

A day in the life of... a Jubilee Midwife

The Jubilee Team was established in June 2012. One of the main roles of the Jubilee Team is supporting women to give birth at home, by providing a dedicated [Home Birth Service](#). Here a Jubilee Midwife shares an account of 'a day in the life of' a Jubilee Midwife.

08:30

Text my other Jubilee midwives to see what their plans are for the day- I am co-ordinating today. Text the women who I am visiting today to advise them when to expect me to call

09:30

Set off to meet a new Jubilee referral introduce myself and explain the Jubilee philosophy and how to contact myself and their second midwife. Routine antenatal examination and arrange the next meeting.

Drive to Looe, park by the harbour and briefly look at the fishing boats and how beautiful the sea looks in the sunshine.

Walk up the road to visit a 3rd day postnatal, Share and listen to her birth experience with her and her mum. Debrief her on some questions she has about her birth and do her postnatal check. Weigh her baby and observe her breast feed. Her birth was very different to how she had thought it would be but for a primigravida she had a speedy and very straightforward birth- Lucky girl her mum commented! Arranged her follow up appointment at a time she found suitable and said good bye.

Pop into a little cafe by the car park for a cup of tea and slice of homemade cake. Made some text messages while sitting in the sun. The ladies running the cafe noticed my scales and asked if I was a health visitor 'no a midwife' I replied part of a homebirth team. Listened to their stories of their births and they both had had home births and were delighted that homebirths were still popular. They were both excited that a baby had been born in the area and wanted to know if I watched 'Call the Midwife' Watch it! I am 'Call the Midwife' except I have a car with a boot full of equipment not a bike.

12:30

Spoke to one of my Jubilee colleagues and took details of two women to contact and to arrange antenatal visits as their midwife was off on sick leave.

Drive to Calstock to visit S, an antenatal lady planning her first homebirth who was now term + 9 antenatal check and offered a stretch and sweep which she accepted. Good news she was very favourable 4cms, discussed induction of labour and what would happen and when and said see you tonight (hopefully). She gave me a big bunch of daffodils and walked to car park. Spring must be coming as lots of people sitting outside by the river. How lucky am I to visit these beautiful places.

Makes a difference when it is not pouring with rain and paddling through deep puddles.

Spoke to a colleague to see if she would be my second midwife if I should need her later. As the house is difficult to find we arranged to meet at the Travelodge in Saltash and drive together if needed that night.

Made a phone call to a woman who is expecting a visit and told her of my ETA.

Set off for Plymouth digging out my sat nav (not very familiar with Plymouth). Arrive at house and do a 5th day visit and neonatal screening. Another woman keen to tell about her birth story and another positive and happy experience. Reminded her to fill in her friends and family forms. And arranged her next visit.

Drive to Derriford to collect some equipment and drop off some bloods and NNS. Gosh where has today gone now 1545. Luckily was able to park in the Community midwife car park. Met two midwives in office and we shared a drink together read my emails and caught up with each other.

16:15

Set off for home, just on ferry when receive Phone call from S starting to have contractions which started about 30 mins after left her house. Not very strong or painful but thought I should know. Advised her and told her to ring me when the labour becomes more established.

21:45

Go to bed, strong possibility will be out tonight.

23:15

Phone call from S contractions every 5 minutes getting quite painful now. Glad I got some sleep, amazing how having a short sleep can make you think you have had 7 hours! Phone second midwife to meet me and set off.

Drove in thick fog from Saltash to Calstock very disorientating, arrive at car park only able to park in the very puddly area as car park full. Grab equipment and set off together for house. Clattering along the cobbles trying not to wake up the neighbours.

S in strong labour and her partner offers us a welcome cup of tea once we have sorted ourselves out. They have a wonderful open log fire burning away in the hearth and all is quiet and peaceful. S labours away with minimal fuss and births a beautiful 10lb baby boy.

We write up our notes and clear up and pack up our cars and set off for our beds leaving a very happy family nestled on sofa in front of the fire.

Drive home in the fog thicker than ever and clamber into bed.

I have the best job in the world I am lucky to meet wonderful women and support them in their births. Tiring at times it may be but ultimately it is worth every minute.