



**Cartwheel
Arts**

FROM BUMP TO BABY

A creative perinatal &
maternity services
consultation



healthwatch
Rochdale



**action
together**

INTRODUCTION

In early 2022 Cartwheel Arts was commissioned by Action Together Rochdale to consult women experiencing racial inequality about their experience of perinatal and maternity services. This report contains highlights from the consultation interviews, as well as the full transcripts (appendix 1) along with the key learning from the sessions.

We would like to thank Healthwatch Rochdale for their help with this project.

ABOUT US



Cartwheel Arts is one of the leading participatory arts companies in the Northwest. The organisation has an impressive track record in devising and delivering vivid, highly acclaimed, and

successful art projects which bring communities together, break down barriers, and build capacity, promoting a sense of ownership and pride. We promote social inclusion, cohesion, diversity, and regeneration, providing opportunities for participants who live in low-income neighbourhoods, or belong to vulnerable, marginalised groups at risk of exclusion. We call this Art for a Reason.

www.cartwheelarts.org.uk



Healthwatch Rochdale are the independent champion for people using local health and social care services. We listen to what people like about services and what could be improved. We share their views with those with the power to make change happen. People can also speak to us to find information about health and social care services available locally.

www.healthwatchrochdale.org.uk

For further information about the project please contact Vicki Greer, Stronger Communities Programme Manager, at vicki@cartwheelarts.org.uk

CONTENTS

	Page
1. The Commission	4
2. Overview of the Project	6
Target Audience	6
Venue	6
Creative Consultation	6
Project Team	7
Participant Recruitment	8
Session Plans	9
3. Key Learning / Recommendations	10
4. Consultation Interviews	12
a. Interviewee 1	13
b. Interviewee 2	14
c. Interviewee 3	16
d. Interviewee 4	19
e. Interviewee 5	21
5. Session Evaluation	22
6. Appendices	23
a. Appendix 1 – Full Interview Transcripts	
b. Appendix 2 – Evaluation Questionnaire	



1. THE COMMISSION

In late 2021 the Action Together Women's Network offered a series of commissions for consulting women about perinatal and maternity services:

"We know women experience Racial Inequalities around maternity/perinatal services. The Heywood, Middleton and Rochdale, Clinical Commissioning Group (Children's and Maternity) are funding this consultation to listen to women's experiences.¹

We submitted the following proposal:

To consult with women experiencing Racial Inequalities around maternity/perinatal service design we would recruit a group of 10 women with recent experience of the service and deliver 4 creative sessions, allowing time for the women to feel comfortable in opening up. Each participant would be interviewed, and the interviews transcribed.

Sessions would require:

- Participatory Artist
- Emotional Support Worker (ESW - trained counsellor)
- Interviewer
- Translator

Session 1: Artist, ESW, translator – Introduction to sessions and the consultation. Creative journaling session to plan what they want to share. Information pack of signposting to postnatal / mental health support plus self-care exercises and materials

Sessions 2&3: Artist, ESW, translator, interview – group creative journaling and individual sessions with interviewer for half the group

Session 4: Artist, ESW, translator, interviewer – interviewer / translator presents the collated information, group creative journaling and make a keepsake (e.g., Baby – hand / footprint). More self-care ideas plus goodies to take away.

Our preference would be to partner with an organisation who are already supporting women post-birth (ideally through the Women's Network but we will approach relevant partners if the idea is taken forward such as the children's centres) as we need to ensure that potentially vulnerable participants have ongoing support.

Cartwheel Arts were sub-contracted by Action Together to deliver the project which provided an element of the Children, Young People and Families Network's Innovation Programme. This commission contributed to the Emotional Health and Wellbeing Network, Respond Repair and Recover programme which aims to:

- Increase support for communities experiencing racial inequality
- Support the supporters
- Map Pathways to Emotional Health and Wellbeing Support
- Resource existing provision

¹ Action Together Women's Service Expression of Interest Guidance Notes, 2021

In addition, this work supported NHS, Heywood Middleton and Rochdale Children's and Maternity work to support people effected by racial inequality. This work aims to:

- sustain and develop existing pathways for families, offer culturally appropriate support for families
- encourage improved engagement with the Thrive service
- address and tackle stigma connected with mental health and family supports²

At Cartwheel Arts we have a track record of delivering community projects in Deepdish, a predominately South Asian community, and a desire to work with new mothers with a view to supporting them with their wellbeing. Our 'Art for Wellbeing' model includes both an Artist and an Emotional Support Worker (qualified mental health practitioner) at all sessions. We felt this was the right model to adopt for this project, which was dealing with the potentially traumatic subjects of pregnancy, birth, and racism.

Cartwheel Arts were partnered with Healthwatch Rochdale (HWR) by Action Together for the purposes of this project as they were keen to see the results of the consultation. Cartwheel Arts would like to thank them for all their support with the project.

² Action Together and Cartwheel Arts Service Level Agreement, 2021

2. Overview of the Project

“Most women love to talk about their birth story. It's something that we've gone through that has either been really traumatic or has really empowered us and we want to share it” Session Participant

TARGET AUDIENCE: South Asian mothers who had given birth in the last three years

Healthwatch Rochdale (HWR) advised that they had not received sufficient response to the survey “South Asian Women’s experiences of Maternity Services” (found at [South Asian Women's Experience of Maternity Services Survey \(surveymonkey.co.uk\)](https://www.surveymonkey.co.uk)) which had been shared by Rochdale and Oldham Maternity Voices, and it was therefore agreed that we would target this group for the consultation session. HWR were interested in the views of women with children up to the age of 3, to capture both pre and post covid views.

VENUE: Deelish Community Centre

Deelish is a predominately South Asian area close to Rochdale town centre where 69% of residents identify as Asian or British Asian, with a large Pakistani population (59% of total population) (*Nomis*). Initial conversations were had with Deelish Children’s Centre but unfortunately their limited availability was too restrictive, and so we based sessions at the adjacent Deelish Community Centre, where Cartwheel have an existing good working relationship.

CREATIVE CONSULTATION

Cartwheel Art’s specialises in using the arts to put people at ease, giving them a focus and an opportunity to tell their story, in their own way.

Creative Journaling was chosen as the art form for this project. A creative journal is different to a written journal in that it can also contain pictures, drawings, poems, words cut out from magazines etc. The process of journaling is often used as a therapeutic tool and it invites creativity and by offering pictures as well as words, the women had a greater range of ways through which to express themselves.

It was hoped that by asking participants to start to create their journal before interview they would start to explore their feelings around their pregnancy and birth experience in a relaxed and safe space, which in turn would allow them to open-up in the interview.



PROJECT TEAM:

Liz Mytton (Creative Writer); Stacey Coughlin (Visual Artist / Emotional Support Worker); Salma Khalid (Emotional Support Worker Session 1); Vicki Greer (Project Manager / Interviewer); Naomi Burke (Session Support HWR); Vanina Yanez (Session Volunteer)

To deliver a series of sessions that resulted in a Creative Journal, we recruited a visual artist, a creative writer and spoken word artist, alongside an Emotional Support Worker to support the participants.

At Cartwheel we are committed to, where possible, recruiting staff who have lived experience of racial inequality and we felt it was particularly important for this project. Recruitment of the project team proved difficult however due to the availability of venue and the full staff team. We recruited an Emotional Support Worker of South Asian heritage, and a Black British creative writer to work alongside a White British visual artist. Due to the difficulties in team recruitment the remaining project team were White British or White Other.

The women on the project team were mothers themselves and had lived experience of pregnancy, birth and motherhood.

Upon registering participants were offered a translator. The participants did not require this service, but translators would have been employed through an agency if needed.

The delays in putting the project team together made recruitment of a childcare provider for the sessions difficult and it was agreed that the project team (Cartwheel Arts PM, a Volunteer and HWR staff member) would be on hand to entertain babies and children while their mothers' created journals. The Cartwheel Arts Project Manager took on the task of interviewer, to avoid any further delays in the project commencement.



PARTICIPANT RECRUITMENT

A leaflet and poster were designed, and physical copies were taken to four local Children's Centres and to Deeplish Community Centre, shared on social media by both cartwheel Arts and Healthwatch Rochdale and emailed to a list of partners from the Social Asian community, as provided by HWR. It was also shared to various networks through Action Together. Nonetheless recruitment was difficult and on the first session. A total of 5 women attended the sessions and gave a consultation interview.

FROM BUMP TO BABY

CREATIVE JOURNALING FOR NEW MOTHERS



- Have you given birth in the UK in the last 3 years?
- Are you of Pakistani, Bangladeshi, Indian or other South Asian heritage?
- Would you like to share your experiences and help make improvements to maternity services in a fun and creative way?

WHAT TO EXPECT:

- Work with an artist to produce a beautiful hand-made journal of your pregnancy and birthing story (or any story you'd like to tell) – a treasure for you to keep and share with your child
- Fun, creative time with your child
- Free refreshments and a play worker on hand to keep your child entertained!
- A £20 Voucher of your choice (if attending all 4 sessions)
- Reimbursement of public transport costs
- Opportunity to have your say about your experience of maternity and post-natal care



4 Mondays from 16th May to 13th June (no session 30th May) at
Deeplish Community Centre, Hare Street, Rochdale, OL11 1JT
1.15pm - 3pm
Translators available

This 4-week creative opportunity with CA & DCC is a chance to have your say about your experience of pregnancy, birth and motherhood. We know women experience racial inequalities within maternity and perinatal services and as part of the project, you will have the chance to share your experiences through an informal interview. What you say will be kept confidential and will be used to inform and improve maternity and perinatal services in Heywood, Middleton and Rochdale.

Booking essential.

To book or for more information please email: vicki@cartwheelarts.org.uk /
call 01706 361300 / text 07483 153 065.



SESSION PLANS

It's not perfect but that's fine – that's my life at the moment!" Session Participant on her art work

There was a total of four sessions delivered jointly by the creative writer and visual artist. Sessions took place from 1pm – 3pm to allow participants to pick up older children from school after the sessions ended.



Sessions started with a marbling workshop where the participants created the cover for their journal.

From Session Two onwards women were invited to speak one to one with the Project Manager, and have their experiences recorded.

The fifth and final interview took place at the community centre, outside of the scheduled sessions, as there had not been time to conduct this last interview within the sessions.

Due to unforeseen personal circumstances the emotional support worker was unable to attend after the first session, but the visual artist on the project was also a trained therapist and ESW for Cartwheel Arts and so she took on two roles, supporting women post-interview as well

as creating the creative journals with them.

Each attendee left the session with a creative care kit, some HWR freebies (Water bottle etc) and a £20 voucher of their choice. The voucher was offered as an incentive to the women to attend all four sessions we felt that full participation was important to build the trust and rapport required for the women to open-up in the sessions. While none of the women said that the voucher was their main motivation for attending, all were grateful to receive it and it felt appropriate to reward them for sharing their personal story during the consultation interviews.

3. KEY LEARNINGS & RECOMMENDATIONS

Following analysis of the five consultation interviews the ten key findings and recommendations below. We recognise that a sample size of 5 is a small group, and it's difficult to make system wide changes based on this, however, we have drawn the following conclusions to aid the reader and summarise the experiences of the women interviewed. We hope this consultation deepens the understanding of maternity services from the perspective of women who experience racial inequalities. We believe that most of these recommendations would benefit all women who access the service.

Key Learning & Best Practise

1. One interview highlighted the special relationship she had developed with her midwife, who had cared for her in multiple pregnancies and attended her births.

Recommendation: Offer this consistency of midwife care to all women as far as is possible.

2. One interviewee had been extremely pleased that her father had been allowed on the ward to perform an Islamic birth rite.

Recommendation: Ensure that this opportunity is open to women of all faiths, and to ensure that they are aware ahead of their labour.

3. One interviewee praised Team Hera, the specialist C-Section team.

Recommendation: Ensure that this model of service is available to all women across the borough.

4. Women said that the creative journaling sessions has benefited their wellbeing.

Recommendation: More Wellbeing / Peer Support activities for women who have recently given birth, which focus on the mother rather than the baby.

Key Learning & Recommendations

1. The interviewee who felt that their birth plan had been followed well was very complimentary about the staff and felt empowered by the experience. On the contrary the interviewee who felt her wishes had not been considered seemed to be holding anger about her birth experience.

Recommendation: Ensure women have an opportunity to choose their birth preferences and to discuss them with a midwife ahead of time so that they fully understand all the options. Ensure that these birth plans are honoured, as far as possible, in the hospital environment.

2. An interviewee described confusion about her birth options after being transferred from one NHS trust to another.

Recommendation: Information given to pregnant women about their options on where they can give birth to be clear, concise and easy to understand, and for this to be reviewed if a woman moves between trusts.

3. Women reported not fully understanding the consequences of having an epidural.

Recommendation: Ensure that all women fully understand their pain relief options during labour, including any lasting effects.

4. Women reported post-natal wards being understaffed and therefore not getting the assistance that they needed (i.e. to visit the toilet, reach their hospital bag, or to obtain pain relief) and were not offered support to care for their babies.

Recommendation: Full staffing levels on post-natal wards to remain consistent throughout the year, including holiday periods, and staffing levels to also allow for some practical support in helping mothers care for their new babies. Where staffing levels are too low, consider allowing birth partners to stay to assist.

5. Women reported being emotional in the post-natal ward, especially when their needs were not being met (help not being on hand, or the discharge process taking too long etc). One interviewee felt that women being closed off behind individual curtains did not help with this feeling of isolation.

Recommendation: Emotional support to be provided for women on post-natal ward and encouraging women to socialise with one another where appropriate.

6. Women with children at home already described it as difficult on discharge, especially where they'd had a C-Section.

Recommendation: To ensure that women are not discharged earlier than they are comfortable with and to provide additional support at home for women who have experienced a caesarean birth.

