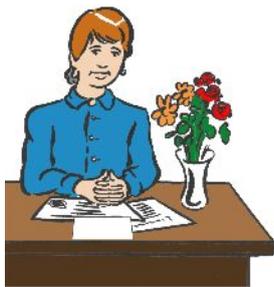


What can I do if I am not given these choices?

1. Speak to your GP, midwife or person in charge of the maternity service



2. If you still feel you have not been given a choice you can make a complaint.



You can complain to:

- the person in charge of the maternity service



- your local CCG.



To get in touch with your local CCG you can:

- ask at your GP practice



- or go to their website: **www.nhs.uk** (look for Health Services near you).



If you are unhappy with what the CCG, NHS England or Monitor have decided you can complain to the Parliamentary and Health Service Ombudsman. This is the last stage of complaints.



On their website:
www.ombudsman.org.uk

Or call:
0345 015 4033

Or text 'call back' with your name and your mobile number to:
07624 813 005

They will call back the next day.



Credits

This paper has been designed and produced for the Department of Health by the EasyRead service at Inspired Services Publishing Ltd.

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www.inspiredservices.org.uk

It meets the European EasyRead Standard.



It has been user-checked by the **Making It Easier Group** of people with learning disabilities.



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