

Birth Reflections

Women's Health



Birth Reflections

This leaflet is intended to give you additional information to that received from a healthcare professional.

Birth Reflections “Completing the Picture”

This service is available to any woman who has given birth at Ashford & St. Peter’s Hospitals and her partner.

The service provides women and their partners the opportunity to talk about their birth experience, to share feelings and reflect on their birth, discussing the whole experience in an atmosphere of trust and safety, helping to clarify events.

Although women are encouraged to talk through their experiences while they are still in hospital, many find they need to have time at home adjusting to family life before being able to reflect upon their experience.

A birth reflection experience can help considerably to obtain a greater understanding of events surrounding the birth, why possible intervention was necessary, and the possible implications for future births.

Where does a birth reflection take place?

A birth reflection takes place in a room signposted 'Birth Reflections' which is situated next to the scanning department on the ground floor of Abbey Wing at St. Peter's Hospital.

How to access the service?

- You can contact the midwife counsellor or support midwife directly on 01932 722879 or by writing to:

Midwife Specialist Counsellor
Maternity Unit, Abbey Wing
Ashford & St. Peter's Hospitals
Guildford Road, Chertsey,
Surrey KT16 0PZ

- Be referred by your midwife/GP/Health Visitor

You may like to contact any of the organisations whose details are given overleaf.

Mother's comments

"Time and patience was much appreciated. This was the first time that my husband and I have been able to talk openly about our feelings. Thank you for treating us with such respect and kindness."

“I feel that I have really benefited from the review of my labour and birth of our baby.”

“I felt that someone was really listening.”

“I now understand what happened and feel I am able to move on.”

“We came away with a complete picture of our daughter’s birth.”

“This meeting helped me deal with difficult emotions.”

Further Information

You can obtain further advice by contacting any of the services listed below:

The British Association of Counselling and Psychotherapy

01455 883316

www.bacp.co.uk

Cruse Bereavement

0208 939 9530

www.crusebereavementcare.org.uk

Association for Postnatal Illness

0207 386 0868

www.apni.org

Surrey Domestic Violence Helpline

01483 776822

www.surreycc.gov

Relate

0300 100 1234

www.relate.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
ने उगाठू उतनमे सी लेंत्र वै उं विरथा वरवे दिस नंघर उे देन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk