

About the local area...

There's so much to do in West Norfolk that you'll want to stay! Variety is the name of the game with unspoilt coastline and rolling countryside rubbing shoulders with a medieval port and family-friendly seaside resort.

West Norfolk is a truly special place of unspoilt charm and natural beauty, where tranquility and relaxation are order of the day. Set against a backdrop of stunning coastline and beautiful countryside, this wonderful part of Norfolk is a sheer pleasure to explore, work and live.

King's Lynn has a vibrant town centre to meet your every need. In 2004, the town centre redevelopment, known as the Vancouver Quarter, was completed and has had a significant impact on the vibrancy of the town centre attracting more visitors and shoppers to the town.

With easy access to the Norfolk Broads, Cambridge, the Midlands and Norwich Kings Lynn really does have so much to offer. It's a taste of country living in a lovely historical town with larger towns and the coast just a stone's throw away.



Getting here...

Directions by Car

From the South (A10 from Cambridge)

Take the third exit from the Hardwick roundabout, signposted A149 Cromer/Hunstanton. At the next roundabout, take the first exit signposted for King's Lynn and Gaywood. The exit for the hospital is at the second of two mini-roundabouts, on your right.

From the East and West (A47 from Norwich)

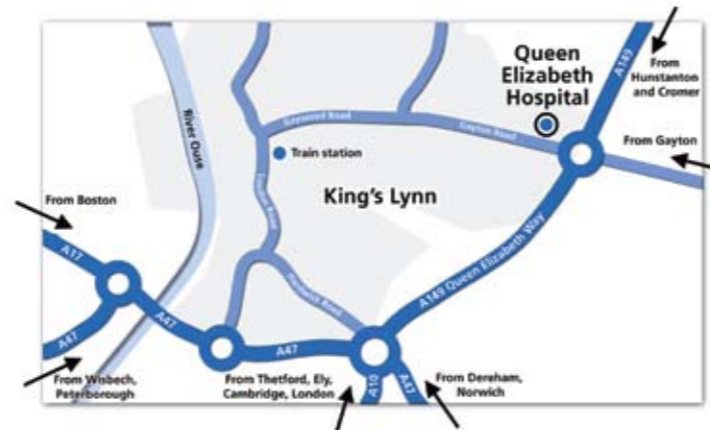
At the Hardwick flyover, follow the signs for the A149 Cromer/Hunstanton. At the next roundabout, take the first exit signposted for King's Lynn and Gaywood. The exit for the hospital is at the second of two mini-roundabouts, on your right.

From the North and Northwest (A149)

At the Knight's Hill roundabout, follow the signs for the A149 Cambridge/Peterborough. At the next roundabout, take the third exit signposted for King's Lynn and Gaywood. The exit for the hospital is at the second of two mini-roundabouts, on your right.

By Bus

There is a regular bus service from the town centre bus station or railway station. Routes 40 and 40A (Eastern Counties) serve the hospital.



Working with us

QEH maternity services are 'excellent'

The Queen Elizabeth Hospital King's Lynn has been named as one of the top four best-performing hospitals in the East of England for 'excellent' maternity services, in a review by the Healthcare Commission.

The Queen Elizabeth Hospital King's Lynn is a 495-bed general hospital, now recognised as one of the top NHS Trusts in the country for the 'excellent' healthcare we provide. We're leaders in Day Surgery, Maternity care, Accident & Emergency, Stroke and Cancer Care, and the Productive Ward Programme... the list goes on!

We're also on the verge of becoming a Foundation Trust, so the time is right to use our strong financial position to

build on our achievements. Working for us means you'll also benefit from great training, development and promotion opportunities.

With exciting times ahead we are looking forward to both the introduction of our Midwife Led Unit and also an expansion of our Neonatal Intensive Care Unit. We are also pleased to be able to appoint all students on completion of their Midwifery qualifications.

We are looking for enthusiastic and motivated Midwives to join us. This is a great opportunity for Midwives to join a dedicated team dealing with both normality and complex cases. You will gain a broad range of experiences from the birthing pool to our well-equipped High Dependency Unit and in the coming months the brand new Midwife Led Unit.



Barbara James

Over the next year we will focus on lowering our caesarean section rates, this will include a new VBAC clinic, where we will support and encourage vaginal birth after caesarean for those women who would like to attempt a normal birth.

In addition we will be doing lots of work to both improve and market our home birthing service, we hope to increase the number of births in the home and further develop our community services.

We are expanding our day assessment unit and also extending our opening hours into the early evening to offer flexibility and convenience to women and their families.

Breastfeeding is also very important to us and we want to further support and encourage breastfeeding both in the hospital and community and promote the benefits to mothers and their babies.

March 2011 will see the birth of the much awaited Midwifery Led Birthing Unit which will be a very exciting time for us as it will mean that we will be able to offer all women a full range of choice about when and how they would like to give birth.

...continued overleaf...