7. One interviewee found her experience in hospital difficult when she was new to the country and her English wasn't as proficient.

Recommendation - More translators to be made available in maternity wards for women who's first language is not English

8. Women reported being treated different to their white peers in hospital.

Recommendation: Ensure that staff are offering all women the same level of care.

4. CONSULTATION INTERVIEWS

Five consultation interviews took place and were recorded in a private room at Deeplish Community Centre. Each woman attended the interview with their child(ren), and interviews were conducted by the Cartwheel Arts project manager. The project manager attended all the sessions to build rapport with the women before they were interviewed.

The demographic of the five women interviewed were:

	RESPONSE	COUNT
POSTCODE	OL4	1
	OL11	2
	OL16	2
AGE	25- 34	4
	35- 44	1
ETHNICITY	Pakistani	4
	Bangladeshi	1
DISABILITY	Yes	0
	No	4
	No response	1
Religion	Muslim	5
Sexuality	Heterosexual	3
	Bisexual	1
	No response	1

Names have been removed from the interviews and replaced by initials to protect identities.

Summaries of each interview can be found below, preceded by key recommendations and learning that came from the interviews.

Transcripts of the full interviews can be found in appendix one.

INTERVIEWEE 1

Interviewee one shared stories of the birth of her two-year-old daughter, who was born in Oldham hospital in March 2000, just before the pandemic struck.

She reported having a difficult pregnancy and birth but felt she had good care from the midwives, hospital, and health visitors.

*“Was very hard. But I had first two boys, my body was fine. But after I had two girls so many problems, back pain, I had (varicose veins).. very painful. But when she’s born...she was quite short time. **But was very good in our hospital. Everybody was very good. Fine, caring helpful”***

She contrasted this with the care that she received when giving birth to her sons, now 11 and 12, in Rochdale Infirmary. At that time, she had only been living in the UK for a year, having moved from Bangladesh with her husband and she did not have good English. She found that that the midwives would not help her to change a nappy when she was physically weak after her birth. **She said that experience had made her feel "very bad", and she questioned as to whether this was down to her poor English.**

*“So, I had my boy and night-time one nurse came and I think he did he need to change nappy and I because you know, first time was very long hours...I was very, very tired, to stand up myself. I asked the nurse ‘Can you change his nappy’, I’m **trying because I was very bad (at speaking English). So maybe she understand. But she, she said, ‘No, I can’t, you’ll have to do yourself’.** So that experience was very **(hard)**...these day I can speak, but that time I couldn’t speak and ..I was.. feeling very bad. And was low energy to change and change nappy....I didn’t know how to change”.*

She felt her experience was better with her most recent birth as she was able to understand the hospital staff.

“With (M), she’s two, I completely I understand everything, if I don’t understand, I tell again. So, they talk nicely to make me understand, but wasn’t any problem.”

INTERVIEWEE 2

Interviewee two has three children under the age of 5. Her youngest was 3 months old at the time of the recording (June 2022). She gave birth in Oldham hospital and reported having a good experience with her latest birth, midwife appointments and postnatal care.

“My Health Visitor and Midwife, they were very good in during pregnancy. So, it was good”

*“(in Oldham hospital) it was very good. Because everybody was really supportive....I had a really good time because **everybody supportive and helped me with everything I needed.** They did help.”*

She particularly appreciated seeing the same midwife in two of her pregnancies, who was present at both her midwife appointments and at her birth. She felt she had built a special relationship with her as a result.

*“I really miss her. I don't know **(I had), like an attachment with her** and like a really good friend. She was a really nice person....She was so funny, She was saying to me “I bet you she's not your last one kid”. So, she said, ‘When you are you going to try to again, do let me know’. **So, she was very nice. She's a really good person”***

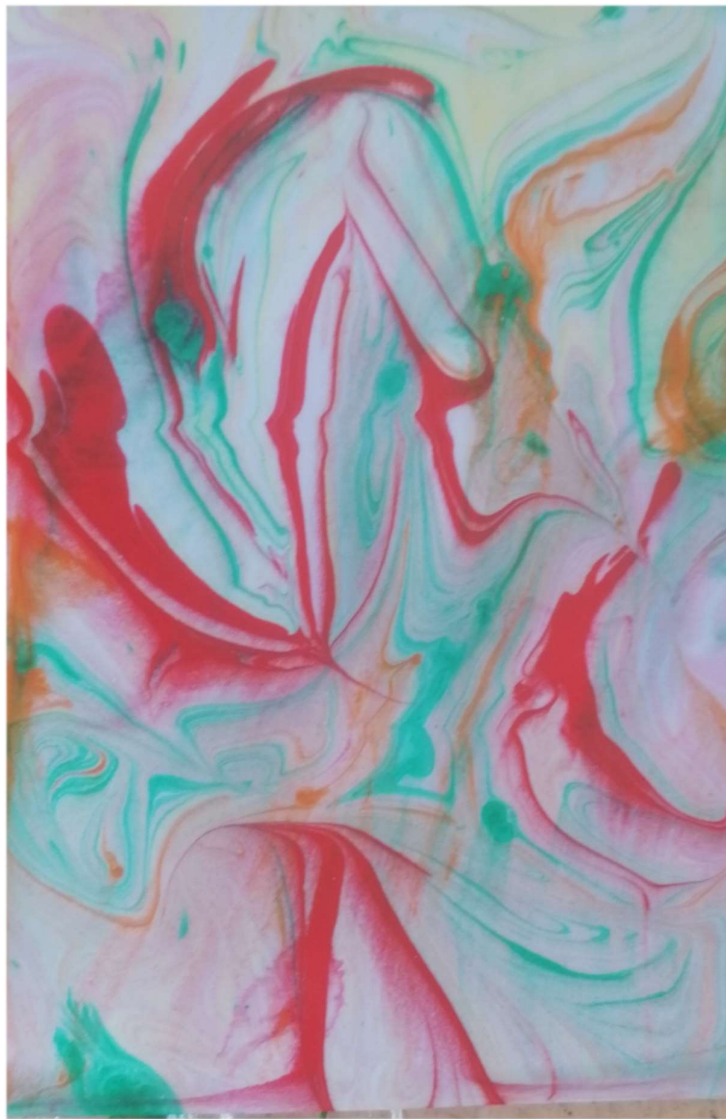
However, with her middle child (2 years old) she gave birth over the Christmas period, and she said that this affected the care she received. She had a caesarean birth on that occasion and reported that she was not helped to change a nappy, even when she was unable to stand, post-surgery. She described the situation as "depressing". **She felt that post-natal ward staff ought to be more hands on with babies and new mums.**

*“I can't stand up; I can't help with the kids and change nappies and stuff. So that time I felt really guilty. Because obviously, **when I tell somebody or call somebody to help me, they said ‘No, you have to do yourself’.** So, I was so stressed that time...I was really in distress that time because I was crying and I can't change nappies to myself, because obviously, my husband had to watch my oldest one. And he can't come to the hospital, obviously. So that was really a quite depressing thing for me.I was told maybe because staff is not available, obviously, Christmas day, because she was born on 24th December. So, I thought maybe that's why, but that time was really depressing for me”*

*“**If a woman's given birth to a child, they (hospital staff) have to look after her more and treat her good, because she's not in a condition so she can do anything.....**And understand obviously at that time, we are all emotionally (fragile) because of these newborn babies, it's all emotional things. So they have to understand how to treat (us),, because we are (the) patient, they've got to look after us....we're not forcing them that do something for us, it's their job. So I want to say that they need to change that thing (and) help everybody same, equal.”*

She ended the interview by saying that coming to the Bump to Baby sessions were making her feel like her old self again.

*“I just wanted to say that I'm really happy to come to the sessions....So I was home... feel alone and obviously, busy kids, and then mind goes everywhere. **Since I start here, I feel like my old days....So I'm really happy. I'm really happy to attend those sessions”***



INTERVIEWEE 3

Interviewee three has two boys, age 2.5 months (June 2022) and 3.5 years old. She works in the NHS herself.

She talked mainly about her more recent pregnancy and birth when she had moved from Blackburn to Oldham while she was pregnant. When she moved, she was under consultant care due to concerns about the baby's size but was returned to midwife care just before she was due to give birth. This caused her some confusion as she was unclear as to whether she was able to go to the birth centre:

“When I was discharged, there was a bit of confusion. To be honest, I was happy with the labour ward, so I wasn’t going to be like ‘I want to go to the birth centre’, but I’m pretty sure at some point, someone told me you could probably go to the birth centre if you want....then someone else said to me, you’d have to go to labour ward to be monitored. So that was a bit confusing”

She'd had a Caesarean birth with her first child (in Burnley), so she described being able to have the natural birth she wanted as "empowering".

“The birth was...really good. It was really empowering. I was really happy. It felt like it couldn’t have gone better”

She praised the extent that the midwives had they followed and honoured her birth plan (e.g., her request to stay covered during the birth).

“I could tell that they were trying to follow my birth plan, because I was in what they call the throne position, so they helped me...sit upright on the bed and they kept covering me up – because I’d written that I wanted my dignity to be protected and I wanted to be covered....I could tell that they’d read my care plan. They (were) really respecting it”

She also praised staff for allowing her father to come on to the ward to carry out a religious rite of passage with the baby, as she did not have a partner who could do it:

“We have a certain religious ritual, which is basically, when a baby is born, the first thing they should hear (is a)..... call of prayer into the baby's ears (from a male elder)..... sort of like a religious rite of passage..... If his father was with me.. it would have been his father but father's not in the picture. So, it was going to be my dad.....I asked them if my dad could come to the labour ward....and whether he could do that rite of passage, and this was like...three, four in the morning. So, they were really, really accommodating. I was expecting them to say, no, I'm sorry, we can't allow that. COVID rules and restriction. But I asked, and I'm glad I did. Because they were like, yeah, that's, that's fine. Just let us know when your dad is here. And because there was sort of like safety concerns, and things like that they were really careful about it as well”

She did feel that the post-natal care that she had experienced, in both hospitals, "wasn't as attentive" and she put this down to lack of staff.

"Postnatal care probably was – in both places – where I find that it wasn't as attentive. Especially in Burnley. But it wasn't anything to do with the actual staff themselves. I think it was just a general NHS thing - lack of staff, basically"

With her first birth, she did not feel, in hindsight, that she'd fully understood the consequences of having an epidural:

*"I feel like the midwife was trying to encourage me to consider another form of pain relief....I'd already tried Gas and Air, the birth pool, and then I was like, I need something stronger. And I think I said I'd like an epidural. And she said, you know, would you consider something like remifentanyl or something like that. And she didn't push me. Which is fine. Because, you know, I've probably spoke in a really assured way, but at the time, I didn't really consider all the risks of the epidural....so I knew I'd (be) immobilized, but I didn't think about (you) can't be upright, you can't move. You can't change your position. You're not going to be able to feel your legs. That's it. You're out of action.....I think that was her motivation. I think she knew the risks of an epidural, and, you know, the chance of me having a natural birth would be better with a different pain relief. And she didn't push that which, you know, that's not something that I hold against her or anything like that, but **they encouraged me this time (with her second birth) to really look around pain relief and all the options and the fact that I wanted to mobilize"***

She was kept in hospital for three days after her first birth and described pressing her buzzer for assistance post-birth and no one coming.

"I mean, when I press the buzzer, they would come, and they will do all the obs and everything, but you could tell that they were stretched and obviously when you can really tell when things aren't getting done is when you're ready to be discharged and the stuff is not coming fast enough. And obviously I work in the NHS I totally understand they've got to prioritize, the quicker they discharge someone quicker somebody else is going to fill that bed, and they've got other bigger priorities you know"

She felt that it would have been in a nicer experience (in Oldham) had the new mums been encouraged to talk and socialise, describing the setup of having curtained beds as "claustrophobic".

*"It gets quite claustrophobic because.. everyone has their curtains round and so do I as well. And you could hear people on their phones and all that stuff, and **it does get quite claustrophobic. whereas I think if you were able to socialize with other mothers, it probably would have been nicer"***

She did not feel that she had experienced any racism or discrimination in hospital, but she did query as to whether this is because she is educated and works within the HNS herself.

She had noted that bad reviews of the maternity wards she had seen online seemed to be coming from women of colour.

“Before I had my first child, I was looking at...what the reviews were for the hospital...What I noticed was, there were bad reviews and I felt like some of them were coming from women who were of colour. I feel like because I work in the NHS....I can present myself in a way that means I’m going to get treated well in return.....But I feel like someone who probably isn’t in my position and is of colour, I don’t know if they would get treated the same way”

When asked if she’d benefited from attending the sessions she said that they had come at a perfect time for her:

*“It’s the kind of thing I always always wanted to do. I didn’t do with my first one, because I was nervous of going out and doing anything. And this time, I was determined to do stuff for myself and make some me time. And this was perfect, absolutely perfect. I thought, Oh, my God, it’s art, It’s related to something that is really important to me something that you know, I know, **most women love to talk about their birth story. It’s something that we feel like, you know, that we’ve gone through that has either been really traumatic (or) has really empowered us and we want to share it.** So for me, it came at the perfect time, especially with a lot of other things going on in my life as well”*



INTERVIEWEE 4

Interviewee four moved to the UK 2.5 years ago. She has one daughter, who is 7 months old (June 2022).

