

Maternity information factsheet

Birth reflections service

We have written this factsheet to give you information about our birth reflections service. It explains what our birth reflections service is, what we offer and what to expect during a session with us.

What is the birth reflections service?

Weeks, months or even years after the birth of your baby, you may find that you would like more information about what happened during their birth and why certain things were done. Birth reflections is a midwife-led listening and debriefing service which provides you with an opportunity to:

- reflect on your birth experience
- explore the care you received during pregnancy, labour, birth or immediately after your baby was born
- ask any previously unanswered questions

You can access this service any time after your baby is born. It does not matter how long ago this was. However, we do recommend that you wait at least a month after giving birth before contacting us, to allow yourself time to settle into parenthood. It is also important that you feel ready to discuss your birth experience with us. This is very individual and the timing will be different for everyone.

Who is the birth reflections service for?

Birth reflections is available for you and your birth partner, if you have given birth under the care of University Hospital Southampton NHS Foundation Trust (UHS). This may have been at Princess Anne Hospital, Southampton General Hospital, the New Forest Birth Centre or at home.

What will happen during a birth reflections session?

We will offer you a one-off, one-to-one session with an experienced midwife. The session will last approximately an hour. During the session, the midwife will go through your maternity care record with you, step-by-step, explaining what happened and why. You may also wish to give us feedback during your session, to help us improve our maternity services.

You are welcome to bring someone with you for support. This may be your partner, a close family member or a friend. They do not need to have been your birth partner.

Spending time reflecting on the birth of your baby may make you feel very emotional. Although it is important to talk to your midwife about how you are feeling, it is also important that you are aware that our birth reflections service is not a counselling service. If you feel you would benefit from on-going counselling and support, please see the links at the end of this factsheet or ask the midwife for more information about this during your birth reflections session.

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How can I access this service?

If you feel you may benefit from a birth reflections session, you can refer yourself to this service using the contact details at the end of this factsheet. Please leave your name and a contact number, and a member of our team will contact you to arrange a session at a mutually convenient time.

Alternatively, you can ask your midwife, health visitor, GP or another health professional to refer you to our service. We will then contact you to arrange a session at a mutually convenient time.

We offer a variety of sessions, including:

- a telephone consultation
- a virtual meeting via Attend Anywhere (this is similar to Zoom)
- a face-to-face meeting at Princess Anne Hospital

You can choose the type of session that best suits you and your circumstances. Once this has been agreed, an appointment email or text message containing the date and time of your session will be sent to you.

We understand that this can be a difficult and emotional appointment to make. We welcome your call and we will support you in a kind and caring manner.

Contact us

For more information about our birth reflections service or to book a session, please contact us.

Birth reflections team

Telephone: **023 8120 6834**

Mobile: **07825 928 208**

Mobile: **07810 836 381**

Useful links

Our birth reflections service is not a counselling service, so you may need support or follow-up input from other organisations. Below are links to some that you may find useful:

Mental health and wellbeing resources

Healthier Together (birth trauma support for mothers)

Website: www.what0-18.nhs.uk/parentscarers/maternal-mental-health/birth-trauma-1

Healthier Together (birth trauma support for partners)

Website: www.what0-18.nhs.uk/parentscarers/maternal-mental-health/dads-partners-page

Counselling and psychological therapy services

Steps 2 Wellbeing

Website: www.steps2wellbeing.co.uk

italk

Website: www.italk.org.uk

Birth Trauma Association UK

Website: www.birthtraumaassociation.org.uk

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Hampshire Lanterns

Website: www.hampshirelanterns.com

Anxiety UK

Website: www.anxietyuk.org.uk

PANDAS

Website: www.pandasfoundation.org.uk

Mind

Website: www.mind.org.uk

Support for women who have suffered severe perineal trauma injuries during childbirth
MASIC

Website: www.masic.org.uk

Pre-eclampsia support and information

Action on pre-eclampsia (APEC)

Website: www.action-on-pre-eclampsia.org.uk

Support and information for dads and partners

The DadPad

Website: www.thedadpad.co.uk

Fathers reaching out

Website: www.reachingoutpmh.co.uk

PANDAS for dads (closed Facebook group)

Website: www.facebook.com/groups/367885373581814

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