

# Carmen Birth Centre: Our Philosophy of Care

**We believe that all birthing people are unique.**

**By understanding this, we can work in partnership with you to support your birth preferences and individualise your care to suit your needs during childbirth.**

## **What is Carmen Birth Centre?**

Carmen Birth Centre is a midwifery led unit within St George's Hospital. It is run by a team of midwives and our aim is to facilitate physiological birth experiences in a home-from-home environment. Carmen Birth Centre is primarily for pregnancies with no complexities and is the perfect choice for those wishing to labour and birth with minimal intervention. Carmen Birth Centre is not always suitable or recommended for some, particularly in cases where medical complexities are present in pregnancy. If Carmen Birth Centre is something you feel you would like to choose for labour and birth, please discuss this with your midwife during your antenatal appointments prior to labour.

## **What do we offer?**

Carmen Birth Centre offers an alternative to a home birth, whilst providing a safe and comfortable environment.

We offer a calm, private and relaxing environment in which to labour and give birth. We have four rooms, including two with pools and en suite bathrooms. You will receive one-to-one care from a midwife who will support you to achieve a positive birth experience.

We also have a variety of birthing aides that will help you to keep active, mobile and comfortable throughout your labour. These include Birthing Balls, Beanbags and Birthing Stools.

One-to-one care in labour is proven to help you cope better. For this reason you will receive continuous care from a midwife and we will also encourage you to choose a birth partner who will support your birth choices.

We will support you with alternative pain relief choices such as hypnotherapy, hydrotherapy and mobilising. However we do have pharmacological treatments such as Entonox (known as Gas and Air), oral morphine and pethidine.

If we have any concerns about you or your baby in labour or if you decide you want an epidural, Carmen Birth Centre is located close to the main Delivery Suite where the Obstetric Team is based.

### **Contact us**

To speak to one of our midwives on Carmen Birth Centre please call: 020 8725 2039

### **Where do I need to go?**

We are located on the 4th Floor of Lanesborough Wing, St George's Hospital

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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### **Additional services**

#### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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