



If you would prefer a telephone call, just let your midwife know



Your Attend Anywhere Midwifery Appointment



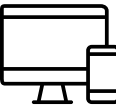
Find somewhere private to talk

Ideally a space that is comfortable and quiet. You may want to make others you live with aware that you are attending your appointment so that you will be uninterrupted



Give yourself plenty of time

Your first appointment can last up to two hours so please ensure you have enough time put aside to attend. Your midwife will be happy to work with you to find a time that works best



Set up your device

If you can, stand or secure your device so your midwife can see you. You may want to wear headphones to ensure privacy



Logging in

You will need to enter your name before your appointment, so please allow a few extra minutes to do this before your time slot. You will then enter the virtual waiting room. The website address is: [nhs.vc/WH_ACW_midwife-booking-appointment](https://nhs.uk/wh-acw-midwife-booking-appointment)

Tips and advice to make the most of your appointment:



- **Try not be distracted** while you are on the call. Your time with the midwife is just the same as if it was a face-to-face appointment
- **Get prepared!** Take some time to think of any questions you may have for your midwife before your appointment. Likewise, after your appointment allow yourself time to digest the information
- **Don't worry** if your connection drops out mid-appointment, the midwife will try to reconnect. If the virtual appointment cannot continue, we will call the mobile we have on your record instead
- **Questions?** You can contact our community midwives on 020 7288 3482. To opt out of video consultations please email: whh-tr.maternityadmin-midwiferyteams@nhs.net.