She had what she described as a “terrible time” giving birth at Oldham hospital in December 2021. She felt that the midwife was withholding an epidural from her:

*“So it was planned. **Everything was planned before like my pregnancy and delivery plan. I'm going to have epidural. So I requested for early epidural.....(She said) You have to you have to try and give (birth) natural**”. I said, ‘Well, it's not working for me. How can I tell you how bad the pain is? I'm facing really bad pain’.....So the midwife there, she was so nice, the way she was talking to me....But she just wasted time. It just felt like she didn't take me seriously. It felt like it's normal pregnancy, but they wanted it to make it to (a) really bad pregnancy, putting baby in danger and all that.....So anyways, three hours I pushed. So, when baby's heartbeat started dropping after three hours, and my heartbeat was going down as well. That's when she realised that they need to do something. So that's when obviously she gave (me an) epidural. Before that though even my mother-in-law, she was there...and she goes, Listen, I can see the baby's not coming out. She's pushing baby comes out, then she goes upwards back again, so she needs help. Even that lady..my mother-in-law, she knows that I need help. But that lady over there, the nurse, she don't know what she doing. So she kept checking the baby coming out. Then she's going backwards again. Kept me pushing for three hours. And my mother-in-law goes she needs help. She needs help. Nothing, nothing is working. Nobody's listening”*

She was shocked to later learn that the midwife had not called for an epidural for her when she had been told there was a delay due to the team being busy:

*“When the epidural guy came to give me epidural afterwards....my heartbeat was dropped and all that and wasted too much blood as well.....I complained that ‘you gave me epidural after such a long time even though I requested for early on’. **He goes, ‘We came straight away. As soon as your midwife said to us, we came straight away’. Can you believe that?She didn't even say to anybody that I need epidural. She just by her own. She kept saying that I need to do it natural.**”*

She also reported having issues in the post-natal ward with not being able to get the help she required from the midwives and suggested that if they are too busy to help new mums on the ward then they should be letting partners stay so that they can assist:

“So, it's night-time, I can't walk. Obviously I had epidural. Baby is crying. Nobody is listening, like you doing the bell. Nobody's listening. I had my pads and everything within the bag. Obviously my hospital bags were ready. Like, you know, the pads and stuff. The midwife gave me pad and it was going all over. I was wasting too much blood. So, it was going all over the bedding and everything. So, in the morning, obviously I can't say to her, change the bedding, change the bedding can I? It's not nice. So, I just felt bad. I couldn't say it to her. So, in the morning when they changed

*the bedding, she gave me underwear. So, I said, 'Oh, well thank you very much. But it would be better if you would have gave me last night last night underwear. So, I wouldn't have done all that'. She goes 'Well, we are not supposed to give you, you have to bring your own'. Like she was really rude. She was not supposed to give you, you should be thanking me for that, I gave you something. I said, 'Well, I do have it in my bag. But obviously when you press the bell, nobody's coming. At night. I'm struggling. I can't get up from the bed. I can't pick the baby up'. It was all terrible. I can't even tell you then I said and 'I need to go for wee'. 'Well, you can go by yourself'. Clearly you can't walk, can you? **You've got epidural and you can't even stand up properly and they're telling you without any help, anyhow, you should be going by yourself. If you can't do it, let the partner stay! Let the partner stay!**'*

She also reported being treated differently to a white patient in the bed next to hers:

"She was treating a lady next to my bed. It was a white lady. I don't know if they were being racist or what? But she just changed her baby's nappy and I asked her I said, can you change my baby's nappy as well please and she goes, 'Well, we're not supposed to do that. You need to do it by yourself"

She did not however feel she was discriminated against at any other time:

"After delivery. Is that postnatal ward? That was, obviously that's where I felt like they were being racist. But other than that, it was all good. About the racism.. it wasn't like that."

She also had issues with a severely delayed discharge from hospital despite being desperate to get home as she was struggling to get the pain killers that she needed from hospital staff:

*"I was crying my head off to go home. At least I've got my partner there. So, I was just crying to go home. That's how terrible I was then. Right. Okay, then I had to stay in the hospital for one night because my heartbeat was proper low. And I wasted too much blood as well. So that's fine. I stayed in the hospital. Next day, nobody is listening. And I'm in a really miserable position there. **So, I said, I want to go home just discharged me.... it came to the point where...the pain was going crazy. I had no painkillers. I wanted to go home"***

INTERVIEWEE 5

Interviewee 5 has two children aged 2 and 4 months (June 2022). She had an emergency C-Section with her first child and had only praise for the hospital staff. The second time, in April this year she said that the postnatal ward was understaffed, and she reported having to press her bell several times to get someone to assist her and had to eventually go to the toilet alone post C-Section when she did not feel safe to stand.

*“First time, I was happy but second time. I was not. There was only one nurse in the full ward. And no one was coming. **I was doing bell three times. And then one came, and they listened, and they never turned up again. And then I will have to do bell again..... Yeah, I was alone, and I went to toilet. You know when after C-Section you first time get up. You need some help..... Because you can't get up yourself. Yeah, but there was no one. So, I need to go toilet and I went alone”.***

She was discharged from hospital quicker than she would have liked (less than 24 hours after having her C-Section) due to understaffing issues over the Easter holidays and was surprised that the midwife who visited the next day thought that she had discharged herself.

“When the midwife came next day, you know, she was saying, because you said, ‘I want to leave’ So that's why we discharged. I said, no, I didn't say to you, that I want to leave. I said change that because you said you wanted me to discharge.”

She had lots of praise for Team Hera – the specialist C-Section team and said that they gave excellent care, especially when her wound became infected.

“They were so good. So that's that was the only good thing this time..... I ring them and they straight after they came. And they give me medicine as well. Next day”

She did express that she wished there was more hands-on help at home for women who have had a C-Section to help around the home etc.

*“I think there should be someone to come. I was thinking that they're so good. Like they're helpful, but I think they're, they're someone that can help at home if you're alone. Like, come for one hour I think and yeah, like a little bit.....For one to three days. If you had a C section. **It's so hard if you've had a C-Section”***

She also wished that she could have had more midwife appointments – and earlier in her pregnancy – with her first pregnancy to put her mind at ease.

“For the first I wanted to check more. Because I was nervous, bit nervous..... For reassurance. I know they don't need to because I don't have any problem...but I was like every time scared. “

She did not report having experienced any racism or discrimination.

5. SESSION EVALUATION

Following the sessions, the participants were asked to complete an evaluation. The results below are of key questions. The full questionnaire can be found at Appendix 2.

Question	Answer	Comments
Did you enjoy the workshops?	Yes very much - 5	<p>What did you like? (optional)</p> <p>“I like marbling”</p> <p>“Chance to talk through feelings and common experiences. And the art activities. Great that we could bring our children”</p> <p>“Speaking to different people”</p> <p>“Meet with new people”</p> <p>“I could have me time while they were looking after my toddler”</p> <p>What did you dislike? (optional)</p> <p>“I wish it was in Oldham – closer to home. I wish this was an ongoing longer thing”</p>
Did the sessions have a positive effect on your wellbeing?	Yes very much – 3 To some extent - 2	<p>“They heard about labour experience”</p> <p>“This is great – we need more like this and widespread – this will help women!!!”</p>
Were you happy to be interviewed about your experience of perinatal / maternity services	Yes very much – 5	
To what extent might you have found it easier to discuss your experiences of	A lot - 2 A bit more – 1 Unsure - 2	

maternity and perinatal services if the interviewer was a woman of colour		
What encouraged you to attend these sessions	<p>A chance to socialise with my baby / child - 2</p> <p>To take part in the consultation – 1</p> <p>A chance for my baby to socialise - 1</p> <p>To take part in the artistic activity - 2</p>	<p>“I needed to do something for myself without the guilt of having to leave my baby”</p>

We were pleased to find that all the women enjoyed the sessions and that all reported that the sessions had a positive effect on their wellbeing. All had been happy to share their stories as part of the consultation. All women were seen individually by the emotional support worker after their interviews, but no issues arose during the sharing of the stories.

We were unsurprised to find that the women would have felt more comfortable being interviewed by someone with lived experience of racial inequality. This was the intention in the original project plan and it is regretful that this did not prove possible within the project timeframe on this occasion.



6. APENDICES:

Appendix 1: INTERVIEW TRANSCRIPTS

These interviews have been transcribed by otter.ai and then manually corrected.

Names have been removed and replaced with initials.

Where there is an interruption (from a child, or someone coming into the room as happened on one occasion) this has been removed to avoid confusion.

The interviewer realised after the first session that she had used the phrase 'non-white women' within the first two interviews and apologises unreservedly for the use of this unacceptable term. Cartwheel recognises that this term is considered racially offensive and does not endorse its use.

INTERVIEW ONE

INTERVIEWER 0:00

So, what's your name?

INTERVIEWEE 0:02

So my name is (R). And my two year old, she's (M).

INTERVIEWER 0:09

And she's been very quiet. And that's amazing. And do you mind me asking how old you are?

INTERVIEWEE 0:14

No, no, I'm 32.

INTERVIEWER 0:16

32? Excellent. And (M) is two, two years old. So yeah, we're talking about (M) today, yeah that's lovely. And can I ask as well for the recording how you would describe your own ethnicity? How do you describe yourself?

INTERVIEWEE 0:30

I'm Bengali.

INTERVIEWER 0:33

Excellent. So I've got some prompt questions here if that's okay. Yeah, I'm not kind of reading from them, they're just a prompt for me. So can I ask where (M) was born?

Yeah, she's born Oldham hospital....(*Interruption*)

And I mean, just generally, how was your pregnancy? How was it?

INTERVIEWEE 1:01

Was very hard. But I had first two boy was my body was fine. But after I had two girls so many problems, back pain, I had something vain. **Verrucous Veins?** Yeah, I think that one was very, very painful. But when she's born my other three takes too long, hours, you know, when I gave birth, but she's was quite short time. But was very good in our hospital. Everybody was very good. Fine, caring helpful. Yeah.

INTERVIEWER 1:44

So she's your youngest?

INTERVIEWEE 1:45

Yes she's the youngest.

So you've got one that 12....?

then 11 and 5.....she's two.

INTERVIEWER 1:52

She's the didly one! Well, perfect. So you so you were at home, were you at home, kind of until quite late on in your labour? Or did you go into hospital?

INTERVIEWEE 2:06

Because she's over three days. So I basically I had a pain. I stayed home. Like, it's like over a week. She's not. She's not ready yet to come. So I was I was home and was pain coming and coming and coming and going. Then when she's born that day, then I go hospital, about 12 o'clock. And she she's born six o'clock. That day, same day.

INTERVIEWER 2:34

Excellent. And you felt that you had really good care in hospital?

INTERVIEWEE 2:39

Yeah, they was

Excellent. What about in the run up? Like when you were pregnant? You're presumably seeing a midwife? How was that? How generally did you find your midwife appointments?

INTERVIEWEE 2:52

Yeah. Good. Because there anything if they always check any problem. If baby not moving. Always they check to do if I asked anything they told me to do or check any problem. baby's heart beating, okay, or not? Everything good.

INTERVIEWER 3:17

And obviously, you mentioned to me that your English isn't great, but I think it is! Was there ever a time when you felt that you didn't fully understand what was happening or that it could have been explained better or

INTERVIEWEE 3:30

so I understand (M). But when I had my two boys that time I didn't understand anything like health visitor, midwife hospital, couldn't speak everything was very very hard for me and too hard that the first time I came here and then no, don't know anything about how mum baby how to look after and English. I didn't know English, but with (M), she's two, I completely I understand everything, if I don't understand, I tell again. So they talk nicely to make me understand, but wasn't any problem.

INTERVIEWER 4:16

So how did you how did you manage the first time in terms of did you just have someone to translate for you?

INTERVIEWEE 4:26

Not in hospital no. So I still remember so I was. So I had my boy and night-time one nurse came and I think he did he need to change nappy and I because you know, first time was very long hours. Like I was very, very tired, to stand up myself. I asked the nurse 'Can you change his nappy'. Little little, I'm trying because I was very bad to speak. So maybe she understand. But she, she said, 'No, I can't,

you'll have to do yourself'. So that experience was very.. but now these day I can speak, but that time I couldn't speak and she said I was very bad, feeling very bad. Yeah. And was low energy to change and change nappy and think long hour after I changed him, I didn't know how to change .

INTERVIEWER 5:32

And you couldn't tell anybody?

INTERVIEWEE 5:33

No, no, no, no.

INTERVIEWER

So have we got any more toys for you to play with. Let's have a look what we brought? Do you want to have a go with my owl? Is that going to help?

Yes, so when did you move then? When did you come to the UK.

INTERVIEWEE 5:53

I came...I married 2008. And then after married, after one month I came England. So September 2008. And I had my boy first one, 2009.

Right. Yeah.

So you know, now it's quite long time I'm here in the UK.

Right. So yeah, so obviously, you're you've picked up English along the way.Yeah. Which has made it easier by the sounds of things.

INTERVIEWEE 6:25

Yeah, I learn.

INTERVIEWER 6:27

Oh, okay. Thank you for that. So, I've asked you about maternity and asked about the hospital. What about after you came out of hospital with (M), how you would have health visitor visits, presumably? Yeah. Because we were affected by COVID with her visits?

INTERVIEWEE 6:46

After she born COVID came., I was lucky.

Yes! So how long afterwards?

She born March.

From Bump to Baby: Maternity & Perinatal Consultation

Oh, okay!

And then after one month, we have some in China then our country, like England came after she born, next month.

INTERVIEWEER 7:06

So you wouldn't have had to Health Visitor appointments, then? Did you? Or did you have like telephone appointment?

INTERVIEWEE 7:11

No, I had everything, Health Visitor.

INTERVIEWER 7:15

Yeah. Yeah. Okay. That's great. So how was that with the Health Visitors? That was all okay?

INTERVIEWEE 7:23

Yeah, yeah, it was. Okay. First, the first month was okay. After when COVID came. So the contact with telephone. Yeah, yeah. So was good, everything good. They came checked. Yeah.

