



Lucy has been working as Midwife at the Norfolk and Norwich University Hospitals NHS Foundation Trust since 2019.

Lucy has shared her journey to becoming a Qualified Midwife and provided advice to anyone considering a career in a Midwifery setting.

How did you get into your current role as a Midwife?

I waited until all three of my children were at school full-time, before deciding to pursue a career in Midwifery. I searched online at UEA to find out what the entry requirements were for a Midwifery degree. As I had not been in academia for 15 years, the best option for me was to undertake the access course, which required my attendance for 2 days a week. I contacted City College to enquire about which specific Healthcare access course would be most appropriate, and was enrolled on to the Level 3 Healthcare Practitioners Access Course.

What challenges have you faced during your role?

One of the biggest challenges I have faced is managing a work/home life balance. I am currently in my preceptorship year, which is my first official year as a qualified Midwife and I am loving it! I do find that rotating every 3 months around different areas within Maternity can be quite unnerving and I am looking forward to settling down properly into one area as I am now nearing the end of my preceptorship.

What is your favourite part of being a Midwife?

I love the continuity of care both with the women and their families. Not only does this feel rewarding for myself but I also love how much this benefits the women too. I feel particularly passionate about empowering women, educating them, and managing their expectations as I feel this has a major impact on a woman's birthing experience.

What surprised you/what were you unaware of until you began working as a Midwife?

I had a good idea of the job as I had previously been working as a Maternity Care Assistant (MCA) which I believe has helped me massively. I was surprised at how many women suffer complications during the antenatal and postnatal stages of pregnancy. By working in Maternity both as an MCA and a Midwife I have come to realise even more how amazing women's bodies are and how women themselves are incredibly strong-minded and resilient!

What would you tell other people considering a career in a Midwifery setting?

Working in a clinical setting as an MCA or HCA can definitely provide you with the appropriate knowledge and experience prior to beginning a role as a Midwife. Working in this role prior to starting my Midwifery career definitely prepared me for the environment and culture. I would also say to go for it! You won't look back or regret it, it really is an incredible and rewarding job and I feel so privileged during this special time in their lives!

Where do you see yourself in 10 years' time? What would you like to achieve?

I would like to become more confident in my role, and be able to support students throughout their studies and development. I would also love to continue working hard in my job, making women and their families my utmost priority whilst I do so.



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