

## Birth & Babies Appeal – Fundraising Wish-List

Item	Description	Amount	Pledged/ funded?
4 purpose built baby change trolleys	Having a changing trolley in each birthing room will allow new parents to learn about changing their baby's nappies and other techniques such as swaddling with their midwives before going home.	£4,000	✓
4 cube birthing couches	The Cube position of birthing couches allows women to choose from a number of supported upright positions and enables the birthing partner to play a more active role during labour. The couch position provides more space for kneeling, sitting & resting during labour.	£9,216	
4 steps to each birthing pool	These steps will allow women to move in and out of the birthing pools safely. They can also be used as something to grip whilst labouring in the pools. They clip easily into the side of each pool to provide a secure way to manoeuvre during labour.	£6,000	
2 portable Variotracs (birthing slings)	Women who are upright tend to have a shorter labour with fewer interventions than those who remain supine. Gravity aids in the effectiveness of contractions, dilation and baby's descent through the birthing canal can be shortened with the use of the sling.	£22,188	✓
4 saddle seats for each birthing room	Saddle seats enable women to be in an upright position which can be more comfortable, may make labour shorter, and can be better for baby. It can also reduce the chances of tearing.	£1,580	
4 birth floor mats for each birthing room	This simple mat actively helps mothers optimise the potential for physiological labour & birth.	£1,416	
4 birth beanbags for each birthing rooms	The Beanbag provides firm, comfortable support for mothers to benefit from the most natural and effective postures.	£984	✓
TENS machine for each room	TENS machines provide electrical pulses to prevent pain signals from reaching the brain, the pulses stimulate the body to release endorphins to aid women to feel in control of their labour and be less anxious. They also offer a distraction from their contractions.	£120	✓

Garden landscaping	Well-designed hospital gardens not only provide calming and pleasant nature views, but can also reduce stress and improve clinical outcomes through other mechanisms, for instance, fostering access to social support and privacy, and providing opportunities for escape from stressful clinical setting.	£15,000	
Artwork throughout the birthing centre	There is increasing evidence that the display of visual art, especially images of nature, can have positive effects on health outcomes, including shorter length of stay in hospital, increased pain tolerance and decreased anxiety.	£10,000	✓
Purpose made kitchenette with equipment	The kitchenette will sit within the family snug and will enable parents and families to prepare their own food and drinks during the birthing experience without having to leave the centre and go into the main hospital.	£15,000	
Enhanced lighting throughout the birthing centre	Dimmable lighting allows women to set their surroundings where they feel most relaxed and able to cope with labour, it is another enhancement that will make the centre feel less clinical and medicalised.	£12,500	
Sponsorship of family snug room	The family snug will be a central area within the birthing centre, where birthing partners, family members and women in labour are able to sit down, access the garden area and prepare their own food and drinks.	£25,000	✓
Television for each room	Smart TVs enable women and their partner to watch and listen to a channel that suit them, and makes each room feel more like a home-from-home.	£1,050	✓
Bluetooth speakers for each birthing room	Familiar music helps women to feel calm and in control and can reduce anxiety and assist in pain relief. Women's chosen music helps to make the birthing room 'their own' and blocks out other distracting and unwanted sounds.	£1,000	✓
Cooling fans for each birthing room	Bladeless cooling fans are needed in each room as women often find heat harder to tolerate during pregnancy as their bodies are already working harder and these will enable each woman to set the temperature of their room to a level where they are comfortable.	£2,800	
4 baby cribs with stand for each birthing rooms	These cribs will replace the NHS standard plastic cots, and will make birthing room feel more homely and less clinical.	£1,200	✓

Sofa and chair for each room	Sofas will enable birthing partners and family members to be able to sit in the rooms during labour and can be used by women as an alternative to beds and birthing apparatus.	£11,500	
Separate entrance to the birthing centre	Our surveys have shown that women using birthing centres prefer not to feel as if they are in hospital; therefore it was a priority to create a separate entrance to the centre which will alleviate 'white-coat syndrome' for women who want their birthing experience to feel like a home-from-home.	£20,000	✓
Table and floor lamps throughout the birthing centre	Lamps will create a homely atmosphere that fits with each woman's preference for the rooms.	£750	✓
2 birthing pools	Currently the hospital only has 1 birthing pool on our Obstetric Unit which means that women cannot be guaranteed a water birth if they want one. The Birth & Babies Appeal will fund 2 further birthing pools for the centre so that each of the 4 birthing rooms offers women the choice to birth their babies in water. Warm water is soothing, comforting, relaxing and in the later stages of labour, the water has been shown to increase the woman's energy. The effect of buoyancy lessens a mother's body weight, allowing free movement and new positioning.	£24,000	
Cabinetry and enhanced infrastructure for bed head design to include foldaway bed	The double foldaway bed will allow women the flexibility to have their birthing room set to their preference. It can also be used post-partum for women to recover with their babies before going home.	£14,000	✓
<b>Total Project Costs</b>		<b>£200,000</b>	