INTERVIEWER 7:37

Brilliant. Yeah. Good to hear lovely. I'm just wondering, I mean, obviously, you told me that everything was good. So maybe the answer to this question is no, but as you know, we're kind of interviewing people because we are aware that that South Asian women and other women, non-white women, are sometimes treated differently in hospitals and during in in maternity and Perinatal Services, was there ever a time - apart from maybe the time you told me with your son where the language was an issue - where you kind of felt like maybe you were being treated slightly differently or maybe not being treated very well?

INTERVIEWEE 8:14

I think first time, I did like. I couldn't speak so that's why maybe they think she doesn't....maybe they don't understand me what I'm trying to say. First time was hard like, it's like, I did, I was scared a bit because I didn't know what to do, Because No, I never been (...) before like this, so that's why. After I have two girls, no, no issue there, because I can speak, talk if I need anything, I told them they gave or if I want to know anything they know. First time was...I don't know.

INTERVIEWEE 8:59

And that was in Oldham as well as it was it, Oldham hospital?

From Bump to Baby: Maternity & Perinatal Consultation

No that was Rochdale. I had my both boys in Rochdale hospital and and then after I had two girl, Oldham hospital.

INTERVIEWER 9:17

..... I think I've probably covered everything. From jumping around a bit here. But just thinking about when you were planning to give birth. Were you given options about where you could give birth?

INTERVIEWEE 9:36

Yeah, they gave the option.

Yeah. So you have the option of the Oldham hospital or home?

Yeah. I chose hospital.

INTERVIEWER 9:45

I can totally understand that. Yes. Excellent. So you were given options, that's good to know.

INTERVIEWEE 9:49

Yeah, they gave the option.

INTERVIEWER 9:52

Great. I think that's it. I suppose the only other thing to ask you about it's just whether there is anything at all that comes to you that you think you, if could change anything about the service that you received? Is there anything?

INTERVIEWEE 10:05

Now it's like, because Rochdale no Infirmary anymore, like but so Oldham is very, very busy. I think. So, maybe

INTERVIEWER 10:19

Somewhere local

Yeah,

INTERVIEWER 10:20

it did. It feels like a long way to go when you were in labour?

INTERVIEWEE 10:25

It's not that long way, it's fine. But yeah, like, very busy. Everything yeah fine.

INTERVIEWEE 10:34

So if there would have been...I'm just interested now...If there have been a birth centre in Rochdale, for example, would you have chosen that option to have her at the birth centre, rather than the hospital?

INTERVIEWEE 10:44

Yeah. Because that time, you know, pain.

Yeah of course.

So if near, it will be better better, at that time, you know, you can't say anything like anything. You will find it good. When it's pain, so hard that time..

INTERVIEWER 11:10

Yes. Yeah Well, thank you very much for sharing. You were the first interview and you did great! I am going to stop that now.

Okay.

INTERVIEW TWO

INTERVIEWER 0:00

Okay, so just for the recording, I'm Vicki from Cartwheel Arts. And I'm here interviewing (F). So did you want to just say who you've got with you just for the recording?

INTERVIEWEE 0:14

Yeah. So I got a daughter and her name is (I). So, she's nearly three months old now. Yeah.

INTERVIEWER 0:25

then you've got another

INTERVIEWEE 0:28

Yeah another little one, she's two, two years old. Yeah.

INTERVIEWER 0:31

Great. And then you just told me as well that you've got an older one.

INTERVIEWEE 0:34

Yeah, He's four years old. Yeah. So I've got three children.

INTERVIEWER 0:38

Yeah, so you've got three children under the age of five. So you've got your hands full! Lovely. Can I just ask you for the recording as well, how you would describe your own ethnicity?

Yeah, mostly Muslim.

Yeah. Okay. Yeah. Fantastic. Thank you very much. So we just wanted to ask you really about your experiences of pregnancy, and in particular, the services that you that you encountered while you were pregnant. So how were your pregnancies?

INTERVIEWEE 1:05

Yeah, it obviously is, it was good. But, you know, for us, obviously, from starting, it was hard little baby, because obviously, I've got two more to look after. So it was hard from starting. And then after I got used to the pregnancy, and all journey was good. And obviously my three of all with the C

section. So yeah. So after having her, it's very difficult for me to look after my kids. And so because of how me and my partner are live we have live in the UK other than non family members. Yeah, so we have to know everything look after ourself. Nobody else. So it's bit hard after her, but now we manage everything. My husband, he helped me through. So when I like, sad or feel something wrong, then he will help me for everything. Yeah. So other side my Health Visitor and Midwife, they were very good in during pregnancy. So it was good. But obviously, you have a rare thing as well.

INTERVIEWER 2:17

With the having a two year old and a kind of newbie, you have you been affected by COVID presumably?

INTERVIEWEE 2:25

No, not me, but my husband was he had the COVID when I was pregnant. Yeah, only eight months I was pregnant. So he had COVID 19. So it was hard for us.

INTERVIEWER 2:42

So were you still able to see the health visitor and the midwife? Yeah

Okay, yeah. So and how did it feel going.....Sorry I'm making a presumption there...Where did you actually give birth? Did you give birth in the hospital?

INTERVIEWEE 2:56

Yeah, it was in the hospital, Oldham hospital. Yeah. So yeah, it was good experience

with all three of your children?

Yeah it was very good. Because everybody was really supportive. No, with my middle one, that time, because it was Christmas day, so staff was not available in the hospital. So it was really hard that time. Yeah. But other than my first one, I had a really good time because everybody supportive and helped me with everything I needed. They did help.

INTERVIEWER 3:31

That's great.

Yeah.

And was that the same experience in the run up, whilst you were pregnant, with maternity, midwife appointments? Everything?

Yeah.

You felt supported there? Yeah.

And afterwards as well? Yeah.

Ahh good. You had a good experience. Yeah.

INTERVIEWEE 3:46

So, my midwife, she's obviously, she's with me when (I) was born – (A) – she was with me that time and she also with (S). Yeah, so from (I's) time she was with me, so she's really nice. She's like a best friend of mine. Yeah, she's just so nice.

So did you see her in the run up, whilst you were pregnant as well, and then she was there for birth?

INTERVIEWEE 4:14

Yeah, she was.

That's so special.

She was there. So I really miss her. I don't know, this like attachment with her and like a really good friend. So, she was a really nice person. Yeah, even she was so funny. She was saying to me. 'I bet she's not your last one kid'. So she said, when you are going to try again, do let me know. Yeah. So, she was very nice. She's a really good person

INTERVIEWER 4:41

Excellent. Yeah. Brilliant. That's really good to hear. So you've had a good experience with all three.

Yeah, brilliant. So I guess maybe the answer to this will be no given what you just said, but as you know, one of the reasons that we're doing this consultation is because it is recognized that non white women and are often treated differently in hospitals and in during services. So was there ever any time during pregnancy, or afterwards, or in the hospital where you did felt feel that you were being treated differently?

INTERVIEWEE 5:12

Yeah. Yeah, obviously (I's) time, I was saying that it was different because if you have a first child and second, they in the hospital think that you know everything, you have to do yourself, everything. But they didn't know that I had a C Section. So I can't stand up, I can't help with the kids and change nappies and stuff. So that time I felt really guilty. Because obviously when I tell somebody or call somebody to help me, they said 'No, you have to do yourself'. So I was stressed that time. Yeah, so I was really in distress that time because I was crying and I can't change nappies by myself, because obviously had to watch my oldest one and he can't come to the hospital obviously. So that was really a quite depressing thing for me. Then after that, I was told maybe because staff is not available obviously Christmas Day, because she was born on 24th December. So I thought maybe that's why, but that time was really depressing for me, Yeah

INTERVIEWER 6:22

Do you think they were, generally, saying that to all women?

INTERVIEWEE 6:25

Yeah. I mean...lots of friends, they said that their treat them as well. Because they said, after one case, they thinks that everything is normal. They can do everything they want to do, they didn't help. So that's sad. If you're a woman, you think she needs help obviously if she had a C section, she can't stand up herself. So that time yeah, I was ready to press. So after that, when we come home, so I thought it is better to stay here, have to go to house because when I go house, then I can do you know, obviously my husband that is front of me, my son, he's in front of me, then I they can help me if I need something. Yeah. So you better to stay here is better than go home. So I was leave after one day, right? Yeah. So So I want to discharge I want to be here. So I'll straight away come home.

INTERVIEWER 7:25

So were they suggesting you stayed longer?

INTERVIEWEE 7:28

No they said It's up to you. Yeah, so it depends on you. Yeah. So yeah. But it's part of life anyway, sometimes, I've been good, sometimes bad.

It's important to hear. Thank you.

INTERVIEWER 7:43

So I mean, is there anything else that you feel in terms of thinking about your pregnancy, birth, and afterwards, is there anything at all that you would change? Change the system, change the way something is done? Is there anything that strikes you?

INTERVIEWEE 7:56

Yeah, all I'll say is that I think, you know, hospital staff should be... If a woman's given birth to a child, they have to, you know, look after her more and treat her as good, because she's not in a condition so she can do anything. So I want to say that, no, I mean, midwives have this to have to look after a good, good way. And understand obviously at that time, we are all emotionally (fragile?) because of these newborn babies, it's all emotional things. So they have to understand how to treat the right thing, because we are patient, they're gonna look after us, their job is, we're not forcing them that do something for us, it's their job. So I want to say that they need to change that thing because they have to help everybody same, equal.

INTERVIEWER 8:58

So more hands on afterwards?.

Yeah, yeah.

And do you think that's because then they're understaffed?

From Bump to Baby: Maternity & Perinatal Consultation

Yeah. Yeah.

Thank you. I think that's all of my questions. Is there anything else that you felt you wanted to add?

INTERVIEWEE 9:13

So I just wanted to say that I'm really happy to come to the sessions. Yeah. So I was home. So feel alone and obviously, busy kids, and then mind goes everywhere. Since I start here, I feel like my old days. Yeah. Yeah. So I'm really happy. I'm really happy to attend those sessions.

INTERVIEWER 9:36

Thank you. Yes, it'd be great if we could carry them on after the session. So yeah, thank you that that's, that's the kind of thing we need to hear. Thank you. If that's everything, I'll stop the recording. Yes. Thank you. Lovely.

INTERVIEW THREE

INTERVIEWER 0:02

Okay, yeah, I think we're recording there. So I'll just leave that there so it can pick up both up.....So just for the recording, my name is Vicki from Cartwheel Arts and I'm here with (S). And I was just going to ask you a few questions really around your experience of childbirth and maternity and Perinatal Services, if that's okay. So, sorry, just for the recording. Can you just repeat your name for us.

Yes (S)

Lovely, nice to meet you. And who have we got here with us in the room?

INTERVIEWEE 0:32

And my son, (H)?

INTERVIEWER 0:36

How old is he?

INTERVIEWEE 0:37

He is two and a half months old.

INTERVIEWER 0:40

Lovely. And have you got any other children?

INTERVIEWEE 0:43

Yes, I've got a three and a half year old boy as well.

INTERVIEWER 0:45

Fabulous. So when we're talking today, we're particularly interested in any of your experiences within the last three years. So whilst we're, kind of, mainly talking about Muhammad, and that experience, obviously, all your experience from your first child is totally valid, and we'd like to hear about that, too.

So you have two children. So thinking about your first child - he was born pre COVID, am I right to say that?

Yes

before lockdown? Yeah.

Okay. And I guess there was no restrictions in place were there when you had.....?

INTERVIEWEE 1:20

Yes, so it was just you could have a birth partner, and you couldn't have anyone staying with you overnight. But your birth partner, only your birth partner could come and visit you.

INTERVIEWER 1:31

yes, it was just interesting for us to kind of know where where it fits into the kind of COVID picture because I know people have very different experiences. Lovely. So generally, how was your, how was your pregnancy?

INTERVIEWEE 1:44

It was relatively straightforward, apart from the fact that I was put under consultant care from a previous trust. So I was transferred over to Oldham when I moved. So I was under consultant care, initially, because they thought if I have a really big baby, I might need to have planned C section. Because my last baby was an unplanned C section. But shortly before I was due to give birth, I was discharged from consultant care, because they did extra scans. And then yeah, they did extra scans. And then they booked me in for other things to check baby's size. And they said, it looks like I should be fine, to have a natural try...try for a natural birth.

INTERVIEWER 2:30

Yeah. And you're happy with that decision, really, were you>

Yes. Yeah. That's, that's what I really wanted. Yeah, because I had an unplanned C section. I really wanted the professionals, healthcare professionals advice, too match what I really wanted to do, which was to have natural birth as much as possible, and not to have another C section, not to have any interventions. But because I'm a healthcare professional myself, when a healthcare professional says something I tend to be like, well, you know what you're talking about so I will do what you're saying. So yeah, and the birth was, it was it was really good. It was really empowering. I was really happy. I felt like it couldn't have gone better.

Oh, good. By the time I got to the hospital, I was already nine centimetres dilated. I got checked within 20 minutes by the triage nurses soon as she was like she said you're 9

centimetres. They walked me down to they asked me if I wanted to walk to the labour ward or whether I wanted to go in a wheelchair. So I said I'd walk so I got walked down to the labour ward at Royal Oldham. And he was born sort of like within three hours. The midwives I had - I had a midwife and student midwife - and they were amazing. I could tell that they were trying to follow my birth plan, because I was in like, what they call the throne position, so they helped me you know, sit upright on the, on the bed, and they kept covering me up, because I'd written that I want my dignity to be protected, and I wanted to be covered, etc. And they kept asking me for wanted...and by the end of it, I was just like, No, it's fine. Just leave it off. By the time you get that you don't care anymore. Just like yeah, dignity, dignity flies out of the window and modesty. And you could tell that I could tell that they read my care plan. They're really respecting it. But when his heart rate started fluctuating a bit and not recovering the way that it expected to. Some of them they all acted really fast and loads of people came into the room. They told me that they would try to use a suction cup to get him out as quickly as possible. This was at the pushing stage. But thankfully, they didn't need to use the suction cup. I was when I was pushing him this idea managing to move him and they were all shouting Push Push. Everyone's really encouraging. And yeah, he was born I had an episiotomy which obviously I couldn't feel but yeah, I was really happy that I'd managed to do it.

