

Information for patients

Birth Reflections Service



Birth Reflections

Supporting you after you
give birth



What is Birth Reflections?

However you are feeling, we're here to support you.

The West Suffolk Hospital's Birth reflections is a confidential midwifery-run service which gives you the opportunity to discuss your birth experience. We can also help you plan any future births that you might be considering

Your community midwife is able to discuss your birth experience with you, however if you feel you would benefit from further reflection on your birth, then please do not hesitate to contact us as we offer all new parents the opportunity to come back and see us within the Birth reflections service within a year of your birth.

What will happen at my appointment?

At your first birth reflections appointment you will spend around an hour with us going through your medical notes and discussing your birthing experience as a timeline of events. In doing so this allows you, and your birthing partner to understand what happened and why.

You can choose to have this appointment either be face to face or via a telephone call- whichever makes you feel more comfortable or fits you best.

The Birth reflections service is not a counselling service therefore if it is felt that you would benefit from anything more in-depth, or if you feel you want more support, we will sign post you to services such as Petals and Suffolk Wellbeing for additional support.

We want to help you feel in control and empowered after such a life-changing event.

How do I make an appointment?

You can self-refer to our birth reflections service any time up to a year after having your baby.

The earliest you will be offered an appointment is from six weeks postnatal as this allows you and your partner time to physically recover from the birth.

The average waiting time for an appointment is within eight weeks from initial contact.

All you need to do is email us on:

birthreflectionservice@wsh.nhs.uk

We really look forward to hearing from you



Accessibility

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email PALS@wsh.nhs.uk

If you would like any information regarding access to our Trust services and facilities, please visit the website for AccessAble: <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.