



Participant Information / Training Sessions

We are delighted to welcome you on your Black Maternity Matters journey. Please see below for all of the essential timings and venue information.

Venue - see directions below

All in-person sessions will be held at Engineers House, The Promenade, Clifton Down, Clifton, Avon, Bristol BS8 3NB.

In Person Training Dates:

- Thursday 24 October : 9:00 - 16:30
- Thursday 9 January : 9:00 - 16:30
- Monday 3 March : 9:00 - 16:30

Timings

Please arrive promptly by 9am so that you can get settled in and we can start the day on time. We will finish at approximately 4.30pm. We have included a number of breaks:

- 9:15-9.45 - Introduction
- 9:45 - 10:45 - Setting the Scene
- 10:45-11:00 - Break
- 11:00-1:00 - Main content
- 1:00-1:30 - Break
- 1:30-2:45 - Practical application
- 2.45-3:00 - Break
- 3:00-4.30 - Reflection/review

What do we provide?

We will provide tea, coffee and water on your breaks, as well as lunch. Please let us know if you have any specific dietary requirements or allergies. There is a café on-site at Future Space if you wish to purchase any items for yourself. You are also very welcome to bring your own food, but we do not have access to a kitchen for reheating anything or refrigeration.

What do we need to know advance?

Please let us know if there are any adjustments you need to fully participate in the day. We want to remove any barriers that may impact your involvement, whether this is physical access adjustments, or learning specific needs. Please let the BMM HIWE team know - this information will be treated confidentially, and we will do our best to ensure we have everything in place to accommodate your needs.

What to bring?

Yourselves!

Seriously, we will provide what you need for the training session in terms of stationery, props, resources etc. However, please do feel free to bring anything with you that you would like to work with, or that you prefer to work with - for example specific pens or notepads, or even a folder to keep your notes in.

What to wear?

Soft comfortable clothing in which you feel relaxed. This is not a formal environment, come as your authentic selves, whatever that means to you in terms of clothing.

What do we ask of you?

To get the most out of your Black Maternity Matters journey, we ask that you bring your whole self to the training days.

We will therefore be asking you to kindly put your phones and tablets to one side for the duration of the training days. You have the full support of your Trust to be present at the sessions and we encourage you to remain present in the training days and avoid being distracted by attending to work emails etc.

Preparation

There are some activities that we ask you to complete prior to the first session. The instructions for these are in the [Resources](#) pack. You will be given further tasks to complete during the period of training.

Book club (online via Zoom)

These interactive discussion groups will take place throughout the six months. The sessions are mandatory, as they will continue to delve into the themes and subject matter from the in-person days. They will be centred around specific reading materials (books or articles) and information will be provided in advance for preparation.

- Tuesday 26 November: Virtual Book Club 2:00 – 3:30pm (Zoom)
- Thursday 6 February: Virtual Book Club 2:00 – 3:30pm (Zoom)
- Monday 28 April: Virtual Book Club 2:00 – 3:30pm (Zoom)

Please use the following link for each session:

[Zoom login details:](#)

- Zoom Meeting ID: 915 2815 8856
- Zoom Passcode: 164007

Quality Improvement: putting learning into practice (online via Teams)

An essential element of Black Maternity Matters is being enabled as part of the perinatal team to make improvements to the way care is delivered for Black women, birthing people and their babies. This could include sharing the learning from your time with BMM with colleagues or developing specific QI projects that will directly improve the experiences for Black women and birthing people.

To help you with this, you will be supported by the West of England AHSN to develop as Quality Improvement (QI) practitioners specifically working on BMM QI projects. This QI Webinar series comprises three sessions which will support the learning and insights gained from the in-person training days and virtual book group sessions.

These are as follows and you only need to attend once for each:

- **QI Session 1: Generating Ideas for Change**
 - Tues 19th November: 13:00 – 14.30 (Microsoft Teams)
 - Tues 3rd December: 12.00 – 13:30 (Microsoft Teams)
 - Weds 4th December: 12:30 – 14:00 (Microsoft Teams)
- **QI Session 2: Overcoming Obstacles to Change**
 - Weds 5th February: 12:30 – 14.00 (Microsoft Teams)
 - Thurs 6th February: 12:00 – 13:30 (Microsoft Teams)
 - Thurs 13th February: 12:00-13:30 (Microsoft Teams)
- **QI Session 3: Communication Strategies for Getting the Word Out**
 - Tues 22nd April: 12:00 – 13:30 (Microsoft Teams)
 - Thurs 24th April: 12:30 – 14:00 (Microsoft Teams)
 - Weds 30th April: 12:00 – 13:30 (Microsoft Teams)

The webinars will be hosted by the HIWE Academy and provide the tools and resources to help you implement BMM QI projects in your own services, running small tests of change aimed at improving experiences and outcomes for Black women and birthing people.

We will send you Teams Invites personally. Please accept one of each of the three sessions. We will be running each session multiple times to help increase accessibility across the many Trusts. We will also be running a number of monthly drop-in lunchbreak catch-up sessions for those who find themselves unable to attend the live webinars.

Quality Improvement Clinics

The West of England HIWE QI team and Academy will be running regular drop in sessions for all of those sticky problems you may encounter on your QI journeys! We will share the dates and times with you shortly. These clinics are for you to access coaching on any range of issues, including planning, getting started with forming your ideas, or unblocking barriers in the system.