INTERVIEWER 5:04

Fantastic. I'm really pleased that you've got that experience. So how does that compare to the first time? Presumably that was, was it an emergency C section did you say?

INTERVIEWEE 5:14

Yeah, unplanned C section. So that was totally different to last time, I thought I knew it all. I felt like I had done enough research. And I wanted a natural birth. That's what I really wanted. I did say that I'd want to go to the birth centre, my labour didn't start spontaneously, so I had to be induced. So with him, my labour...with (H) labour was spontaneous. Whereas the first one I had to, I had two membrane sweeps, I was induced, you know, I was given a date induced, I was two weeks over due, then I got an epidural. And by the time I got to 10 centimetres dilated, and I was pushing and it wasn't progressing any further. So I had to go for.... I think they were going to attempt forceps..in theatre, and then if that didn't work, they just do a C section. So the forceps they said the blades weren't locking or something along those lines. And then they went to a C section, which at the time, I just went along with it, I was a little bit disappointed, but I was like It is what it is, the healthcare professionals know best, and they're just doing what they need to do, because it's best for me and my baby, and I'm going get to see my baby soon. It's fine. And he was born. And it was, it was fine. But I think I really felt it afterwards. Because my body and mind just felt mangled. And although it didn't feel traumatic at the time, afterwards, I was just like, Oh my god, like, what have I gone through? I had a catheter attached. I had, you know, obviously, I think I had a canular in this time anyway, I had some sort of thing here, or wire

in me or something like that. And it's just like....When did all of this happen? I was still really huge and bloated, full of I don't know, probably fluids because I couldn't eat, once I was put on a drip and just felt really it was it was hard. Whereas this time round, I think my last one being so hard with this one, all the more joyful, because I had that to compare it to **Yeah**. Whereas if this is my first experience, I don't know if I would have said Oh, God, it was really, really hard, and it was, it was awful, and it didn't go according to plan, but I know what it was like last time and for me, this was just like, You did it! Well done! And it was always that feeling. You know, they congratulate you on it. And it's just like you see this day in day out and you see all these women doing it, but you'll still stand there and tell us you're doing amazing. You doing brilliant. You did great. And it's just like, you know, that's they see this all the time, but they still give you that encouragement. They're not thinking oh, you know, come on you women. You can do this. This is easy. You know how you should be able to do it. But yeah, I found the staff really....yeah

INTERVIEWER 8:06

Yes. Really good. So yeah, so it sounds like you've had a really good experience with the staff at Oldham. Where were you for the first one ?

Blackburn

Right. Okay, so did you would you say you still had good care there? Or did you feel not so much?

INTERVIEWEE 8:17

Yeah, I felt like I had good care there as well. At the time. I was like, you know, you know, same, you know, as you know, staff were amazing. Postnatal care probably was - in both places - where I find that it wasn't as attentive. Especially in Blackburn. Well, it wasn't Blackburn, it would have been Burnley. **Right Ok yeah.**

Like, Burnley is where we go to give birth. Yeah, so. But it wasn't anything to do with, like, the actual staff themselves. I think it was just a general NHS thing...lack of staff, basically.

INTERVIEWER 8:54

And presumably, you were in for a little while, where you, were the first baby?

INTERVIEWEE 8:57

Yeah, so I was in for three days.

Right

Vicki

And, it was yeah, it was, I mean, when I press the buzzer, they would come and they will do all the obs and everything but you could tell that they were stretched and obviously when you can really tell when things aren't getting done is when you're ready to be discharged and the stuff is not coming fast enough. And obviously I work in the NHS I totally understand they've got to prioritize, the quicker they discharge someone quicker somebody else is gonna fill that bed, and they've got other bigger priorities you know, women need to be attended to right there and then I think because of the way the wards have changed now. I was, well I wasn't on my own, but it gets quite claustrophobic because like, everyone has their curtains round and so do I as well. And you could hear people on their phones and all that stuff and it does get quite claustrophobic. whereas I think if you were able to socialize with other mothers, it probably would have been nicer. **Yeah**, but I think everyone's got their phones and everyone entertains themselves on their phones, so that social aspect isn't there. And I was on my own, in Oldham, I was on my own and during the day, mostly because Mum was looking after my eldest at home.....But overall, I feel like I received really good care both times round. I felt like the midwives here when I got transferred over, were really encouraging in sort of, like trying to push natural birth. So they were sort of like, You'll be fine, you know, like, pre...my antenatal appointments, they were really good. Whereas last time round, I felt like it was just sort of like the, it was just going through the Okay, nothings happened yet, so you're going to have to havewe'll book you in for a membrane sweep. Are you okay with that? And I was sort of like like, yeah, you know, you guys know what you're talking about. Whereas this time around? Well, I guess this time around, I was telling them my concerns that I really want to have a natural birth and they were saying, you know, hopefully that that will be what happens, things are going well.

INTERVIEWER 11:22

So were you given choices about where you could give birth? Presumably not, while you were under consultant care?

INTERVIEWEE 11:28

No, no. So I didn't have a choice then, which was fine with me. They were transferred here. They did say to me, obviously, at first it have to be in the labour ward. And then when I was discharged, there was a bit of confusion. To be honest, I was happy with the labour ward, so I wasn't really going to be like I want to go to the birth center. But I'm pretty sure at some point, someone told me you could probably go to birth centre, if you want if you you know when your labour starts. And then someone else said to me for can't remember what the reason was, but they said you'd have to go to labour ward to be monitored. For some reason, I can't remember that. So that was a bit confusing. But it didn't affect me so much, because I was sort of like Labour ward's fine with me. You know, I was following them on Instagram. I could see that, you know, the labour ward rooms looked really nice. And, yeah, I wanted the access to pain relief. Yeah. So yeah, that was the thing in Oldham, when I walked in to triage that first time. That time I did say I need pain relief, and they were like,

we'll get you checked out, and then that would be prescribed by a doctor. So obviously, they checked me out and then when I went to the labour ward they were really quick in getting me to Pethidine, that I needed because I was so close to giving birth, they only gave me a small dose. But you know, I didn't have to ask them for it. It probably been handed over or they've seen it somewhere. But we'll get into your pain relief. Now. That was the first thing that they did.

That was this time round this time round?

Yeah. In Oldham

INTERVIEWER 13:02

Okay, but not your experience last time. Last time?

INTERVIEWEE 13:05

No, last time I had an epidural.

Oh, I see. Yeah. Okay.

INTERVIEWEE 13:08

I had an epidural. I feel like last time in Burnley, I feel like the midwife was trying to encourage me to consider another form of pain relief, because I think she asked me about remifentanyl or something like that. I'd already tried Gas and Air, the birth pool, and then I was like, I need something stronger. And I think I said I'd like an epidural. And she said, you know, would you consider something like me, remifentanyl or something like that. And she didn't push me. Which is fine. Because, you know, I've probably spoke in a really assured way, but at the time, I didn't really consider all the risks of the epidural in terms of I'd be you know, so I knew I'd immobilized, but I didn't think about can't be upright, you can't move. You can't change your position. You're not going to be able to feel your legs. That's it. You're out of action.

INTERVIEWER 14:05

Yeah. Do you think that was her motivation for offering you something else?

INTERVIEWEE 14:09

I think that was her motivation. I think she knew that, the risks of an epidural, and, you know, the chance of me having a natural birth would be better with a different pain relief. And she didn't push that which, you know, that's not something that I hold against her or anything like that, but they encouraged me this time to really look around pain relief and all the options and the fact that I wanted to mobilize.

INTERVIEWER 14:34

Yeah, I guess it's that balance, isn't it of giving women what they want, and making sure that they're fully informed? Yeah. Okay. Well, that's, that's interesting. I'm glad that you got what you wanted this time. That's good. Excellent. So obviously, it sounds like you've had quite a good experience. But what about when you were discharged, the care that you received afterwards? Did you have health visitor appointments? Were they in person?

Yeah, time we had.

INTERVIEWEE 14:59

Yes. So a Health Visitor came to visit, midwives came. I can't remember which days they came on, but she did give her midwife came, weighed him. And then that got transferred over to the health visitor. So yeah, I thought that was fine

INTERVIEWER 15:17

Great. So overall, then would you say that you felt safe whilst you were in the care of like the hospital? And? And yes, never a time when you felt like unsafe? Yeah, that's good. And he was okay was he? There were no issues with him afterwards?

INTERVIEWEE 15:34

Yeah, he was fine. Because I'd been put on some antibiotics as like, I think that's just the protocol. I've been put on some antibiotics, I had to stay in sort of 24 hours past his birth, because they monitor them if you have antibiotics, but no, he was fine.

Oh, good.

INTERVIEWER 15:53

Good. So I guess you've obviously told us that you've had a good experience. But one of the reasons main reasons that we're doing these sessions is explicitly to ask women of color, their experience of maternity service, because we do know that reports have shown

that women of colour are not getting the same treatment in hospital, they've got a kind of higher risks. Not always feeling safe. So Was there ever any occasion where you would say that you experienced somebody maybe treating you not treating you the same because of the colour of your skin? Or maybe even outright racism?

INTERVIEWEE 16:30

No, no. But saying that, before I had my first child, I was looking into sort of like, you know, what the reviews were for the hospital and for different hospitals and things like that. And I found, what I noticed was, there were bad reviews. And I felt like some of them were coming from women who were of colour. I feel like because I work with the NHS, and I sort of understand how things in the hospital work, etc, things like that I can, I can present myself in a way that means that I'm gonna get treated well, in return. You know, I will, I will be nice, I will present I will be polite. I will ask the right questions. And probably that I'll probably ask my questions, people will probably look at me and think, okay, she's well read or educated or something like that. So, you know, they'll they'll treat me like that. But as I feel like someone who probably isn't in my position and is of colour, I don't know if they would get treated the same way.

INTERVIEWER 17:34

Maybe doesn't speak English,

INTERVIEWEE 17:36

or maybe doesn't speak English. Whether it whether they would get treated the same way or not. But that, I mean, my experience has been great, but I feel like I'm in a bit of a privileged position.

INTERVIEWER 17:47

What do you do with NHS if you don't mind me asking.

INTERVIEWEE 17:49

So I'm a mental health pharmacist, I work in a Mental Health Trust. But I have worked at a normal hospital as well, like a general acute hospital that has all the wards, so never on a maternity ward. But just so I know how the system works. I know how it is. I know how it is being on the other end when people are blaming you for their discharges being delayed and stuff.

It's never fast is it!

No, no, no, no, and I know it's not pharmacy that are delaying things.

INTERVIEWER 18:19

Oh, yeah. You know from the inside! Oh, that's good. I'm really pleased that your experience has been good anyway. So is there anything at all thinking about the whole process kind of before in terms of you know, kind of maternity appointments hospital and after that you would change if you could change the system in any way?

INTERVIEWEE 18:43

I think just to make a transferring over from a different area easier. I think the midwives were quite okay with it. But there was a thing of changing my GP, like your GP must be registered in Oldham. And that was the thing that was taking a while for me to change.

INTERVIEWER 19:03

Did you move house while you were pregnant?

Yes, yeah. Yeah. Yeah. So I moved in with my parents. during my pregnancy and midwives were all really like midwives and all my appointments, that was all great. I did get transferred from sort of like a one, one center children's center to another during my appointments, I felt like that was a bit sort of, like, messy and just disjointed. I wasn't given the initially I wasn't given the one that was closest to me. And then I missed the appointment. And then they gave me a point of one that was closer to the Children's Center. And they were like, Oh, well, actually, this is closer to you. You should have come to this one anyway. I mean, to me, that's, I'm not going to complain about that. It was fine. I can drive and it's not really an issue for me. But I think just that transition process, from a different area could be a bit smoother

INTERVIEWER 19:54

Because I think in theory, you are actually allowed to give birth wherever you want, in theory

INTERVIEWEE 19:59

That was that was my thought because I was still sort of like in between sort of like Blackburn, ,my midwife in Blackburn and then try and transfer here. And that was the same thing that my Blackburn midwife said that you should really, I mean, you should be able to give birth anywhere, if I was still living in Blackburn that decided to give birth and older. My belief was, I should be able to, because **technically, technically, I don't know if it actually happens in reality?** Yeah, that's the thing. I don't I don't think it does. Because I mean, for me, it was fine. Because I was moving, I was moving, and was going to stay with my parents and not going back to Blackburn. But if I decided to give birth here just for the support, but

we're still gonna live in Blackburn, just come here from Yeah, to give birth to be closer to mum and get that support, then it would have been quite challenging.

INTERVIEWER 20:44

Yeah. So, going back then, Did you actually have a birth partner then when you when you had him? Or were you just on your own?

INTERVIEWEE 20:50

No, I had a birth partner. I had a birth partner. I also discussed with them if I don't have a birth partner, is that okay? Because I was worried about my eldest son as well. I mean, we didn't leave him on his own! My dad, my dad was there, and my brother sort of popped over and saw that they helped look after him. So that was fine. But I know that he's sort of more attached to myself and my mom. And he might struggle a bit if one of us isn't there, especially at night, which is when I went into hospital at nine o'clock at night. So I was a little bit worried about that. So I did ask the question of, if I don't have a birth partner, is that okay? How many women do that? And, you know, will you be able to keep keep an eye on me if I'm, you know, on my own, and they were just like, quite reassuring be like, yeah, people do that. And it's fine. And if you came in on your own, we'd look after you. So normally, **That's nice**. So that was useful to know, but my mum did come in with me. **Oh, that's good**. Yeah. And we stayed till about...they really accommodating sort of like to fall out of religious rites as well, because we have a certain religious ritual, which is basically, when a baby is born, the first thing they should hear, I mean, we didn't do it exactly like that. But a male elders should sort of do the call of prayer into the baby's ears, both of them So that's, that's sort of like a religious rite of passage.

