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](http://www.bacp.co.uk)

Cruse Bereavement  
0208 939 9530  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Association for Postnatal Illness  
0207 386 0868  
[www.apni.org](http://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.
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.

Ang Niazi be Tarijme Dari, Latfa ba Shamar 01932 723553
Se weda we leh si leh de a diwabula deh de dafa leh de 01932 723553
Arlaap ak kasaaroon ban sheetarajuk bi, tobbaawan dafa leh 01932 723553
Se precisa de uma tradução por favor contacte: 01932 723553
Aapnara anuvade deh dafa deh ake deh yuqtim karon : 01932 723553
Yadi aapko anuvad deh jhukat ha to kruva esa naver par phone karo : 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
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