

06.08.20

**Communications Department**

Royal United Hospital  
Combe Park  
Bath  
BA1 3NG

Tel: 01225 826230 / 821459  
Mobile: 07557 756658 (office hours)

[Ruh-tr.communicationsteam@nhs.net](mailto:Ruh-tr.communicationsteam@nhs.net)  
[www.ruh.nhs.uk](http://www.ruh.nhs.uk)  
<https://twitter.com/RUHBath>

## RUH launches new maternity app for mums

New parents and pregnant women now have access to a wide range of useful information and advice at their fingertips, thanks to a new app launched by the Maternity team at the Royal United Hospitals Bath NHS Foundation Trust.

The new Maternity HANDi app aims to provide extensive maternity information for women who:

- Are planning a pregnancy
- Are pregnant
- Are wanting to know more about labour
- Have recently given birth

Developed in partnership with Musgrove Park Hospital and maternity service users, the free app contains links to local and national information as well as guidance for women during pregnancy, labour and the early weeks following the birth.

The new app aims to answer many of the most frequently asked questions from new parents, including infant feeding and what to expect in labour. It can also be used to find out where to obtain additional support.

The app provides information on antenatal and post-natal hospital appointments, as well as advice for women who have diabetes or a high BMI.

Kirsty Watford, who is 28 weeks pregnant with her first baby, said: "The Maternity HANDi app is great to help guide you from planning a pregnancy through to the post-natal period."

Chair:  
Alison Ryan

Interim Chief Executive:  
Libby Walters



"Lots of easy to find useful links and videos to help answer common questions and concerns expectant and new parents may have along their journey. I thoroughly recommend it to anyone starting their pregnancy journey."

Maternity Matron Di Dorrington said: "We're delighted to be able to offer this app to women and their family.

"It provides women with access to expert information while answering many of the questions they have at this special time.

"The app is free and easy to download, so I hope women will take the opportunity to access maternity information at the touch of a button"

You can find the app on Google Play and on Apple's App store - just search for HANDi Maternity. Once the app is downloaded, agree to the terms and conditions and select Royal United Hospitals Bath. Please be patient – this download can take a few minutes.

The Maternity HANDi app complements the Paediatric HANDi App, already available for parents and carers with expert advice on common childhood illnesses and how to treat them. It is free and can be downloaded to any Apple or Android smartphone or tablet.

## Ends

### Notes to Editor:

The World Health Organization has designated 2020 as the Year of the Nurse and Midwife to commemorate the 200<sup>th</sup> anniversary of the birth of Florence Nightingale. Our nurses and midwives are a big part of the RUH family and throughout the year we are celebrating the work they do, going above and beyond every day to give our patients compassionate care.

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

Chair:  
Alison Ryan

Interim Chief Executive:  
Libby Walters



In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: [www.ruh.nhs.uk/about/fit\\_for\\_the\\_future](http://www.ruh.nhs.uk/about/fit_for_the_future)

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

...

...