

Invitation **to give feedback on your maternity care**

We are a group of local mums who work with the maternity department at James Paget Hospital to make sure that women's experiences (positive or negative) are listened to.



Did you know you can discuss your care or give feedback, either during pregnancy or after giving birth, either:

- Directly to the Maternity Department via PALS, who welcome all feedback on 01493 453240
- Anonymously by using our quick online survey at **www.BirthVoicesEast.co.uk**
- Using the Birth Afterthoughts Service at JPUH for one-to-one discussion about your birth with a specialist midwife (*turn over for details*)



Further contact details for giving feedback about your maternity care:

About James Paget's 'Birth Afterthoughts Service'

This is an appointment with a specialist midwife who will access your maternity notes and discuss your individual care with you.

- You will be able to discuss and explore what happened, and your feelings about this. The aim is to help you to understand your birth experience and to answer any questions you may have.
- This can be done immediately after your birth or several years later.
- Please contact the Women's Experience Midwife, Abby Robertson on 07391 408325 or email birthafterthoughts@jpaget.nhs.uk to book an appointment or find out more information.
- A referral can also be completed by any midwife or health visitor caring for you in the hospital or at home

About Birth Voices East

We are the local 'Maternity Voices Partnership' for Great Yarmouth and Waveney, and are run by mums, for mums.

- Email us at BirthVoicesEast@yahoo.co.uk. We're always keen to have new faces involved - whether mums, dads or community reps!
- We regularly run listening events – see Facebook to keep up to date

Visit our blog or Facebook page to see how your feedback is making a difference

www.BirthVoicesEast.co.uk

On Facebook as 'Birth Voices East – MVP'