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Ashford and St. Peter's Hospitals
NHS Foundation Trust

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You can use Text Relay to turn telephone communications into text.
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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس 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

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**

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Birth Reflections and Birth Support

Women's Health

Patient Information

Birth Trauma Association
0203 621 6338
support@birthtraumaassociation.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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Further Information

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

The British Association of Counselling and Psychotherapy
01455 883316
https://www.bacp.co.uk/

Cruse Bereavement
0208 939 9530
https://www.cruse.org.uk/

Association for Postnatal Illness
0207 386 0868
https://apni.org/

Surrey Domestic Violence Helpline
01483 776822
https://www.healthysurrey.org.uk/domestic-abuse

Relate
0300 100 1234
https://www.relate.org.uk/

PANDAS Foundation
0808 1961776
https://pandasfoundation.org.uk/

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 Hospital 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.

Birth Support

Some women and their partners may benefit from additional emotional support in their pregnancy.

Some examples might include deciding on the way they would like to give birth, anxiety from previous pregnancy loss, fear of pregnancy / childbirth, previous traumatic birth experience.

Where does a birth reflection take place?

A birth reflection or birth support usually 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 self-refer by contacting the midwife counsellor or support midwife directly by:

- Telephone: 01932 722879
- Email: asp-tr.birthreflections@nhs.net 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

Parents comment

"Time and patience were 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."

"I just needed that further support which was invaluable to me and my recovery".

"We found it was helpful to have someone outside of family and friends to talk to about our experience and feelings".

"Brilliant in helping me to manage my fear leading up to the birth. Very reassuring and understanding".

"The sessions helped me to become better at communicating my needs".

"Felt very calm and open minded after the meeting".