



# The Bluebell Birth Centre Saint Mary's North Manchester

The Bluebell Birth Centre is a birth centre in the hospital, also known as an alongside midwifery-led unit. The birth centre is found inside North Manchester's maternity unit.

## Who is this birth setting suitable for?

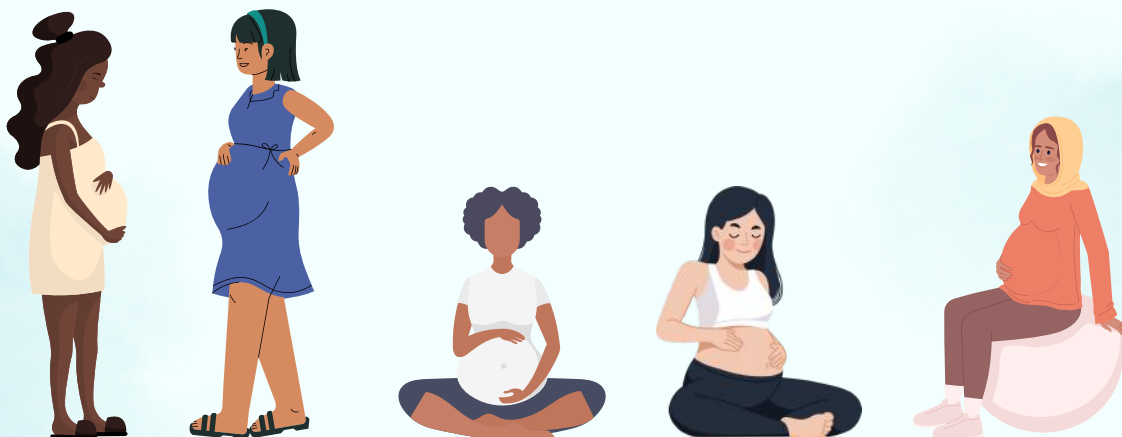
Giving birth at the Bluebell Birth Centre may be an option for you if:

- You and your baby are healthy
- Your pregnancy has been straight-forward
- You are full-term (37 weeks or more of pregnancy)

If you would really like to use the birth centre, but have complications or other risk factors, please discuss your options with your midwife or consultant at the hospital. They will be able to talk you through the risks and benefits of your options. This might include referral to a birth options clinic.

## How many birth rooms are there and how many have pools?

The birth centre has 4 spacious, homely rooms, 2 with birthing pools.



# What are the rooms like?

All rooms are set up with various furniture and facilities designed to help you feel calm, safe and in control such as:

- A birthing pool
- Soft mood lighting and choice of music
- Birthing aids such as birth balls, wall mounted slings, rocking chair, birth couches and birth stools
- Aromatherapy diffusers
- Private bathroom with toilet and shower facilities
- A double bed, hidden away for use after baby is born.
- Tea and coffee making facilities (available in the shared kitchen space)
- Equipment for midwives to monitor you and your baby
- Essential emergency medication and equipment should it be needed for you or your baby e.g. if your baby requires any support with breathing following birth (resuscitation).

# What pain relief is available?

The following types of pain relief are available in the birth centre setting:

\*Pool

\*Gas and air (entonox)

\* Pethidine or diamorphine

\*There are midwives trained in the use of aromatherapy during labour and hypnobirthing

You may also wish to use other alternative pain relief options such as TENS, massage, hypnobirthing and aromatherapy. Speak to your midwife about how to organise this yourself.



# What are the birth statistics for the Manchester Birth Centre ?

About 250 women use the birth centre every year and there are just under 190 births a year on the birth centre. Approximately 30% of women attending the birth centre in labour will transfer to the delivery suite which is across the corridor. The most common reasons for transfer are a delay in labour (50%) or for further pain relief e.g. epidural (18%).

About 58% of women use a pool during labour and 25% give birth in water.



## Who can be with you and when?

You can have 2 support people with you during your labour and birth. 1 support person (or birth partner) may stay with you the entire time including overnight depending on what time you gave birth.



## How do I get there?

North Manchester General Hospital, Delauneys Road, Crumpsall M8 5RB.  
Parking is payable onsite.

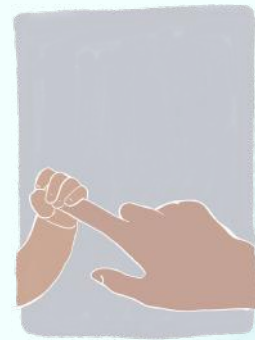
If you are in labour, you need to go to Main Entrance 1 on the the left hand side of the hospital site. There is a drop off area at the front of the entrance. The car park for our Maternity Unit is opposite Entrance 1.

Watch the virtual tour to see where you need to go.

## What do people who chose this birth place say about it?

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“Thank you so much for your help bringing our son into the world. We had an unexpectedly fast delivery in the birth pool – totally different to the assisted delivery on the labour ward for our older son. We really appreciated the calming, quiet environment with the midwife offering words of encouragement at just the right times. You are all superstars and we are very grateful!”



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## What if you want more information?

You can talk to your midwife or doctor, see further resources below:

[Birth centre in the hospital](#)  
[Choosing where to have your baby](#)



Other birth centres to consider:  
The Manchester Birth Centre at Wythenshawe Hospital