INTERVIEWER 22:14

And what religion is that sorry? It's Islam. nice. Okay.

INTERVIEWEE 22:18

That's a religious rite of passage. If his father was with me, I would have, it would have been been his father that would have done it, but father's not in the picture. So it was going to be my dad. And my mom was like, ask them, I was like, no, no, they're not going to allow it, you know, COVID restrictions, and this and that. But I did ask the midwives. And they were really accommodating. I asked them if my dad could come to the labour ward, to take my mom off the labour ward, to take her back home, basically. And whether he could do that rite of passage, and this was like, if you must have done it, like, three, four in the morning on the labour ward. **Oh, that's great, yeah**. So they were so they were really, really accommodating. I was expecting them to say, no, I'm sorry, we can't allow that. COVID rules

and restriction. But I asked, and I'm glad I did. Because, **yeah**, they were like, yeah, that's, that's fine. Just let us know when your dad is here. And because there was sort of like safety concerns, and things like that they were really careful about it as well.

INTERVIEWER 23:21

But that's important information to know, isn't it? The first I've heard of that. I mean, I don't work in a labour ward, obviously. But do you think they've come across that before? Had they been asked that before? Do you think

INTERVIEWEE 23:29

yeah, I think they have, but it might be that usually the person that is there is the father can do the rite of passage. Whereas for me, that wasn't the case. But yeah, that was nice.

INTERVIEWER 23:42

Really? Nice. Excellent. Oh, thank you very much. Is there anything else you wanted to add that you've not said about?

INTERVIEWEE 23:52

It? No, no, I just, I felt like I received. Really good care. **Excellent.** I was quite happy with it.

INTERVIEWER 23:59

Thank you very much. And that's all of my questions. Just to ask, do you really have these sessions been useful? Kind of, you know, Interview, aside has coming in doing sessions that are kind of art based for mum....

INTERVIEWEE 24:10

Amazing! It's the kind of thing I always always wanted to do. I didn't do with my first one, because I was nervous of going out and doing anything. And this time, I was determined to do stuff for myself and make some me time. And this was perfect, absolutely perfect. I thought, Oh, my God, it's art, It's related to something that is really important to me something that you know, I know, most women love to talk about their birth story. It's something that we feel like, you know, that we've gone through that has either been really traumatic has really empowered us and we want to share it. So for me, it came at the perfect time, especially with a lot of other things going on in my life as well, for me, I was just like, well, like, I'd pay money if I had to to do something like this if there was like, So I

noticed there's some things that there's like a small contribution that you make, you know, that run community centers. You know, if there was something like that and said, Oh, you know, this is how much it costs for the four week course, I would have done that because for me, it just felt like this is what I need right now.

INTERVIEWER 25:13

Excellent. Well, we'd like to continue on if we can and quotes like that really helps. Thank you very much. Excellent.

INTERVIEW FOUR

INTERVIEWER 0:00

I'll just make sure it's working. Great. I think we're good to go. So just for the sake of the recording, I'm Vicki from Cartwheel Arts. Would you mind just repeating your name for me?

I'm (K)

(K), lovely to see you. Thank you for agreeing to be interviewed. So can I just ask you, first of all, how you would describe your own ethnicity?

INTERVIEWEE 0:22

Yes. So I'm Muslim, Pakistani Muslim,

INTERVIEWER 0:28

Pakistani Muslim. Yeah. Great. Fabulous. Thank you. And were you born in this country?

INTERVIEWEE 0:31

No, no, I moved here. Like I got married and moved here. Two and a half years ago.

INTERVIEWER 0:37

Okay. Yeah. So not that long ago. Really? Yes. And here we've got here in the room with us today.

INTERVIEWEE 0:43

She is called (A)

INTERVIEWER 0:49

(A) Yeah. Lovely. Thank you. And how old is she?

INTERVIEWEE 0:54

She is seven months old. Great. And is she your only child?

Yeah. First one.

INTERVIEWER 1:00

Yeah. Fabulous. Lovely. Okay, thank you. So we're talking obviously, she's your only child and talking about your birth experience. And you've obviously gave birth to her here. So we're talking about the maternity. Like the midwife appointments that you had, and your experience giving, giving birth. Yeah. So just to ask you, first of all, how was your pregnancy?

INTERVIEWEE 1:22

My pregnancy through like, first trimester was really hard. It was like, obviously, I guess that's how it's supposed to be. I was like, proper sick, and I couldn't eat anything. I couldn't do anything at all. Just puking everywhere. And just vomiting couldn't eat anything. So yeah, that was terrible. But otherwise, my pregnancy was really good. Can't complain. Yeah. I worked till the end. So we were all working from home that time because of the pandemic. So yeah, just literally work from home on that time, right. Yeah, it was good. I didn't feel anything bad. Yeah, it was normal. Everything was normal. Perfect. Perfectly fine. Yeah.

INTERVIEWER 2:18

Good and in terms of, it was obviously kind of lock down time, was when you were pregnant? Yeah, so how was that in terms of your midwife appointments? Did you have telephone consultation?

INTERVIEWEE 2:28

No No we didn't have telephone consultation. I used to go and see midwife in the place community center. So it was my midwife was pretty good. She was good. So she's called Kelly. But she was really good. So can't complain about her. Yeah, that was good. Everything was smooth. Just the delivery session was terrible. You know, when I went to the hospital, that's where everything just started. It was started really good pregnancy, or all through my pregnancy, I was really good, health wise, moving onward. Baby was fine. So didn't have any complications. But delivery was terrible. It was terrible. Yeah. **It didn't go to plan?** No, no, no.

INTERVIEWER 3:23

So before we go on to that, then, were you given choices about where you could give birth, when you went to see your midwife?

INTERVIEWEE 3:30

No, she just told me the closest is going to be Oldham. So she just got goes, you gonna go? Oldham. Yeah, it's fine. It's closer to us anyway. So. But next time it comes to that, if I can select, I might just go somewhere else. Yeah, that's how terrible it was.

INTERVIEWER 3:49

Do you want to tell me a little bit about what happened?

INTERVIEWEE 3:51

Yes. So it was planned. Everything was planned before like my pregnancy and delivery plan. I'm going to have epidural. So I requested for early epidural. Right. So I was one, one and a half week over my due date. So I had few pains here and there. When my when it was my due date, and even after my due date to three days, but I just waited at home because obviously, everybody knows if you go to the hospital, they're just gonna end up sending you back again if nothing is happening. So yeah, so I was just baring it all. And my husband goes, if it's labour pain is going to be like really bad. So I don't think you've got labour pain for now. So yeah, I ended up staying at home and when I'm I was one day, I just, I went to I had really bad pain at night than I thought I'm going into labour, for in the morning. I had a midwife appointment. So I thought if I'm in labour, then early morning, I'm going to see my midwife. So she'll be able to tell me if it's labour or something like if I'm ready, or no, or if I should go to hospital. So I went to I went to see my midwife. And she goes, No, it's not like you've not even what is it called? your cervix is not open yet. So I said, Okay, that's fine. She goes, I'm gonna give you I had two sweeps as well, by the way. So she goes to me, I'm going to give you another sweep. I said, that's fine. So first one sweep she couldn't do it, because it was far, it was too far. So she goes, it's not possible for me to give you sweep right now. So she gave me again that day. So it didn't work. She goes, I don't think it's going to work. She tried twice. So that's fine. I said, that's fine. She goes, it's not like labour pain. It's just false labour. I went home. Around two ish at night I felt really bad pain. Like, I couldn't even do anything. I was like, screaming my head off. So my husband goes, Are you sure you want to go to the hospital? I said, Yeah, take me. I can't bear it at all. So we just went to the hospital. And there midwife saw me the first one. What is it called The First Ward post? Is it you know, when you go before you go to the **triage**? Yeah triage, lady saw me there. And she gave me sweeps. She goes, I gave you really good sweep. So I don't think you need to go back home. Baby is down in perfect position. So it's going to be really soon. She gave us like, 15 minutes. She goes, You can wait 15 minutes. So I was bleeding. And I knew the sweep worked and she checked it as well. So and half hour, I was like, one to two centimeters.

INTERVIEWEE 7:11

So she goes, that's fine. You should you you don't need to go home, I can admit you. So we just stayed that and overnight she gave me then I obviously I requested for epidural as well. But they're supposed to give epidural at certain point. That's what she told me. So anyways, all that night, I was in really bad pain. She gave me injection as well. I don't know what injection was that she did told me but I totally forgot. It was a terrible night so just screaming my head off. And in the morning, around eight ish. They shifted me to the labour ward. I see. So I was I was in labour. But they didn't have any room available in labour ward. So I ended up waiting whole night just for the room to get free. So I can go to the labour ward. in that meantime, they just kept giving me gasoline. And I said it's not working for me. I just feel dizzy and it's just spinning my head around. I don't want that I want epidural she goes. We can only give you an epidural and you're in labour ward. So I just ended up waiting for such a long time and they just kept giving me painkillers gasoline. She was just literally she was just forcing me. It's not like it is your delivery. You're supposed to do what you want to do. It's not like somebody's forcing you it just felt like they just forcing me for everything. So they didn't give epidural. Then obviously, eight o'clock they move to me all that night I kept screaming my head off. So anyway, that's the story. I was on gasoline. They just gave me one painkiller, I think injection, one painkiller injection, that didn't work at all. And so yeah, and they gave me a few things as are like painkiller tablets. That didn't work. She gave me injections. That didn't work. She goes, You have to have gasoline. That didn't work. So at eight o'clock, she shifted me to the labour room, and there the midwife there. She was really nice with the behaviour, but she was like literally forcing me for everything. She kept giving me gasoline. She wanted me to try and have natural birth without epi without epidural. I said listen, I really did requested for epidural, she goes, your bodies working fine. You're, you're already 6-7 centimetres already. So you should do it natural. I said, Well, I'm in really bad pain. Obviously. I'm going through everything. So you shouldn't be saying that to me and I did requested an early epidural. She didn't give it me. She kept me waiting for like, eight o'clock, it wasn't eight o'clock actually, it was seven to six to seven, something like that it was early morning. So she kept me waiting all that time. And she ended up giving me epidural five o'clock. And I did complain afterwards, I'm going to come back to that again. But let me just tell you the backstory.

Sorry to interrupt you, five o'clock in the afternoon, in the evening? in the evening,

So you'd waited all day and all night?

all day, all day, all night and all day. First, I've waited for the labour room to be free. Then I waited for the epidural to come. So she goes or you know what, the people who give epidural, they're, they're too busy. She kept giving, like new excuses all the time. I used to, whenever my husband used to say Oh she needs epidural, she used to say or they're attending emergency, they're doing this, they've got this, they've got this. And so they ended up giving me five o'clock and she kept me. She kept the surgeon is kept coming to check where, how far I am. But he he didn't do anything. He didn't do anything. Like he kept waiting. And he kept checking. I was fully dilated for I kept pushing, and she baby kept going, like I used to push, she used to come down, then she used to go upwards again. So literally, it wasn't working for me. And they kept me I was pushing for three hours. So

everything was fine. Baby was normal. She goes as high is not high risk pregnancies, normal delivery, so it should be fine. You have to you have to try and give natural. I said, Well, it's not working for me. How can I tell you how bad the pain is? I'm facing really bad pain. So anyways, so she ended up my mother in law was my husband. He just passed out, all that night he was going here and there. He was running around and nothing was happening. So he just passed out. So he was literally right next to my bed. It was his bed. So the midwife there, she was so nice, the way she was talking to me. And she she was really nice. But she just wasted time. It just felt like she didn't took me seriously.

It felt like it's normal pregnancy, but they wanted it to make it to like really bad pregnancy, putting baby in danger and all that. So anyways, three hours I pushed. So when baby's heartbeat started dropping after three hours, and my heartbeat was going down as well. That's when she realized that they need to do something. So that's when obviously she gave epidural before that though. It was after epidural, they kept me waiting. So after three hours, even my mother in law, she was there. She came and my husband passed out. So she came she was there and she goes, Listen, I can see the baby's not coming out. She's pushing baby comes out. Then she goes upwards back again. So she needs help. Even that lady she mind you. She's not like she's not educated lady, my mother in law. She knows that I need help. But that lady over there, the nurse, she don't know what she doing. So she kept checking her baby's coming out. Then she's going backwards again. Kept me pushing for three hours. And my mother in law goes she needs help. She needs help. Nothing, nothing is working. Nobody's listening. So

INTERVIEWER 14:16

Has your mother in law witnessed births before?

INTERVIEWEE 14:19

She had five kids. She had five kids. And she said she used to have same issues. Like she always used to have cut like you know the smaller pressure whether it's not tearing they cut you a little bit, yeah. So that's what she said she needs a cut. She needs help. But nobody's listening, nobody listening. And the when the epidural guy came to give me epidural afterwards when they put me in to the separate ward and they kept me there. Obviously my heartbeat was dropped and all that and wasted too much blood as well, so that they kept me in there, after the delivery, and that's when the epidural guy, obviously they come to see you, hopefully, that you everything is working fine. I said to him, I complained that you gave me epidural after such a long time even though I requested for early on. He goes, we came straight away. As soon as your midwife said to us, we came straight away. Can you believe that? She didn't say no, she didn't even said to anybody that I need epidural. She just by her own. She kept saying that. I need to do it natural. She goes, You're doing well. You're doing well. Your body is working fine. You already 10 centimetres, cervix is fully open. You can do it. You can do it. But clearly you can see, 3 hours I, It's not coming out. It's not a joke, is it?

