



An tOspidéal Náisiúnta Máithreachais
The National Maternity Hospital



Postnatal Hubs - Here to support you!

Community Midwifery and Physiotherapy-led postnatal supports for women and babies after birth. This is a tri-hospital service where women who have given birth at **The National Maternity Hospital, The Rotunda Hospital or The Coombe** can avail of these new and innovative services. Midwifery support is available for up to 6 weeks post birth while physiotherapy services may continue for up to 6 months after delivery.

Feeling unsure? Have questions? Need reassurance or support?

Our Postnatal Hubs are here for you. These postnatal hubs provide a welcoming, supportive, and friendly environment where you can receive professional care for non-urgent issues, share experiences, and feel supported during the postnatal period.

Postnatal Hub Services



Hub Location and Weekly Schedule

Monday - Shankill Primary Primary Care Centre (D18 DW08), **Tuesday** - Ballyboden Primary Care Centre (D16 W3P8), **Wednesday** - Arklow Primary Care Centre (Y14 AE10)
Thursday - Ballyboden Primary Care Centre (D186 W3P8) and **Friday** - Wicklow Primary Care Centre (A67 K5C7).

Clinic Times and Appointments

Morning Drop in Clinics (no appointment needed)	9.30am-12.00pm Available at all allocated hub centres
Group Sessions	Held at all postnatal hubs Follow our social media channels for updates and session details @TheNationalMaternityHospital
Afternoon Scheduled Appointments	2.00pm-3.30pm (no referral required)

Contact and Support

Monday to Friday: 9.30am-3.30pm

 01 637 3145

 postnatalhub@nmh.ie



Drop in. Talk to us.

Supporting you and your baby in the early weeks after birth.