

VICKY MASH: QUALIFIED MIDWIFE



**Vicky has been working
as a midwife since 2017
at the Norfolk and
Norwich University
Hospitals NHS Foundation
Trust.**

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

In 2001, I studied Psychology BSc after doing Maths, Theatre Studies and History at A Level. I then went on to become a Maths teacher, which I continued to do for 8 years. After this time, I realised something in my life was missing and made the decision to change my career. I began training to become a midwife at the age of 31, gaining a place at King's College London. After qualifying, I was successful in getting a job at the NNUH and have now been working as a midwife for the last 3 years!

What is your favourite part of your job?

I really enjoy trying to make a woman's experience in the hospital a positive one. I believe being a midwife is one of the only jobs where your influence as a Health Care Professional can have a direct impact on the outcome on their overall pregnancy and birthing experience. I pride myself on trying to make any birth a lovely and calming environment whether it be an induction or low risk water birth. I also love being busy and on my feet which is a very important aspect of the role!

What challenges have you faced during your role?

I found the 3 years training to become a Midwife incredibly difficult. I trained in London and commuting was very long- I was also working 3 part time jobs too! When starting as a midwife in a different Trust, I found the transition hard. Getting used to a new hospital, along with the policies and systems was a big challenge for me. When I started as a Midwife the part I least enjoyed was the actual delivering of babies because I did not feel confident at all. My biggest accomplishment was finding my feet and become a competent and confident delivery midwife.

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

I was really surprised at how quickly I would feel part of the team, which definitely benefitted me and made me feel more comfortable. Also the relationship between midwives and doctors at the NNUH is amazing, and was very different from how I had experienced it at previous London hospitals.



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Vicky has shared her journey and has provided advice to anyone considering a career in midwifery.

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

Being a midwife is extremely full on and requires a lot of dedication and hard work. You will need to enjoy being on your feet a lot, and pushing yourself to your fullest potential. If you are someone who would prefer to sit back and not be involved, this is definitely not the career for you!

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

I would like to become a Specialist Midwife in an area such as Fetal Medicine, Diabetes, or Vulnerable women. I would also like to use my previous teaching experience and do some teaching to Midwifery students.



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