

Description

Midwives Matter

Charlotte Grant – Midwife and founder of Midwives Matter and Lottielivewell.com

I was approached to write a blog post about some key questions around my newly launched staff wellbeing project for midwives – “Midwives Matter” – and my new blog www.lottielivewell.com– and it really made me think back to the roots of why I decided to do this.

I’ll give you a bit of background. My name’s Charlotte, I’m 27 and I live with my cat Indie. I have a BSc in Psychology and a BSc in Midwifery, and have been a rotational hospital midwife for the last two years. Although I work in a sometimes medical environment, I’ve always been passionate about the alternative option – I come from a family of veganism, spiritualism and only taking a parecetemol if you think you’re dying.



My first two years of midwifery have flown by in a whirlwind of passion, teamwork, achievement, stress, laughter and tears. I can't even begin to describe how extremely amazing and extremely challenging my job can be. I can drive home in tears or non-stop smiling, thinking about how lucky I am to have the best job in the world. And overall, I do think I have the best job in the world. But the tears and stress were ruining that a bit for me, so instead of moaning about it, I decided to do something about it.

I approached my head of midwifery and asked if I could start a monthly wellbeing group, and then I delved into researching all things self-care with an NHS shift worker twist. A lot of self-care practice and advice can't be applied to shift workers and midwives, because we don't work like everyone else. I don't want to go for a run after a 12.5-hour shift on my feet all day, and I can't join a weekly yoga class because my shift pattern is a random mix of days and nights. But that doesn't mean I just gave up, I wanted to find a way of incorporating self-care into the daily life of the average midwife.

My sessions are held in our standard teaching room which I converted with fairy lights, lamps, candles, relaxing music and aroma diffusers and laid the tables with herbal teas and homemade snacks and cakes. Check out my post https://lottielivewell.com/my-first-midwives-matter-session/ to see how I hosted it and what was discussed.

My aim for the monthly sessions is for a drop in experience, where staff can socialise off shift, take part in some ted to our way of living.

elf-care in our own lives, and what we can nd better. Next month we have a yoga t it.



My blog is an online knowledge base of self-care advice, tailored and adapted specifically for midwives and healthcare professionals, mixed in with personal posts because I enjoy writing and sharing my experiences. It originally started as a resource for the staff that could not attend my monthly sessions, but it's now become a creative outlet and form of self-care for myself, and a platform where I can express my thoughts, research and ideas. When I was researching for Midwives Matter, I thought – why not share this with as many people as possible? If I only help one person, to me it's worth the effort and the work I've put into all of this.

As midwives and healthcare professionals, we're really good at looking after our patients, and easily forget to look after ourselves. We stay behind after our shift because we care, we work through our breaks and we pop in on our women the next day to see how they are. Our work environment is tough but I think we're tougher, and by implementing changes in my life I've found that I was able to fall in love with my job again. It's not always how I'd imagined it to be, but I've found that I'm now a much more positive person and a better midwife.

My project is for all the midwives that are getting up at weird hours, going to work in all weathers, and caring for women no matter what. And my vision is to make their lives and perception of their jobs better in some way. So check out my blog, stay positive and keep going, because we do have the best job in the world, and I promise you it's worth it. I've got your back.

Category

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Tags

1. caring
2. nurture
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