



Saint Mary's Managed Clinical Service
Division of Newborn Services

PATIENT INFORMATION LEAFLET

WELCOME TO NEWBORN SERVICES

Newborn Services MCS (Managed Clinical Service)

Introduction.

Congratulations on the birth of your baby/babies. We know that this may not be how you imagined your early days with your new baby. Having a baby on the neonatal unit can sometimes feel scary and overwhelming, but there is lots of support available for you, your baby and your family. We want you to know you are not alone on your neonatal journey. This booklet will aim to explain what we do here in Newborn Services and will provide information on all three of our neonatal units.

There are lots of different reasons that babies are admitted to neonatal care. Some babies are admitted because they are born prematurely (early), some babies need medical care and some babies need surgery.

We want you to understand why your baby is on the neonatal unit. The staff on the unit will explain everything and answer all your questions.

You are the most important person to your baby and we want you to feel fully involved in all your baby's care. Ask the staff any questions you have at any time. You can also telephone the neonatal unit day or night for an update on your baby's care. To protect confidentiality, we are only able to provide information to parents, so please don't ask anyone to telephone on your behalf unless you have discussed this with us.

THE NEWBORN SERVICES MCS (MANAGED CLINICAL SERVICE)

Saint Mary's Newborn Services is part of Manchester Foundation Trust, MFT. Newborn Services has three neonatal units who work together as one team to care for babies across Manchester.

The neonatal unit at the Oxford Road Campus is a Newborn Intensive Care Unit (NICU). This unit mainly cares for babies who need intensive or specialist care, including surgery.

The Neonatal Units (NNU) at Wythenshawe and North Manchester mainly care for babies who need high dependency or special care. These units can provide short periods of intensive care for babies. However, babies who need longer term intensive care may need to be transferred to the NICU at the Oxford Road Campus.

Wythenshawe and North Manchester units also care for babies who have needed intensive care and are getting stronger but still need some support. Babies might be moved from Oxford Road unit to one of these units as they are getting closer to being discharged.

MOVING INFANTS TO THEIR LOCAL NEONATAL UNIT

The NICU Oxford Road Campus takes babies from all over the North West, who need surgery or very specialised care. If there are no cots available, babies may be moved to other hospitals like Liverpool or Leeds. We know that this can be very difficult for families and we try and keep our intensive care cots available for babies that need them and prevent them from having to be transferred far away from home.

That means that if your baby no longer needs intensive care, and is moved to high dependency or special care, they will be transferred back to the neonatal unit at your local hospital.

We know that transferring to a different hospital and a different level of neonatal care can sometimes feel stressful for parents. Local neonatal units help get your baby ready to go home and enable you to meet the doctors who'll support your baby after discharge. We will always discuss transferring your baby with you before it happens and you will be able to have a tour of your local neonatal unit before your baby is moved.

The North West Neonatal Operational Delivery Network (NWODN) oversee the process of transferring babies in Greater Manchester. Further information about your local neonatal unit can be found on their website. <https://www.neonatalnetwork.co.uk/nwnodn/>



Some babies may eventually be transferred to the Royal Manchester Children's Hospital for further specialist care. We will support you, your baby and your family if this is required. Please speak to the staff if you have any questions about this.

WHICH ROOM WILL YOUR BABY BE IN?

Intensive care (ICU) – For babies who are born very prematurely, poorly or need help with breathing (ventilation).

High Dependency (HDU) – For babies who do not require ICU but still might need complex care.

Special Care (SC) – For babies who are learning to feed and grow or are getting ready to go home.

The number of staff in each room depends on how many babies there are and how much care they need.

KEY TELEPHONE NUMBERS

NICU, ORC:

Reception: (0161) 701 2700
Room 1 (HDU/SC) – (0161) 701 4450
Room 2 (HDU/SC) – (0161) 701 0105
Room 3 (HDU/SC) – (0161) 701 0104
Room 4 (HDU/SC) – (0161) 276 6538
Room 5 (ICU) – (0161) 701 0102
Room 6 (ICU) – (0161) 276 6810
Room 7 (HDU/SC) – (0161) 701 0101
Room 8 (HDU/SC) – (0161) 701 0100
Room 9 (ICU) – (0161) 701 0098

North Manchester:

Reception - 0161 625 8227 / 0161 625 8296
Room 1 – 0161 625 8111
Room 2 – 0161 625 8202
Room 3 – 0161 625 8203
Room 4 – 0161 625 8204
Room 5 – 0161 625 8205

Wythenshawe Neonatal Unit.

