

We have roadmap for the nation But Not For Maternity

Campaign group 'But Not Maternity' is today releasing figures to show the nationwide status of UK maternity restrictions across 154 NHS Trusts

Monday 29th March 2021, United Kingdom: The But Not Maternity Alliance is today releasing figures to show the nationwide status of UK maternity restrictions across 154 NHS Trusts and Boards. These figures highlight the huge variation from service to service. But Not Maternity is calling on the government to include maternity services in their roadmap back to normality.

Over the last 6 months, the #ButNotMaternity campaign has seen numbers shifting in the right direction. The number of Trusts/Boards allowing partners to attend for any part of an induction has risen from a mere 5% in October 2020 to a more positive 56% in February 2021. Additionally, partner attendance at 12-week scans has risen from 51% to 76%, but just 25% of partners have been able to attend antenatal appointments. Around a third of services are still not allowing partners on the postnatal ward at all. Where this is allowed visiting hours vary wildly from 1 hour-24 hours per day.

Scott Mair of Paternal Mental Health is quick to point out the adverse mental health affects restrictions have on fathers "I talk with dads every day that feel disconnected from their pregnancy and helpless to support their partners as much as they need." AJ Silver of The Queer Birth Club says: "Being left out of appointments is adversely affecting partners as well birthing people. In particular, parents using surrogacy to grow their families, and non-gestational parents going through IVF are being made to feel even further removed from the process."

Abbi Leibert, But Not Maternity Campaigner states "It has been heartening to see that since the campaign started there has been a positive change. But there is a huge amount more to be done. There are still many parents coping with trauma caused by restrictions. Some maternity services are managing to give fathers and partners pretty much open access. It's now time for others to catch up. We need to see all Trusts recognising that partners are not visitors, and need to be accommodated at every stage of the maternity journey."

Scotland is currently paving the way with partners being allowed to attend all elements of pregnancy, labour, and birth appointments under government guidance, even in Tier 4. The #ButNotMaternity Alliance is calling for a Government roadmap for maternity restrictions to be lifted as there is for other areas of life.

New research from charity Pregnant Then Screwed has revealed that since December a staggering 77% of women who received bad news about their pregnancy were on their own at the time. 1 in 5 (18%) women were separated from their baby some or part of the time. The Alliance members have all received heartbreaking messages from families struggling with the trauma caused by the restrictions, and those left with the uncertainty over what support they may have in the months to come.

Abbi Leibert, But Not Maternity Campaigner explains, 'We cannot see a repeat of the disproportionate restrictions left in place last summer. Parents need to know that there is a roadmap in place for the lifting of maternity restrictions across the UK.'

-ENDS-

For further press information or case studies from the But Not Maternity Alliance please contact:

press@butnotmaternity.org or call 07949899347

Notes to Editor:

About But Not Maternity: www.butnotmaternity.org

The But Not Maternity Alliance was formed after the success of #ButNotMaternity started by doulas from The Birthbliss Academy in Sept 2020. We are formed of several maternity related charities and organisations who meet weekly to share news and resources related to maternity restrictions and their effect on families during the Covid 19 pandemic. These are:

1. Birthrights
2. AIMS UK
3. Paternal Mental Health Support
4. The Fatherhood Institute
5. Make Birth Better
6. The Queer Birth Club
7. The Birth Trauma Association
8. But Not Maternity Petition
9. Doula UK
10. Pregnant The Screwed

We aim to support parents and also work with the NHS to share best practice and ensure that restrictions are evidence based, transparent and in proportion to actual risk to both staff and patients. Details of all alliance members can be found on our website.

Petition: Currently at 555,000: www.change.org/butnotmaternity

Facebook: www.facebook.com/ButNotMaternity

Twitter: [@ButNotMaternity](https://twitter.com/ButNotMaternity)

Instagram: [@ButNotMaternity](https://www.instagram.com/ButNotMaternity)

Birthworker support group: www.facebook.com/groups/butnotmaternityprivate

About the research:

But Not Maternity NHS Trust Status List: <https://docs.google.com/spreadsheets/d/1O0WbFynkXQQ-gST-gURbYk7Py0KtGteq00CBnEm3Vk4/edit#gid=113965079>

In Sept 2020, this list was been created and is managed by a group of volunteers, who use NHS websites, social media pages and email updates to keep it updated.

Pregnant Then Screwed research was conducted in January 2020 . The sample size was 7,556 and it was a survey of women who have given birth since December 15th, or are pregnant.