So? Yeah, they ended up doing forceps then. When my husband went mental obviously it's not. It's not something somebody's going to enjoy. He was just tired of everything. He just then he just went he didn't go sick. But he just started complaining like, what are you doing? Then she called the lady and then she did they did forceps. And then they put me to the machine and everything. And I had like really dropped heartbeat. And my husband. They're not. They're not they're not allowed to stay overnight. Are they? So I had her Eight o'clock. And as soon as it hit eight o'clock, then everybody needs to go out from the hospital, don't they? So after all that traumatic bit. I was just left alone. And they put me

So they didn't let anyone stay at all?

No Oh, no, no, no. **Gosh.** So after that. I went to the they shifted me to the ward. So it's night-time, I can't walk. Obviously I had epidural. Baby is crying. Nobody is listening, like you doing the bell. Nobody's listening. And I can't put like I do. I had my pads and everything within the bag. Obviously my hospital bags were ready. But I couldn't put the stuff in the air. Like, you know, the pads and stuff. The midwife gave me pad and it was going all over. I was wasting too much blood. So it was going all over the bedding and everything. So in the morning, she kept obviously I can't say to her, change the bedding, change the bedding Can I? It's not nice. So I just felt bad. I couldn't say it to her. So in the morning when they changed the bedding, she gave me underwear. So I said, Oh, well thank you very much. But it would be better if you would have gave me last night last night underwear. So I wouldn't have done all that. She goes well, we are not supposed to give you, you have to bring your own. Like she was really rude. She was not supposed to give you, you should be thanking me for that, I gave you something. I said, Well, I do have it in my bag. But obviously when you press the bell, nobody's coming. At night. I'm struggling. I can't get up from the bed. I can't pick the baby up. It was all terrible. I can't even tell you then I said and I need to go for wee. Well, you can go by yourself. Clearly you can't walk, can you? You've got epidural and you can't even stand up properly and they're telling you without any help, anyhow, you should be going by yourself. If you can't do it, let the partner stay yeah! Let the partner stay! But then in the morning, obviously on the first time home.

INTERVIEWEE 18:53

It was time to change baby's nappy. And I said can you change baby's nappy? And she was treating like next to my bed. It was like white lady. I don't know if they were being racist or what? But she just changed her baby's nappy and I asked her I said, Can you change my baby's nappy as well please and she goes, Well, we're not supposed to do that. You need to do it by yourself. And I've heard from my mother-in-law, she had five kids here. She goes they do it for you like they tell you at least how to do especially with the first I didn't get any help at all. I requested for painkillers. I kept doing bells. Nobody's coming first of all, nobody comes. Even if they come they are not ready to listen to you. What do you want, they just kept blaming on each other person. Like I said, I need to change baby's nappy. If you don't want to do it. Say it straight away. You shouldn't be like, pushing it to other people. She goes, the other lady is going to come, she'll do it. That other lady is going to come, she'll do

it. The next person comes, the other lady is going to do it. Nobody's coming. And I requested for painkillers. Next lady is going to do it. Next lady is going to do it. Nobody's giving you painkillers. I do understand there are special nurses will give you prescribe you medicines. But it's not....it's not working, like nobody's giving you medicine. And if the person is dying, I was in really bad pain. You can't believe I was in terrible position there. I needed to stay in the hospital. I was crying my head off to go home. At least I've got my partner there. So I was just crying to go home. That's how terrible I was then. Right. Okay, then I had to stay in the hospital for one night because my heartbeat was proper low. And I wasted too much blood as well. So that's fine. I stayed in the hospital. Next day, nobody is listening. And I'm in a really miserable position there. So I said, I want to go home just discharged me. Or the doctor is gonna come they're gonna check your heartbeat. Uh, you know, they put some things here and they do everything. So the doctor came, he did everything. And it was it was really nice doctor, he did it straight away. We requested that I need to go home today. And please, can you just help us? And he goes, it's fine. He did it. And then it came to the point when they were supposed to discharge me. And they are only about discharge you at certain time, like, after that they can't discharge you. So previous night, that same thing happened. They couldn't discharge me. So in the morning, they didn't tell you that you I said I need to go home. They said no, you can't go home right now. The doctor is going to come the doctor is going to come I don't know when like they kept from pregnant from delivery to the other day. And the other day, they kept delaying everything. Like doctor is going to come when the doctor is going to come we don't know is to emergency less staff they I can hear like nurses, midwives. You know, the curtains with the curtains, they standing there and complaining like openly crying about the night shifts and everything. I do understand they're struggling. But this is not how it's not our fault is it? We shouldn't be going through and people in miserable situation there, people come to the hospital look at you, like expecting you to help them not to put them in the miserable position. So it came to the point where I was the pain was going crazy. I had no painkillers. I wanted to go home. And they were about to discharge me but they can only discharge you till eight o'clock. And apparently that was the time when the shift was going to change as well. So one lady, when is my husband obviously when he went a bit serious, he started complaining then one lady, listen. And she goes I'm gonna do right now I'll discharge you. I'll get all the paperwork again. It takes such a long time, but I'll get it done right now. I'll take it. She took it. We're waiting. Nobody's coming. Apparently it takes time. my husband went there in the office and he goes, the guy goes over there. He couldn't let him go inside. Obviously I do understand. They can't let the people go inside. He goes it takes time. It takes time the paper will extend it take time discharging is not easy. It takes time or one hour gone. Two hours gone. Nobody's coming. And then my husband found out the shifts changed. And the lady who took our papers to do all the discharge, she's gone home. And we're waiting like I was in such a bad pain. I was literally crying I had no painkillers, nothing at all. I said at least in that meantime, give me painkillers. No, nobody's coming. Nobody comes to see you dying. They don't care. They don't give a shit. That's what I was gonna say. So after such a long time, then obviously my husband complained. He goes I want to put a complaint against everything. They said there is no proper way you can complain. Like she goes you have to call somebody do this do that. And it was like really weird. And it just took discharge

took such a long time. And then the next people came then the new nurses and my husband told them then she took one hour and then she discharged us. That's how terrible it was. And apparently I've heard that's how Oldham hospital is. But Manchester hospital is better. I don't know. That was my first experience. So I can't say anything. My first and only experience.

I'm sorry you experienced that Yeah.

INTERVIEWEE 25:29

I've heard, all my pregnancy, my mother-in-law she kept like, saying, it's gonna be really good. It's gonna be really good than back home. But I think it was terrible. Like back home, at least you pay and you get the treatment, how much you pay. It's not like here.

INTERVIEWER 25:51

so yeah. Yeah. You have alluded to it already, in terms of saying that you weren't sure if her midwife was being racist. That is one of the things that we would particularly like to ask you about as to whether you feel like any treatment you received was based on the colour of your skin and whether you felt like anyone was being racist?

INTERVIEWEE 26:10

I do I do, because it was all. I'm not getting personal or anything. I don't have any complaints about the white people. I've worked with all white people in my team. And I find them really good. I just feel like they better than our people in our culture. But obviously, you do get good and bad in every culture don't you? So? Yeah, I think that's how that's why it is. And my husband, when I told him about the nappy change, my husband was in there was a he was in there, obviously, that's why I told them to change it. So the husband came inside, then told him, he goes, You know, I just heard them complaining about you that that you've been telling them to change the nappy, and they're complaining about you. There's that lady, she's just saying to change the baby's nappy. Why can't she do herself? I said, at least I said to her, if you can do it, just give me the bags, at least just helped me. I can do it myself. No, nobody's going to nobody's listening. That's how you know the after delivery. Is that postnatal ward? Yeah, yeah, that was, obviously that's where I felt like they were being racist. But other than that, it was all good. About the racism. It was, it wasn't like that.

INTERVIEWER 27:39

But what about when they are not trying to put words in your mouth at all, but when they were withholding the epidural and things and I'm only asking this because it reports just come out that suggests that women of colour do wait longer for painkillers and pain relief. And I'm just wondering whether you think that was any kind of link there at all, to the fact that they were kind of withholding the epidural from you.

INTERVIEWEE 28:02

That's what I felt like it, I feel like obviously, the epidural guy told me, he came straight away. But I felt like it must be then midwives fault. She didn't told them. On another hand, she kept telling us that they're attending emergency. They don't know. Yeah. She goes, like, I told them, they saying. We're attending emergency then we'll come then we'll come. But clearly it wasn't.

INTERVIEWER 28:32

I'm so sorry that you've had that experience. It sounds like quite....

Yeah. it was traumatic. Just the delivery.

INTERVIEWER 28:40

But postnatally, Health Visitors and everything, you were happy with that service?

INTERVIEWEE 28:43

Yeah, with that? It was fine. Yes. To be fair, we've got some domestic violence issues going on. We had. So we had social visitors involved. And the case just closed like last two weeks ago,

within your family?

Anon 29:03

Yeah, that's why we moved out. Because I'm from a different country and my own in laws were being racist with me. Yeah, so yeah, that's how it was.

INTERVIEWER 29:17

*(*Interruption*)*

Right. So is there anything else at all that you'd like to add before we wrap up today?

That's how it is. That's all I think. Yeah, that's

Thank you very much for sharing that story with us. Yeah. Thank you.

INTERVIEW FIVE

INTERVIEWER 0:00

Oh, yeah, that should be good to go. That all seems to be recorded fine. And we've got batteries. Brilliant. So just for the recording, would you mind just saying your name for us.

(S)

(S) Nice to see you. And who've we got here with us in the room?

INTERVIEWEE 0:14

(S) and (N)

INTERVIEWER 0:15

Lovely and what are their ages please?

(S) is two years and four months old and (N) is two months old.

INTERVIEWER 0:21

Right, lovely, fabulous, a little one and a two year old. So as I say, before we started, we would love to ask you about your experiences with both children as we're talking about experiences in the last three years, basically. So you may have had a different experience with them because of COVID? Presumably, so we'd like to hear about that if we can. So I'll just start...I don't know if you'd prefer to start talking about your latest birth? Okay, so in terms of.....(*interruption*)Yeah. So really just thinking back then to your pregnancy to begin with. How was how was your pregnancy in terms of your health and your experience?

INTERVIEWEE 1:11

Good. Pregnancy was good.

INTERVIEWER 1:14

Right. And what about in terms of all your maternity appointments?

INTERVIEWEE 1:20

It was fine. Yeah. Good. That time I was going into Deeplish Community Centre, like in a community centre.

In Deeplish? At the Sure Start?

From Bump to Baby: Maternity & Perinatal Consultation

At the Sure Start yeah. So I was doing job. And it was good. But it comes after? Yeah, like after five months. I was thinking because it was my first pregnancy. So I was like, quite nervous and things. So I wanted it to be so quick. It came say like, after say three months, four months.

Oh, I see. Yeah.

After many weeks.

INTERVIEWER 1:58

So that was the first time you were seen was at three months? Yes.

INTERVIEWEE 2:02

Yes.

And can you remember?.....

20 weeks. The first time they see me after three months? And then they see me after, when I was 20 weeks pregnant? At the end like they were just seeing, like one week after.

INTERVIEWER 2:16

Right? Yeah. Is that the standard now? Is it?

Yeah, standard appointment. for my second pregnancy, it was fine for me. For the first I wanted to check more. Because I was nervous, bit nervous.

INTERVIEWER 2:34

Understandably for your first one.

Yeah.

I'm not skipping ahead here, but when was she born? What month and year?

February

February 2000?

2020.

2000! Crikey. Where am I? 2020! Okay, so she was born just before the lockdown. Is that right to say?

One month before

one month before

Yeah.

From Bump to Baby: Maternity & Perinatal Consultation

So you so everything was normal whilst you were going to appointments and everything..? Okay. And can you remember, thinking back to them, whether you were given a choice about where you could give birth? Can you remember being given that choice?

Yes, they give me.

Okay, great. And where did you choose to have her in the end?

At Oldham hospital.

In Oldham? Yeah. Fabulous. Okay, lovely. So then thinking in terms of the pregnancy if everything was alright with that, thinking about delivery. When, sort of, when you went to hospital with her and everything. How was all that? How did everything go?

INTERVIEWEE 3:26

Yeah, everything was fine. I was two weeks delayed, like 42 weeks pregnant. And then it was I had an emergency C section.

Okay.

Yeah.

Right. Which was fine. It was all good?

Yeah.

Okay.

INTERVIEWER 3:41

So you went, in kind of, labouring as planned and then, she wasn't coming? Is that how it went?

Yeah

And then she wasn't in terms of the standard of care that you received at the hospital at that time. Were you were you happy with everything?

Yeah.

INTERVIEWEE 3:53

First time, I was happy but second time. I was not.

Not so much?

Yeah. Because it was like Boxing day or something?

Right.

Or Easter holidays. There was only one nurse in the full ward.

And this is after you'd given birth to her?

From Bump to Baby: Maternity & Perinatal Consultation

Yeah. And no one was coming. I was doing bell three times. And then one came and they listened and they never turned up again. And then I will have to do bell again.

INTERVIEWER 4:23

So this is March this year?

Yeah. No, April.

INTERVIEWEE 4:27

It was Easter holiday.

Yeah it would have been Easter wouldn't I, yeah.

INTERVIEWER 4:28

Yeah. So you had one member of staff after delivery? Yes. Okay. This is becoming a common theme I think. So you found yourself kind of pressing pressing the bell was her delivery Okay?

Yeah, it was a planned C section,

Right. Yes, so that's a lot calmer.