Reception: 0161 291 2932
Intensive Care: (0161) 291 5618
High Dependency: (0161) 291 5616
Special Care: (0161) 291 5617

WHO WILL BE LOOKING AFTER YOUR BABY?

We are a team made up of doctors, nurses, physicians associates, allied health professionals (AHPs), students, nurse associates, ward clerks, unit assistants and domestic staff. Everyone is happy to help and answer any questions you may have.

The Shift Co-ordinator is the senior nurse in charge of the unit and is available 24 hours a day, if you need to talk with them. Newborn Services is led by our Head of Nursing, our Lead Nurse and Matrons. They are available at variable times Monday to Friday.

Staff Uniform across Newborn Services

	<p>Senior Sister/ Charge Nurse/ Ward manager</p> <p>Navy</p> <p>I take charge of the shift and have a dual office role.</p>		<p>Junior Sister/ Junior Charge Nurse</p> <p>Royal blue, white stripe</p> <p>I take charge of the shift and I also care for your baby in the clinical rooms. I support the senior sister too.</p>		<p>Staff Nurse</p> <p>Sky blue, white stripe</p> <p>I care for your baby in the clinical rooms.</p>
	<p>Nursery Nurse</p> <p>Dark green, white stripe</p> <p>I care for your baby in special care and support you with discharge.</p>		<p>Unit Assistant / Housekeeper</p> <p>Burgundy</p> <p>I support with the general housekeeping and upkeep of the unit.</p>		<p>Nursing Associate</p> <p>Tan, black stripe</p> <p>I care for your baby in the clinical rooms.</p>
	<p>Advanced Neonatal Nurse Practitioner</p> <p>Navy, aqua blue stripe</p> <p>I am a registered Nurse with extra qualifications including nurse prescribing. I provide <u>on going</u> management alongside the medical team.</p>		<p>Matron</p> <p>Navy, red stripe</p> <p>I am a registered nurse and I oversee the quality of patient care on the ward.</p>		<p>Specialist Nurse</p> <p>Navy, pale blue stripe</p> <p>I am a registered nurse and I have the responsibility of planning and delivering specialist aspects of care.</p>

KEEPING YOU UPDATED

How you'll get updates on your baby's care:

We will always keep you informed and involved in your baby's care. Nurses can update you in person or by telephone, when you may not be able to come to the neonatal unit.

Your baby will be assigned a named consultant when they are admitted to the neonatal unit. You can ask for an update from a doctor at any time, and the nurses can help to arrange this for you.

Please tell the nurse caring for your baby, the room lead or the Shift Co-ordinator if you have any questions or concerns as they are here to help.

If you would like to leave some feedback you can complete The Friends and Family Test and the What Matters To Me survey. Please ask a member of staff for a link, QR code or a card to fill out.

vCreate is an NHS Trusted Secure Video Messaging service that enables the nursing team to send you short videos and photos of your baby, during those times when you're unable to be on the unit. When you're admitted to the unit, you'll be asked to sign a consent form allowing us to record videos and take photos of your baby and send them to you. Ask a member of staff for the consent form. Once you've signed the form, you then need to register for your own secure vCreate account.



<https://www.vcreate.tv/>

Ward Rounds and Consultants

Oxford Road Campus (ORC)

A consultant will visit each clinical room every weekday to check on all babies.

Full ward rounds take place twice a day in Intensive Care (from 9:15am and 9:15pm) and once a day in all other clinical rooms (from 08:45am). We encourage all parents to be present and take part in ward rounds, as this is a good opportunity to discuss your baby and be involved in any decisions about their care. If you would like to be present for your baby's ward round but are struggling to be on the unit for a certain time, please let the nurses know and we will do our best to work around this.

Wythenshawe

Consultants do daily ward rounds at Wythenshawe neonatal unit, and they are often the best person to give you an update about your baby's progress. The ward round starts at 9:00am, and there is an additional ward round in Intensive Care from 9:00pm.

North Manchester General Hospital (NMGH)

Consultants do daily ward rounds at NMGH, and they are often the best person to give you an update about your baby's progress. The ward round starts at 9:30am and there is a handover of all babies care to the on-call night consultant at 5:00pm each evening.