Evaluation

We are evaluating a range of elements of the Black Maternity Matters Programme as well as the impact it will have on Black mothers, birthing people and their babies. We are particularly interested in your experience as participants and the learning and development journey you will go on over the next 6 months.

Prior to starting on the first in person training day, please complete your pre course evaluation survey and electronic consent form, we will email these to you separately.

How to get to Engineers House

The Promenade, Clifton Down, Clifton, Bristol, BS8 3NB

Telephone: 0117 906 4800 Website:

Arriving by bus

Number 8 bus from Temple Meads:

You can catch the number 8 bus ran by First Bus from outside of Temple Meads from the designated bus stop. There are various key points along the way where you can jump on if not catching the bus from Temple Meads. Such as by Cabot Circus, The Centre (near Bristol Hippodrome), College Green, Clifton Triangle (top of Park Street opposite the University Wills Memorial Building). The Return bus stop is the same bus stop as when you arrive at Engineers' House (the Percival Road stop).

505 Bus Service from Long Ashton Park and Ride:

You can catch the number 505 bus service from Long Ashton Park and Ride. There are various key points along the way where you can jump on if not catching the bus from Long Ashton Park and Ride. Such as Anchor Road, Jacob's Wells Road, Clifton Heights/Victoria Rooms, Clifton Village. The bus stops directly opposite Engineers house (the Percival Road stop). The Return stop is also directly outside of Engineers' House.

Follow this link for easy directions by bus: [Homepage - travelWEST](#)

Arriving by bike

Engineers' House has ample undercover bicycle parking. Please see the car parking attendant on arrival who will direct you. You will just need to bring your own lock.

Arriving by train

Coming into Bristol, use Bristol Temple Meads Train Station. Please put destination as Bristol Conference Centre which will apply an automatic train ticket discount on the GWR website when coming from various London stops such as Paddington.

Arriving by electric scooter/bike

Engineers' House is in the Electric Scooter programme operated by TIER.

Please click here to find out more: <https://www.tier.app/en/>

Arriving by car

Engineers' House is outside of the Bristol Clean Air Congestion Charge Zone when using the highlighted routes below.

Clean Air Zone Map at this link: [Small-CAZ-D-Final-2021.pdf \(cleanairforbristol.org\)](#)

Arriving by car continued...

Attendees will be met by one of our car parking attendants, this will either be one of car parking spaces within the car park or on one of the surrounding roads using a permit. If you are advised to get a permit, you will just need to leave us with a refundable deposit upon collection of the permit from our reception information desk inside of the main entrance.

From London M4 and the Midlands & North M5:

From the M4 take the M5 southbound towards Avonmouth and Bristol West Leave the M5 at Avonmouth Junction 18 and follow the A4 Portway exit to Bristol. After approximately 5 miles take a sharp left just before the Clifton Suspension Bridge on to Bridge Valley Road (sign posted Bristol Zoo). At the top of Bridge Valley Road take the 1st right onto Clifton Down bearing right. Follow Clifton Down 0.3 miles and Engineers' House will be on your left just after Percival Road.

From South Wales M4/M49:

Once over the second Severn Crossing on the M4, take junction 22 onto the M49 along to Avonmouth Junction 18. Take the A4 Portway exit to Bristol. After approximately 5 miles take a sharp left just before the Clifton Suspension Bridge on to Bridge Valley Road (sign posted Bristol Zoo). At the top of Bridge Valley Road take the 1st right onto Clifton Down bearing right. Follow Clifton Down 0.3 miles and Engineers' House will be on your left just after Percival Road.

From South West M5:

Exit the M5 at Junction 19 Gordano Services. Follow the A369 to Bristol West and Clifton. After approximately 4 miles take a left following the signs for Clifton Suspension Bridge (toll £1 each way – from July 2023 this will be contactless, card only). Once across the bridge, take the 1st left and the bear left onto Clifton Down and Engineers' House will be 0.1 miles on the right-hand side just after the Royal Marines Reserves Building.

From Bath on the A4 or Wells on the A37:

Follow the signs for Bristol City Centre. After junction A4/A37 (the 3 lamps junction) move into the left lane turning left at the roundabout onto York Road (A370). At the next roundabout take the 2nd exit onto Coronation Road (A370). Follow the signs for the A4 Portway/Avonmouth. As you pass under the Clifton Suspension Bridge, take a right at the traffic lights on to Bridge Valley Road (sign posted Bristol Zoo). At the top of Bridge Valley Road take the 1st right onto Clifton Down bearing right. Follow Clifton Down 0.3 miles and Engineers' House will be on your left just after Percival Road.

Arriving by car continued...

Electric Car Charging Points:

There are public Electric Vehicle charge point locations close to Engineers' House. The closest public EV charge point location is just 4 minutes away by car: Bridge Road, Leigh Woods, Leigh Woods, Bristol, Somerset, BS83PA (crossing the Clifton Suspension Bridge, which includes a toll). It's part of the Revive vehicle charging network:

<http://www.revivecharging.net/publicmap>

Further details on Revive here: <https://travelwest.info/revive>

You can also find more charging locations using Zap-Map: <https://www.zap-map.com/live/>