

Please use this space to write down any notes

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

**Professional Midwifery Advocate (PMA) service**



## Congratulations!

At Sherwood Forest Hospitals we want to help you have a smooth transition into parenthood.

For some people, the birth experience may impact on your time as a new parent. You may have unanswered questions or a hazy memory of what happened.

Your birth experience may have been very different to what you expected or hoped for. You may have feedback you would like to give us.

We want all our families to be supported and heard. This is why we offer the Birth Afterthoughts service.

This service offers a session with a Professional Midwifery Advocate (PMA). PMAs are experienced midwives who have had extra training to help you talk through your individual birthing experience.

The PMA team are here to listen to you. We can help you to gain clarity and closure and address your questions and feelings. The sessions are confidential and non-judgmental.

We can signpost you to further support if you need it. We can also provide guidance on how to obtain your medical records or how to make a complaint.

If you would like the PMA team to contact you to make an appointment, please email: [sfh-tr.pmateam@nhs.net](mailto:sfh-tr.pmateam@nhs.net)

Please leave your name and contact number and we will aim to respond within 10 working days.

The service is available to everyone, whatever kind of birth you had and it doesn't matter how long ago you gave birth. You may be pregnant again and wish to discuss your previous birth experience to help understand and inform decisions in this pregnancy.

You can bring your birth partner with you if you wish. The session can be via the telephone, video call or face to face at either Newark Hospital or King's Mill Hospital.