THE TEAM

In addition to the doctors and nurses involved in your baby's care, there are lots of different health professionals in Newborn Services. Some of them may be involved in caring for your baby:

- **Transport team** – if your baby needs to be transferred in or out of this hospital, the transport team's role is to look after your baby during transfer via ambulance.
- **The Infant Feeding team** will provide support with expressing breast milk, breast feeding or bottle feeding your baby.
- The **Neonatal Outreach Team** may visit your baby at home when your baby is discharged.

- [The ROP \(Retinopathy of Prematurity\) Screening team](#) may screen your baby's eyes for ROP. For more information on ROP speak to one of the team.
- [Hearing Screening Team](#) – all babies discharged from hospital have a hearing screen. The hearing team carry out a hearing screen on your baby prior to discharge home.
- [The Newborn Services counselling team](#) are available for you to chat to, just ask a member of staff for more information.

HAND WASHING AND INFECTION CONTROL

To protect all our babies, everyone must wash their hands on entry to the neonatal unit and gel their hands prior to touching any baby. This includes parents, visitors and staff. We ask that you are bare below the elbows and remove all stoned rings, wristwatches and bracelets as it is important that we all maintain a high standard of hand hygiene. Premature and sick babies can be extremely vulnerable to infection, therefore please tell us if you feel even slightly unwell and please do not bring visitors who are sick. This is to protect your baby and the other babies on the neonatal unit. You do not need to use gloves when touching your baby.

We do not allow any soft toys or teddies on any of our units due to infection control. If your baby is wearing his/her own clothes and have their own blankets, please bring clean clothes and blankets each day and take dirty items home for washing.

The first line of defence.....clean hands!

Follow these seven simple steps when washing your hands before and after entering a clinical area



PARENTAL ACCESS

Parents have unlimited access to Newborn Services, and we encourage you to be with your baby as much as possible. Grandparents and baby's siblings are welcome to visit between 10:30am and 7:30pm. No other children under 16 can visit, in order to protect your baby from infection. Grandparents and baby's siblings must be accompanied by a parent, and baby's siblings must be supervised at all times. Visitors must stay in your baby's cot space and if you or any of your visitors feel unwell, please do not visit. We respectfully ask that there are no more than two people at the cot side in the ICU rooms and three in the HDU/SC rooms. No additional visitors can come onto the unit.

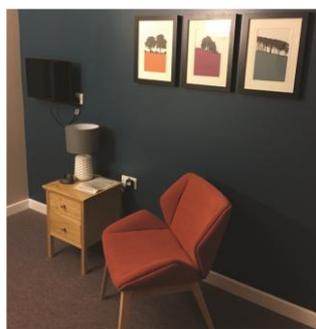
Quiet time is from 2:00pm–3:00pm, this time is restricted to just babies and parents

FACILITIES FOR FAMILIES

We want you to be comfortable whilst you are with your baby on the neonatal unit and we try to do our best to provide facilities you to rest, eat and drink. All our neonatal units have a kitchen and a sitting room for parents to use. Parents are welcome to use the fridge, microwave and hot drinks facilities, but we require you to label your food with your name and date.

We have limited rooms available on the unit for parents to stay overnight. Priority is given to those parents who have a very poorly baby or babies who are getting ready to go home.

At Oxford Road, there's extra accommodation nearby called Ronald McDonald House. Staff can help you ask for a room. If a room isn't immediately available, you may be able to access a day pass to Ronald McDonald, which will enable you to use their fantastic facilities. Please ask your baby's nurse about this.



NICU, Oxford Road Campus parent facilities.



Neonatal Unit North Manchester General Hospital parent facilities.



Neonatal Unit at Wythenshawe parent facilities.

HOW CAN YOU HELP CARE FOR YOUR BABY? (CARES)

You are your baby's primary carer and we are here to support you to do as much of your baby's care as you are comfortable with. The neonatal team are committed to a model of care called FiCare (Family Integrated Care). This means our nurses and doctors will help and support you to lead on your baby's care. Staff will support you to feel confident with:

- Nappy care
- Eye care
- Mouth care
- Feeding – breast/bottle/tube
- Washing and bathing
- Dressing

We can supply nappies for premature babies under the weight of 1.5kg, but when your baby passes this weight or out-grows the nappies, we ask you to bring in your own nappies and cotton wool. We recommend that wipes are not used as they can cause skin sensitivities. If you cannot supply any of these items, please speak to your baby's nurse.

