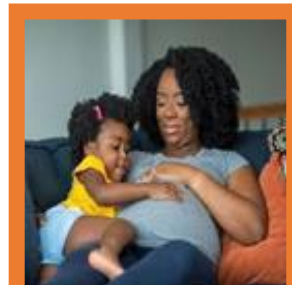
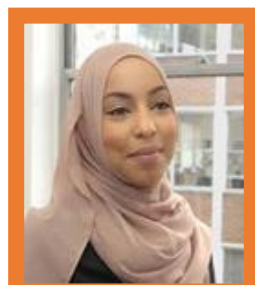


Maternity

Support for Black, Asian, and Minoritised ethnic (BAME) pregnant women



If you are pregnant and identify as Black, Asian or from another minoritised ethnic background, we want you to know:

We are here to support you.

Do you have concerns about your pregnancy or maternity care because of your ethnicity?

We understand that you may have worries about your pregnancy or any aspect of your maternity care, including attending hospital or staying in hospital. Please know that we are here to support you and listen to any concerns you may have.



Patient Information

National research shows that women from some ethnic backgrounds may face a higher risk of health complications during pregnancy, both for themselves and their babies.

To help address this, we are working to improve access to education and peer support in the community, including through partnerships like the **MAMTA Programme**.

What is MAMTA?

MAMTA is a free service in Coventry that supports women from Black, Asian, and Minoritised (BAME) backgrounds during pregnancy and after birth. It aims to help improve health and wellbeing for both mum and baby.

The service is based at **FWT - a centre for women** and is part of the **Family Health and Lifestyle** team. MAMTA works closely with **UHCW Maternity Services**.

MAMTA offers:

- Weekly group parent education classes
- One-to-one peer support, including help in different languages
- Trusted health information, including breastfeeding advice and pregnancy education

How to access MAMTA:

You will be offered support from MAMTA at your first booking appointment with your community midwife. If you agree to be referred, the MAMTA team will contact you directly.

You can also contact them yourself:

- Call or text: 07538 092956 or 0247663 7693
- Email: MAMTA@fwt.org.uk

Mental health and emotional wellbeing

For mental health support, email the peer support team at: pmht@fwt.org.uk

Patient Information

Visit: www.fwt.org.uk for more about MAMTA and support for BAME women during and after pregnancy.

Vitamins and supplement

We recommend that all women from BAME backgrounds take pregnancy vitamin supplements. Please ask your midwife, GP or obstetrician to prescribe these for you.

Concerned about your care?

If you have any concerns that your ethnicity may be affecting the care you're receiving, please call us on:

024 7696 7333 - lines are open 24 hours a day.

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The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact us on 024 7696 7350 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback



Document History

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