



Gloucestershire Hospitals
NHS Foundation Trust

Maternity Bereavement Support Service

Introduction

We would like to offer our sympathy to you and your family at this sad and difficult time. During the days and weeks ahead, continued support will be available to you.

We want you to know we are committed to offering sensitive care in response to families' individual needs. We have a responsibility to offer choices to the family and to provide information needed to help make those choices.

It is also our responsibility to treat parents and families with respect and honesty, enabling them to grieve for their baby with dignity.

Bereavement support

The Bereavement Support Midwife is based in the Maternity Unit at Gloucestershire Royal Hospital. The bereavement support midwife will contact you, by telephone if you have been discharged from hospital, and offer to visit you at home. At first you may not wish to take up this offer. We understand this, but ask that you keep this leaflet so that if you change your mind, you can make contact yourself.

Continuing support

Support for you and your family can include home visits, telephone contact or a mixture of both. The length of time and how often we offer you support will depend on your individual needs.

Home visits will usually last for an hour and are arranged for a date and time suitable for you. If there is anything you wish to know or talk about, please contact the bereavement support midwife. The telephone numbers are at the end of this leaflet.

Photographs

If photographs were taken of your baby by the hospital photographer, they will be developed in the Medical Photography department. When they are ready, you will be contacted so that arrangements can be made for them to be delivered to you.

Remembrance service

An annual remembrance service is held for parents, family and friends. Please contact the Hospital Chaplain for information.

Contact information

Bereavement Support Midwife

Maternity Unit

The Women's Centre Gloucestershire Royal Hospital

Tel: 0300 422 5564

Tel: 07799 060328

Mondays, Wednesday and Friday, 8:00am to 4:00pm

Messages will be returned on the midwife's next working day.

Hospital Chaplains

Tel: 0300 422 6200

Monday, Wednesday, Thursday and Friday, 9:00am to 5:00pm

Bereavement Officer

Tower Block,

Gloucestershire Royal Hospital

Tel: 0300 422 6742

Monday to Friday, 8:30am to 4:00pm

Further information

Stillbirth and Neonatal Death Society (SANDS)

Helpline: 0808 164 3332

Website: www.sands.org.uk

Ante-natal Results and Choices (ARC)

Tel: 020 7713 7486

Website: www.arc-uk.org

The Miscarriage Association

Tel: 01924 200 799

Website: www.miscarriageassociation.org.uk

Child Bereavement Charity

Helpline: 0800 02 888 40

Website: www.childbereavementuk.org/

The Lullaby Trust

Tel: 08088026868

Website: www.lullabytrust.org.uk

The Ectopic Pregnancy Trust

Tel 02077 332 653

Website: <https://ectopic.org.uk/>

Mariposa Trust

Tel 08452 938 027

Website: www.mariposatrust.org

Email: info@mariposatrust.org

Cruse Bereavement Support

Helpline: 0808 808 1677

Website: www.cruse.org.uk

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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