You might feel a little anxious about touching your baby at first. Lots of parents feel like this. Staff will support you to feel confident and comfortable in caring for your baby. Your baby will benefit from you being close to them, hearing your voice, feeling your touch and smelling your scent. We will support you and your baby to have skin-to-skin cuddles as soon as possible. There are lots of benefits of skin-to-skin cuddles for babies and parents. Ask your baby's nurse to explain more about this.

FEEDING YOUR BABY

Your baby may be fed in different ways depending on how well they are. You can choose how to feed your baby, breastmilk, formula, or a mix of both.

How you choose to feed your baby is your decision and the staff will support you with your choice.

Breastfeeding / expressing

Breast milk is very helpful for poorly babies, and is especially important for preterm babies. If your baby can't breastfeed yet, you can express milk by hand or with a pump. We have breast pumps on the neonatal unit and we can lend you a pump for home use. Donor milk is also used in special circumstances, however this would always be discussed with you first.

Formula Feeding

If you choose formula feeding, we'll talk with you about the best type of milk for your baby.

Tube / Intravenous (IV) feeding

If your baby can't have milk, we may use special fluids through a drip to give them the nutrients they need. These are safe and used only when needed. We will explain this to you and encourage you to ask about anything you might be worried about.

If your baby is having milk feeds but is too small to have it via breast or bottle they will be fed via a feeding tube. These tubes are called nasogastric tube (NGT) or orogastric tube (OGT). The tube will be passed through your baby's nose or mouth into their stomach. The milk will then go directly into their stomach. As with all medical interventions, there is a very small risk of the tube being misplaced or of a perforation of the oesophagus. However, nutrition is vital for your growing baby and this small risk is outweighed by the huge benefits for your baby. Our nurses undertake regular checks to ensure that feeding tubes are in the right place before use and pick up on any potential issues very quickly.



Expressing rooms at: NICU ORC,

Wythenshawe

North Manchester

KEEPING YOUR BABY COMFORTABLE

Nurses and doctors watch babies very closely for any signs of pain and will do everything they can to keep your baby comfortable. Pain relief for your baby might include medicine, sucrose (sugared water), repositioning, cuddles or comfort holding. You will know your baby better than anyone and if you think that they are in pain then we encourage you to tell the nurses.

LOOKING AFTER YOUR BABY'S SKIN

Your baby's skin is very delicate, and we take lots of steps to protect it. Nurses will make regular assessment of your baby's skin and can help you to take care of it. We do not recommend parents bringing in products such as Bepanthen etc for moisture associated skin damage.

FAMILY INTEGRATED CARE (FICARE)

Each family is unique, and the Newborn Services team are here to support, empower and encourage you to care for your baby.

FiCare (Family Integrated Care) is a model of care which fully involves parents into the team caring for their baby. You know your baby better than anyone and we want to support you to be involved in all your baby's care. FiCare is known to improve outcomes for babies, helps parents feel more confident and supports bonding.

You may receive a FiCare passport to help you feel more involved and remind the staff to share information with you. Please ask the staff for more information about FiCare or the passports.



My Neonatal Journey

<p>My name is: My date of birth is: My parents/carers are called:</p> <p>I am days old</p>	<p>My parents/carers have:</p> <ul style="list-style-type: none"> had a tour of the unit <input type="checkbox"/> been shown how to access information via QR codes <input type="checkbox"/> been encouraged to take part in ward rounds <input type="checkbox"/> received their Spoons bag <input type="checkbox"/> set up a vCreate account <input type="checkbox"/>
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The staff have spoken to my family about:		
	Parent 1:	Parent 2:
Positive touch/hand cuddles		
Expressing and storing my milk		
Oral feeding and preparing my feeds		
Monitoring me		
Tube feeding (competency signed)		
Skin to skin cuddles		
Developmental care & protecting my brain		
My cues & understanding how I am feeling		
Positioning & making me comfy		
How to do my cares		
Changing my bedding		
Checking my weight		
Getting me dressed		
Taking me out of my incubator		
Safe sleep		
Giving me my medication		
How to swaddle bath me		
Taking part in my ward rounds		

PREPARING FOR DISCHARGE

The staff on the unit will support you to feel prepared and confident in taking your baby home.

As well as your Health Visitor, you may be followed up by the Neonatal Outreach Team a day or two after discharge. This is to support you and your baby to settle in at home and for you to ask any questions you may have.

You may have a few visits from the Outreach team to review your baby's progress.

