

# A day in the life of...

## Meet Vicky Seagars

Midwife, Maidstone and  
Tunbridge Wells NHS Trust



Having trained at MTW, I started working here as a preceptorship (Band 5) Midwife in August 2021.

The preceptorship package includes competency in all areas of maternity, and skills like cannulation, sterile water injections and suturing. We rotate through all areas of maternity to consolidate our practice. One of the draws of working and training at MTW, for me, was the stand-alone Birth Centres the trust has, and the availability of the Home from Home rooms on Delivery suite. I've worked on the delivery suite at Pembury and am now based in the Maidstone and Leeds community teams.

My typical day begins with checking the allocation and the team calendars. I either have a variety of postnatal visits and phone calls, my own community clinics, or the clinics based at Maidstone Birth Centre. At my clinic, I care for women in the antenatal period, arranging appointments, blood tests, referrals, health promotion and providing information on pregnancy and screening, etc. There will often be visits to make after clinic and these involve seeing women at their homes to provide postnatal care to both mum and baby. They can include things like feeding support, wellbeing checks, baby weighing and New Born Blood Spot Screening tests. There is also the potential to be on call for the Birth Centre or Delivery Suite.

A big part of being a community midwife is working alone, managing your case load and following up on tests and referrals you've ordered. You need good time management and organisational skills. We also work well as a team, liaising with other community midwives and other professionals such as GPs, health visitors, Social Services and Safeguarding, as well as other departments and trusts.

My favourite part of working in community has been the team that I work with. I can ask questions, and everyone has been really kind and helpful. They really embraced me and helped me build confidence. It's also nice to have a caseload of families that I'm looking after, to be able to provide continuity and develop relationships.

I'm so proud to be a part of the MTW team. My whole experience has been positive. I have always felt welcome and well supported. It can be quite daunting starting a new area but that eases when you are made to feel welcome and part of the team. From fellow new starters, to experienced colleagues, supervisors and managers, everyone has been helpful and supportive.

There are lots of opportunities to gain new skills and I'm working towards getting my Band 6, after which I'll be able to specialise if I wish. I'm currently doing an extra qualification to be able to perform the Holistic Examination of the Newborn.

I have a young family too, so working in the community on day time shifts has been great as I can see my children before and after work. There is also flexibility within the shifts to enable me to spend time with them when I'm not working in the community.

I would really recommend working at MTW for a comfortable and supportive work environment. It's a decision that I made and have never regretted.