

Maternity & Midwifery hour Series 19 Week 12

Byrom, S and Downe, S (editors) (2015) *The roar behind the silence* Pinter and Martin

Nursing and Midwifery Council (NMC) (2026) *Consultation on proposals to change our nursing and midwifery practice learning education standards*
<https://www.nmc.org.uk/globalassets/sitedocuments/consultations/2026/practice-learning-review/practice-learning-review-consultation-2026/>

Stewart, N (2026) The road divides on maternity *Maternity and Midwifery Forum newsletter* feature. <https://maternityandmidwifery.co.uk/the-road-divides-on-maternity/> July.

A podcast.

Pregnancy Exercise Scientist: How to Exercise Safely During Pregnancy (New Evidence)
<https://youtu.be/dfH8nqSnW-w?si=bVmBPPHwleLmyUcA>

A great resource with evidence based and up to date information including CPD courses for professionals.

<https://www.activepregnancyfoundation.org/>

postpartum activity poster

<https://assets.publishing.service.gov.uk/media/6a4f5647559c26eacf438f84/cmo-physical-activity-guidelines-women-childbirth-birth-to-12-months-july-2026.pdf>

pregnancy activity poster

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/physical-activity-and-pregnancy/>

Born in Bradford research link.

<https://borninbradford.nhs.uk/>

and Molly's web-site:

<https://www.optimalbirth.co.uk/index.php>

New Strategic Plan for 2026-9 for Domestic Abuse Commissioner:

[DAC-Strategic-Plan-26-29-DIGITAL.pdf](#)

Web resources

Action for Happiness (2026) www.actionforhappiness.org Calendar July:

<https://actionforhappiness.org/sites/default/files/Jul%202026.pdf>

All4Maternity: The online platform for supporting and nurturing student and qualified midwives - includes articles, learning modules and news and views! www.all4maternity.com

International Confederation of Midwives (ICM) web-site: <https://internationalmidwives.org/>

Matflix Video/video Boxsets for maternity and midwifery professionals (2025)

<https://www.matflix.co.uk/>

RCM i-Learn Menu See www.rcm.org.uk Range of modules including: *Multiple Births, Preterm Birth..One Chance to get it right: bereavement care; Revalidation; and Examination of the Newborn*

The Academy of Fabulous Stuff (2026) <https://fabnhsstuff.net/>

Tommy's (2026) South Asian Baby Loss Awareness week (founded by Asiya) [South Asian Baby Loss Awareness Week | Tommy's](#)