INTERVIEWEE 4:47

Yeah calmer for me, but after that, I was thinking I didn't get any, like help or things because they sent my husband back home as well...(*Interruption*)...at night time because he can't stay there and there was no one to look after me because as well at night-time Yeah, I was alone and I went to toilet. You know when after C-Section you first time get up. You need some help.

INTERVIEWER 5:17

Yeah, of course. So presumably you've had a spinal block or epidural or something?

Yeah. Epidural.

INTERVIEWEE 5:22

Yeah. Because you can't get up yourself. Yeah, but there was no one. So I need to go toilet and I went alone.

INTERVIEWER 5:30

You just had to make your way there?

Yeah.

How did that make you feel?

INTERVIEWEE 5:34

From Bump to Baby: Maternity & Perinatal Consultation

Yeah, hard, hard at the time, because first time my husband was there, and there was a midwife as well, to look after she was seeing me all the time.

With your first one?

Yeah with my first one. I went alone, but she was seeing me she was looking after.

Okay.

Yeah. Not so much.

INTERVIEWER 5:49

Oh dear. So how long were you in for after you've given birth the second time?

INTERVIEWEE 5:56

24 hours, only

INTERVIEWER 5:58

And did you... when you were just discharged, was that because you wanted to leave?

No, was that because they say go home

Time to go

INTERVIEWEE 6:04

They even didn't check my daughter. When I was coming home, they said, a midwife will come because there was not any staff. So they said, I can go and when the midwife came next day, you know, she was saying, because you said 'I want to leave' So that's why we discharged. I said, No, I didn't say to you, that I want to leave. I said change that because you said you wanted me to discharge.

INTERVIEWER 6:40

On your record, it had gone down that you'd requested to leave?

INTERVIEWEE 6:43

I don't know why, if she changed it or not. But she was saying that I want to leave. That's why they're discharge me, I said no, I didn't say anything.

INTERVIEWER 6:53

So how did you feel about leaving? Would you prefer to have stayed in a bit longer?

INTERVIEWEE 6:56

Yeah. A bit. Because when I came home, I will have to go upstairs. You know, because

You've got a little one at home

Yeah I've got little one at home as well. She was crying all day, because I came and she was not happy about that, you know, with a baby as well.

INTERVIEWER 7:17

Of course. It's a big adjustment isn't it. And presumably at that point, if you're only in for 24 hours, you were still kind of quite incapacitated.

INTERVIEWEE 7:20

Yes. It was not only a I think it was only 20 hours, maybe not 24 hour still.

So how were you then when...

They were discharging everyone. I think they were discharging everyone go home, they will come home and we'll check your baby.

INTERVIEWER 7:36

Was this Oldham hospital as well? Yeah Oldham yeah.

INTERVIEWEE 7:38

Yeah. But at home, you know, the midwife came next day, she checked her. Everything. Like, for two hours, she was there. She checked me as well. She came to check me and I was with team here. So they were so good. That that was a positive thing. They were coming home for home appointments, whenever I need them, I just ring them. And then they will come like maybe on the same day or next day.

Right.

So I was really happy about that.

That was the midwives and the health visitors?

Yeah. Midwives They were coming home. It's called Team Hera.

Team Hira?

Team Hira.

They were so good. So that's that was the only good thing this time. So like, you know, um, because she was ill, my eldest one, so I was looking after her so I got bad infection as well. In my C section.

Oh, gosh, she was ill after...

after she had like chest infection. So I was I will have to look after her as well.

INTERVIEWER 8:45

So then you ended up with the infection, but you were cared for at home?

INTERVIEWEE 8:50

Yeah, then I ring them and they straight after they came. And they give me medicine as well. Next day.

INTERVIEWER 8:57

Oh, that's good. So okay.

INTERVIEWEE 9:00

I was on antibiotic and then it get fine.

INTERVIEWER 9:03

Yeah. So just thinking about then...I know we're skipping around a bit, but that's okay. I'll be able to I'll be able to pick up who we're talking about...With your first child if she was born the month before lockdown. What then happened to your Health Visitor and midwife appointments? Did you have telephone appointments?

INTERVIEWEE 9:22

No, I just have one call... just like they just call me by phone because they couldn't come?

Yeah.

And then I was telling them

Right.

INTERVIEWER 9:33

How was that was that I mean, I know at that point you didn't know any different....

No because she was he was the first one.

Yeah.

So I wanted them to come because I was telling them yeah, she's walking she's doing this move. I was not happy.

INTERVIEWER 9:49

No one's actually seen it. Well she's doing great!

Yeah she is doing great. She was walking like into their department, and they were They're gonna ask me, is she standing? And I told them? No, she's walking!

Tick that box, on to the next one! Streets ahead.

She's doing good.

INTERVIEWER 10:12

Oh, that's really good. Let me just look at the my.....So I've already asked you about the first time around, but were you given options about where to give birth a second time around? Or was it an automatic kind of planned C section for you? Was that your choice, or was that the choice of the medics?

Yeah

You just didn't want to go through that?

INTERVIEWEE 10:30

I didn't want to go through that.

INTERVIEWER 10:32

Yeah totally understandable. And just so in terms of thinking about both of your times within hospital, did you feel safe whilst you were there? Like in hospital? You didn't say? Yeah, you can say even though you couldn't really get anybody to come? Because you feel kind of, you know, you felt still felt safe? Safe?

Yeah. I felt safe.

That's good to know.

INTERVIEWEE 10:58

No, it wasn't that bad, but for first time. Like it was so good. Second time it didn't feel that good.

INTERVIEWER 11:09

Just understaffed basically?

Yeah

One of the things we're asking about here, then really, because it has come out recently, and reports about women of colour being while having different life chances and chances within hospital when

giving birth. And about women experiencing direct racism, or subtle racism in the hospital. Was there ever, and I know it's probably difficult for me to ask you this, but is was there ever a time when you felt that you were being treated differently? Or that you weren't getting the attention you need? Because of the colour of your skin?

No

nothing like that?

No, no,

That's good.

INTERVIEWEE 11:42

Yeah, they were so good. Like in C section. I felt they were so good.

INTERVIEWER 11:47

Great. Both times?

Yeah

The little one especially. Yeah, I think I guess when you can plan it, it's a lot calmer experience isn't it, Yeah. That's good to hear. Good. Lovely. So I guess you may have already answered this question. But is there anything that you would have changed in terms of your experience - with either of them - You know, if you could go back and say, I wish they could have done it like this. What was in terms of the services that you experienced.

INTERVIEWEE 12:15

I think there should be someone to come. I was thinking that they're so good. Like they're helpful, but I think they're, they're someone that can help at home if you're alone.

Oh OK

Like, like, come for one hour I Think and yeah, like a little bit.

Like a post-birth doula almost?

Yeah. For one to three days. If you had a C section. It's so hard if you've had a C-Section

INTERVIEWER 12:44

Yeah, because you are kind of you're recovering from major surgery aren't you, as well as being a new mum.

INTERVIEWEE 12:49

Yeah. Okay. Great.

Like one or two hours. There must be someone who can come and look after it.

Provide some care

From Bump to Baby: Maternity & Perinatal Consultation

A bit of care, yeah

INTERVIEWER 13:00

absolutely. Because I guess it's it is just left to.....

INTERVIEWEE 13:02

Because with kids you will have to do laundry you will have to do everything your husbands are with you but they can't do what's the ladies can do I think so.

That's very true!

they're doing but they can't do everything.....you know he was just taking her outside she got a chest infection, so she want to be with me gasoas well.

INTERVIEWER 13:27

Yeah. Oh no! Thanks for the help but...., yeah, gosh that's the thing isn't it? It's hard the first time, it's even harder the second time.

INTERVIEWEE 13:37

Second time was more hard. The first time was easy, after as well. Even I had an emergency C-section, but she was sleeping. So I was resting all day. With second time, it was a lot hard. That's why I'm thinking when they will grow old then I will have next baby now

Ok yeah. Wait until they are at school!

Yeah maybe three, four, and they will go school. Yeah, because she was two years old and she can't understand as well.

INTERVIEWER 14:05

You got your hands full enough as it is but if you are stuck in bed as well...and I totally understand completely. Amazing. In terms of the services then Is there anything else that you'd want to add in terms of...

Services?

Health Visitors, Midwives, hospital all that all of the service

Yeah,

INTERVIEWEE 14:25

I think there will be more check-ups.

From Bump to Baby: Maternity & Perinatal Consultation

With the midwives?

If your first time pregnant, I think there will be more check-ups.

Just for reassurance?

Yeah. For reassurance. I know they don't need to if because I don't have any problem. Like anything I don't have. My BP was fine. Everything was fine. Iron levels was everything they checked, everything might be that's why I didn't have any more appointments. That don't give me but I was like every time scared.

That's the trouble isn't it

Yes. Long time, Is baby moving in. Like,

Yes

You know

Were you given....did you know how to contact somebody if you...?

INTERVIEWEE 15:05

Yeah, I know, but you don't do every time. Yeah, like for the baby's growth, you're confused first time. Is baby growing well?

Quite. You just don't know do you. You've never done it before so. Yeah

Like these things so

INTERVIEWER 15:22

Well, you turned up just fine. Amazing. I'm thinking about the sessions that we've just done then obviously, you missed the first one. So was it 3 that you came to altogether, I think that's right. How did you find those sessions, were were just asking people in terms of you know, whether that was useful, whether it's something that you'd come to, again, if we, if we ever ran something similar.

INTERVIEWEE 15:45

I will want to come again?

INTERVIEWER 15:46

Was it? Was it nice for you to be able to do something like in terms of the artwork for you, because I know a lot of groups kind of focus on the children don't they, so this was a little bit different.

From Bump to Baby: Maternity & Perinatal Consultation

INTERVIEWEE 15:55

Yeah it was quite different because you were looking after kids as well. So we will have some time for ourselves

Hands free. It was nice for me too!

So that was nice as well to do some artwork, so we feel good.

INTERVIEWER 16:12

well, we would really love to do some more sessions. We're going to try and find some extra funding that without this interview, just the straight sessions, but I'll keep your details if that's okay. But you know, if that happens, great. I think I probably asked all of my questions. Is there anything else that you want to add before I turn the recording off?

No that's fine

That's great. Lovely. Thank you so much.

Appendix 2: EVALUATION QUESTIONNAIRE



Participant Evaluation

Baby: Maternity & Perinatal Consultation

PROJECT: Bump to

DATE: 13/06/2022

We would be grateful if you could complete and return this form asap. When completing online, if you double click a box, the option to check it should appear.

ABOUT THE WORKSHOPS

1) Did you enjoy the workshops?

- Yes, very much Mostly Unsure Not really Not at all

Was there anything in particular that you liked or disliked?

LIKED.....
.....

.....
.....

DISLIKED
.....
.....

.....
.....

2) How helpful were the workshops for you?

- Very Mostly Unsure Not very Not at all

Anything else to add?

.....
.....
.....
.....
.....

3) Overall, did you feel the project was a success?

- Yes, very much so Mostly Unsure Not really Not at all

Please tell us what factors made the project a success or failure

.....
.....
.....
.....

4) Did you like the venue that workshops took place?

- Yes, very much so Mostly Unsure Not really Not at all

What did you like or dislike?

.....
.....

.....
.....

5) Did the artists give clear instructions and support to enable you to complete the tasks?

- Yes, very much so Mostly Unsure Not really Not at all

Can you tell us a bit more?

.....
.....

.....
.....

6) Has taking part in the project increased your confidence generally?

- Yes, a lot A bit more Unsure A bit less Not at all

7) Do you feel more able to express yourself creatively?

- Much more A bit more Unsure A bit less Not at all

8) Do you feel more confident about sharing your work, or working in a team?

- Much more A bit more Unsure A bit less Not at all

9) Have you learned new skills through being involved in the workshops?

- Yes, lots Some Unsure Not really Not at all

10) Did the project have a positive effect on your wellbeing?

- Yes, very much To some extent Unsure Not really Not at all

Please add any further comments here:

.....
.....
.....
.....

11) Did you meet new people you did not know before?

- Yes, a lot Some Unsure Not many All old friends

12) Have your feelings about the community you live in improved?

- Yes, very much To some extent Unsure Not really
 Not at all

Any

comments?.....

...

.....

.....

13) Would you like to take part in other creative activities in the future?

- Yes, very much To some extent Unsure Not really
 Not at all

For

example?.....

.....
.....

14) If you were writing a blunt, no-nonsense review of this project for what might it say?

.....
.....
.....
.....

15) What encouraged you to attend these sessions (please tick all that apply)

A chance for me to socialise with my baby / child A chance for my baby / child to socialise

To Take part in the consultation To take part in the artistic activity To receive the £20 voucher

My friend was attending Unsure

Anything else?

.....
.....
.....
.....

16) What else might have made it easier for you, or people you know to have attended these sessions?

.....
.....
.....
.....

17) Was there enough to keep your child(ren) occupied during the sessions?

Yes, very much so Mostly Unsure Not really Not at all

If there is anything else that you would have liked please tell us here:

.....
.....

.....
.....

.....
.....

ABOUT THE INTERVIEW PROCESS

1) Where you happy to be interviewed about your experiences of perinatal / maternity services?

Yes, very much Mostly Unsure Not really Not at all

2) To what extent might you have found it easier to discuss your experiences of maternity and perinatal services if the interviewer was also a woman of colour?

Yes, a lot A bit more Unsure A bit less Not at all

3) As a thank you for taking part in the consultation we will send you a £20 voucher of your choice. If you are happy to receive this digitally (where possible) please include your email address. What voucher would you like?

One4All high street voucher Amazon Morrisons Other

From Bump to Baby: Maternity & Perinatal Consultation

Email address for digital voucher:

Many thanks for completing this evaluation ☐