TRANSLATION AND INTERPRETATION SERVICE

If you need an interpreter, we will arrange it. It is Manchester Foundation Trust policy that family, relatives or friends cannot interpret for patients.

EXTRA SUPPORT AVAILABLE FOR FAMILIES

The Palliative Care team supports families of babies who have a longterm or life limiting condition. This type of care may not apply to your family, but we want parents to be aware of what support is available. Palliative care does not always mean that a baby is going to die. It means we want to give your baby the best care and support to meet their individual needs and support you as a family. Some babies may have palliative care for a short time whilst they get stronger or if their condition deteriorates. Others may receive ongoing palliative care for a longer time.

FURTHER INFORMATION

When do you ask for consent? - We will always explain any treatment that your baby receives. Some treatments and procedures will need written consent from parents. Consent must be given by the person who has legal responsibility of the baby. Let us know if you have any questions about this or go to www.gov.uk/parental-rights-responsibilities for more information.

How to register your baby – You must register your baby's birth within 6 weeks, by law. Please let the nurses know when this is done and ask us if you need any help. To ensure medications and follow up can be arranged as needed in the community each baby must be registered with a GP before discharge from Newborn Services. Almost all GP practices facilitate this being done online.

Can we take part in research studies? - Sometimes we ask parents if their baby can take part in research. This is always your choice and the decision you make will not affect your baby's care.

Where do we park? – Parking is free for all parents of babies on the neonatal unit. Ask the ward clerk or a nurse how to get your permit.

Can I smoke in the hospital grounds? - The Trust asks everyone to protect our patients, visitors and staff by adhering to our not smoking in any of our hospital buildings or grounds except in the dedicated smoking shelters in the grounds of our Hospital site.

Please switch mobile phones on silent mode whilst on the unit. If you need to make a phone call please go to the reception area to avoid disturbing other families. Please make sure you regularly sanitise your mobile phone or any other device.

Can I use my laptop on the units? – Please do not bring laptops into the clinical rooms, in order to decrease the chance of spreading infection.

How we can support your wellbeing – It is important to us that you feel supported during your baby's time on the Newborn Services. We know that this may be a stressful time and we do have lots of help and support for you and your family. We have a counsellor who works across all three neonatal units. Please ask the staff if you would like to speak to them. The neonatal unit work closely with a neonatal family support charity called Spoons. You will see Spoons staff and

volunteers on the unit. They are here to support you. You should get a Spoons pack on admission and we recommend you reach out to them. We have quiet spaces for prayer or reflection, and a chaplaincy team for all faiths.

What is the zero tolerance policy? – We treat everyone with kindness and respect and ask you to do to the same. We have a zero tolerance policy on abuse or aggression of any kind. We are committed to the wellbeing and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

How are the units kept safe? – The doors to the neonatal unit are always locked. This is for your baby’s safety. Please use the doorbell to gain access to the unit. You will be asked to identify yourself before someone lets you in and please do not let anyone else onto the unit behind you.

Where can I keep my valuables? - The Trust is not responsible for the loss of your valuables. Please ask a member of staff where you can keep your valuables whilst you are on the neonatal unit.

Is there a faith room? – There is a faith room you can use. Please ask a member of staff for more information.

For an explanation of abbreviations or acronyms you might see or hear on the neonatal unit, please follow the link to the Spoons Website.

<https://spoons.org.uk/support/terminology/>



The chart below will help you convert your baby's weight:

