



***At Saint Mary's, your feeling and opinion of your safety is very important to us.***

The **Supporting advocacy during pregnancy, birth and beyond** programme is designed in response to recognised inequities in outcomes and experiences maternity care for Black and Brown women. This session aims to support you to feel safe and confident during pregnancy, birth and beyond.

## **What will the sessions cover?**

The sessions will share information and cover aspects of care that can support you to feel confident in receiving care and feel able to advocate for yourself. This will include information about informed decision making, writing a birth preference/birth plan and raising concerns. The sessions will support you to share your feelings and experiences in a safe and supportive environment.

## **Who can attend?**

Anyone who considers themselves to be as Black, Black or Asian mixed heritage, Asian and ethnically minoritised, and is booked to have their baby at St Mary's Hospital Oxford Road, Wythenshawe or North Manchester.

## **Can I bring someone?**

Yes you can bring 1 person. Ask your midwife to book you onto the programme or email: [parent.classes@mft.nhs.uk](mailto:parent.classes@mft.nhs.uk)

**Note for midwives:**

Antenatal add order

Appt01

Requested clinic: MIDMEA (midwife maternity ethnicity advocacy)

For any questions, email: [derin.webb@mft.nhs.uk](mailto:derin.webb@mft.nhs.uk)