Contact us for more information about Midwifery careers:

Head of Midwifery – Barbara James
By email: Barbara.james@qehkl.nhs.uk
By Phone: 01553 613 746
Visit our Website: www.qehkl.nhs.uk

Why not drop in and see us:
The Queen Elizabeth Hospital
Gayton Road, King's Lynn
PE30 4ET



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To achieve our vision for the next year and beyond we need hardworking, creative and innovative Midwives to join our team. We offer a flexible model of Midwifery, partnership working in a friendly environment where staff can develop, learn and progress in their careers. We have the investment for the future and with new innovation happening all the time we need a committed and stable workforce to help up achieve, deliver and grow.

If you would like to be part of something really special then I welcome you to join our excellent team at the Queen Elizabeth.

Barbara James
Head of Midwifery

Services

Women and Children Services

The QEH has recently refurbished the Delivery Suite to provide en-suite facilities and a pleasing environment for women and their partners. We are also looking to develop a Midwife led Birth Unit. The unit prides itself on the team working across all the disciplines working in the maternity service and always puts women and their babies at the centre of care. We deliver around 2400 births per year.

The Maternity Unit was opened in 1980. Situated on the first floor, it includes Castleacre Ward (ante and postnatal), the central Delivery Suite, Antenatal Clinic and Neo-Natal Intensive Care Unit. The unit is small, friendly and staffed by experienced colleagues.

Neo-Natal Intensive Care Unit has 12 cots and one mother and baby room for intensive, high dependency and special care babies.

The Antenatal Clinic has its own ultrasound, examination and counselling rooms. We offer parent education classes in the Seminar Room next door.

Appleton Care Unit is situated on Appleton Ward for women with bleeding or pain in early pregnancy or a history of recurrent miscarriages or ectopic pregnancies.

The Day Assessment Unit is situated within the Antenatal clinic and is open 9-5pm Monday to Friday. Here we provide blood pressure checks, blood tests, ultrasound and aim to give results of any investigations on the day.

Castleacre Ward has 5 multiple-bed wards and 5 single rooms, three with en-suite facilities, including those for disabled people.

The Hanson Suite provides a family room for parents and families to be together at difficult times, in the event of serious illness or bereavement.



Midwives & more...

We have the following specialist roles supporting our service:

- Practice Development Specialist Midwife
- Specialist Nurse for NICU
- Specialist Nurse for Neonatal Ward
- Vulnerable Women and Safeguarding Specialist Midwife, this includes drug abuse, Teenage Pregnancy and Mental Health
- Community Specialist Midwife, who also work across Children's centres

In addition we have the following support staff working as part of our Maternity Team:

- Midwifery Support Workers in the Community
- Nursery Nurses
- Housekeepers
- Clerical support staff

A day in the life of... Jayne Burton Midwifery Sister



Jayne Burton

Jayne trained as a Midwife at Queen Elizabeth and qualified in 1993, prior to being a Midwife Jayne was a General Nurse for 10 years.

As a newly qualified Midwife Jayne worked in clinics and on the wards learning new skills and enhancing on her experience. Since becoming a Midwife Jayne has enjoyed a fulfilling career working in many areas of Midwifery both in the hospital and community setting.

"I enjoy mentoring student Midwives and also supervising junior staff, its really enjoyable watching them grow and seeing them develop in their careers, its great to support their achievements and then support staff following in their footsteps"

Jayne has a very active role and no two days are ever the same. As an active Midwife, supervisor and mentor Jayne also has a number of administrative duties to undertake, preparation for audits, report writing as well as keeping upto date with policies and attending meetings.

"Despite my very busy role I love truly being a Midwife. Its so wonderful to see women go home feeling confident with the skills and advice we have given them to look after their baby, such as feeding, hygiene and safety. It's a joy to be with women and support the birthing experience and enable them to get through the stages of pregnancy and birth"

On Kings Lynn and Norfolk...

"The quality of life in Norfolk is wonderful. Kings Lynn town has recently seen many developments and now offers a wide range of attractions as well as a great shopping centre with all modern stores. There are also some lovely places to eat. It's great to live in a place where we have a nice town but are in the countryside and so close to the sea. Norfolk has beautiful coastline with so much to see and do, not just for older people but for young people too. There is always lots going on in this area"

On working at Queen Elizabeth...

"The hospital is the largest employer locally and has a stable workforce, especially within Maternity. It's a Hospital that is here to cater for the needs of the local people which make it a pleasant and friendly place to work where both staff and patients are happy. With great support from management and also the links with Anglia Ruskin University we are able to support training and development of staff which really is good for both us as Midwives but also for the service we provide. This is an excellent hospital and we do provide the very best care for women using our Maternity service"

Working at Kings Lynn... the benefits

We offer our staff a wide range of benefits including work life balance policies, flexible working opportunities, Childcare support, a free Counselling Service, Occupational Health services, excellent pension scheme and NHS shopping discounts.

Additional Benefits for Midwives:

- 1 Year Preceptorship for newly qualified Midwives
- Multidisciplinary Training

- Supervision for all Midwives
- Allocated Mentors/Preceptors
- Integrated Band 6 Midwives that rotate around the patch
- Links to the University of East Anglia to support further education pathways
- We also support training for Midwifery Prescribing and Clinical Examination
- Flexible working
- Return to Practice via the University of East Anglia. We encourage and support RTP Midwives and are flexible to support both learning and flexible working.