gm	lbs	oz	kg	lbs	oz	kg	lbs	oz	kg	lbs	oz	kg	lbs	oz
500	1	2	3.05	6	11	5.65	12	7	8.20	18	1	10.80	23	12
550	1	3	3.10	6	13	5.70	12	9	8.25	18	2	10.85	23	14
600	1	5	3.15	6	15	5.75	12	10	8.30	18	4	10.90	24	0
650	1	7	3.20	7	1	5.80	12	12	8.35	18	6	10.95	24	1
700	1	9	3.25	7	2	5.85	12	14	8.40	18	8	11kg		
750	1	10	3.30	7	4	5.90	13	0	8.45	18	9	11.00	24	3
800	1	12	3.35	7	6	5.95	13	1	8.50	18	11	11.05	24	5
850	1	14	3.40	7	8	6kg			8.55	18	13	11.10	24	7
900	2	0	3.45	7	9	6.00	13	3	8.60	18	15	11.15	24	8
950	2	1	3.50	7	11	6.05	13	5	8.65	19	0	11.20	24	10
1kg			3.55	7	13	6.10	13	7	8.70	19	2	11.25	24	12
1.00	2	3	3.60	7	15	6.15	13	8	8.75	19	4	11.30	24	14
1.05	2	5	3.65	8	0	6.20	13	10	8.80	19	6	11.35	25	0
1.10	2	7	3.70	8	2	6.25	13	12	8.85	19	8	11.40	25	1
1.15	2	8	3.75	8	4	6.30	13	14	8.90	19	9	11.45	25	3
1.20	2	10	3.80	8	6	6.35	14	0	8.95	19	11	11.50	25	5
1.25	2	12	3.85	8	8	6.40	14	1	9kg			11.55	25	7
1.30	2	14	3.90	8	9	6.45	14	3	9.00	19	13	11.60	25	8
1.35	3	0	3.95	8	11	6.50	14	5	9.05	19	15	11.65	25	10
1.40	3	1	4kg			6.55	14	7	9.10	20	0	11.70	25	12
1.45	3	3	4.00	8	13	6.60	14	8	9.15	20	2	11.75	25	14
1.50	3	5	4.05	8	15	6.65	14	10	9.20	20	4	11.80	25	15
1.55	3	7	4.10	9	0	6.70	14	12	9.25	20	6	11.85	26	1
1.60	3	8	4.15	9	2	6.75	14	14	9.30	20	7	11.90	26	3
1.65	3	10	4.20	9	4	6.80	14	15	9.35	20	9	11.95	26	5
1.70	3	12	4.25	9	6	6.85	15	1	9.40	20	11	12kg		
1.75	3	14	4.30	9	7	6.90	15	3	9.45	20	13	12.00	26	6
1.80	3	15	4.35	9	9	6.95	15	5	9.50	20	14	12.05	26	8
1.85	4	1	4.40	9	11	7kg			9.55	21	0	12.10	26	10
1.90	4	3	4.45	9	13	7.00	15	6	9.60	21	2	12.15	26	12
1.95	4	5	4.50	9	14	7.05	15	8	9.65	21	4	12.20	26	13
2kg			4.55	10	0	7.10	15	10	9.70	21	5	12.25	26	15
2.00	4	6	4.60	10	2	7.15	15	12	9.75	21	7	12.30	27	1
2.05	4	8	4.65	10	4	7.20	15	13	9.80	21	9	12.35	27	3
2.10	4	10	4.70	10	5	7.25	15	15	9.85	21	11	12.40	27	4
2.15	4	12	4.75	10	7	7.30	16	1	9.90	21	12	12.45	27	6
2.20	4	13	4.80	10	9	7.35	16	3	9.95	21	14	12.50	27	8
2.25	4	15	4.85	10	11	7.40	16	4	10kg			12.55	27	10
2.30	5	1	4.90	10	12	7.45	16	6	10.00	22	0	12.60	27	12
2.35	5	3	4.95	10	14	7.50	16	8	10.05	22	2	12.65	27	13
2.40	5	4	5kg			7.55	16	10	10.10	22	4	12.70	27	15
2.45	5	6	5.00	11	0	7.60	16	12	10.15	22	5	12.75	28	1
2.50	5	8	5.05	11	2	7.65	16	13	10.20	22	7	12.80	28	3
2.55	5	10	5.10	11	4	7.70	16	15	10.25	22	9	12.85	28	4
2.60	5	12	5.15	11	5	7.75	17	1	10.30	22	11	12.90	28	6
2.65	5	13	5.20	11	7	7.80	17	3	10.35	22	12	12.95	28	8
2.70	5	15	5.25	11	9	7.85	17	4	10.40	22	14	13kg		
2.75	6	1	5.30	11	11	7.90	17	6	10.45	23	0	13.00	28	10
2.80	6	3	5.35	11	12	7.95	17	8	10.50	23	2			
2.85	6	4	5.40	11	14	8kg			10.55	23	3			
2.90	6	6	5.45	12	0	8.00	17	10	10.60	23	5			
2.95	6	8	5.50	12	2	8.05	17	11	10.65	23	7			
3kg			5.55	12	3	8.10	17	13	10.70	23	9			
3.00	6	10	5.60	12	5	8.15	17	15	10.75	23	10			

THANK YOU

This booklet has been developed with the support of the Charity Spoons. We would like to thank them for their ongoing support.

