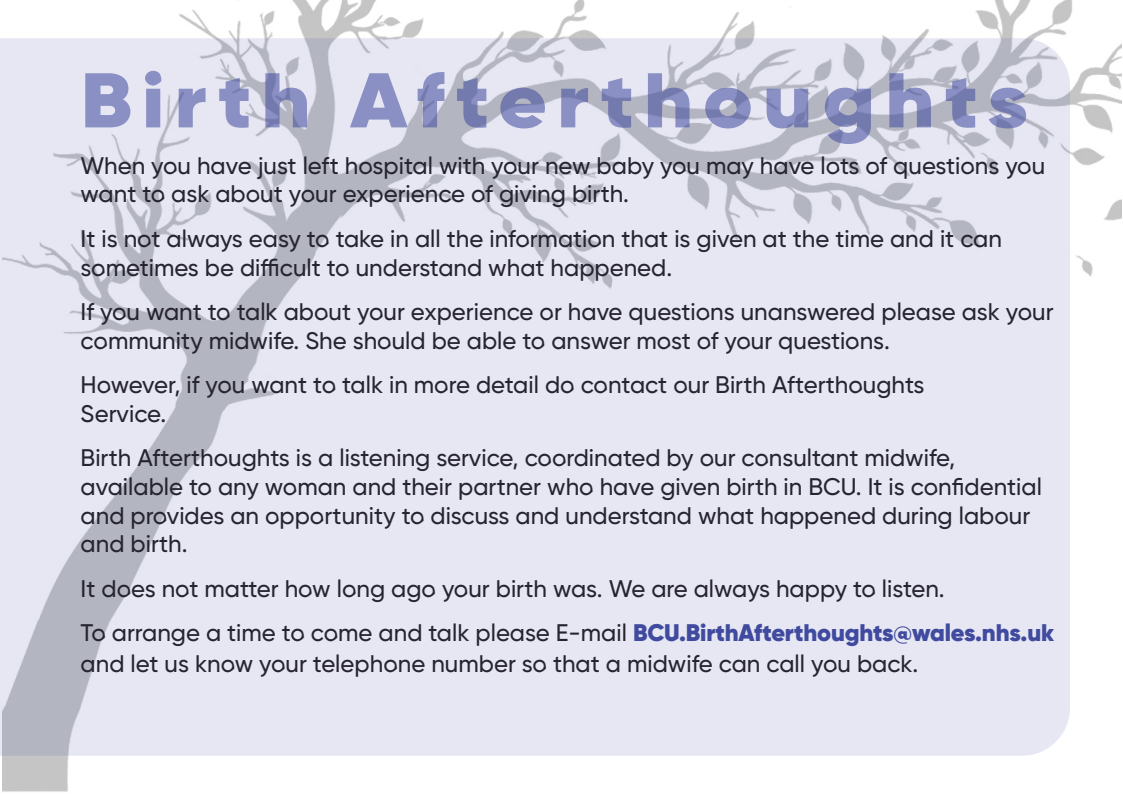




Birth Afterthoughts

When you have just left hospital with your new baby you may have lots of questions you want to ask about your experience of giving birth.

It is not always easy to take in all the information that is given at the time and it can sometimes be difficult to understand what happened.

If you want to talk about your experience or have questions unanswered please ask your community midwife. She should be able to answer most of your questions.

However, if you want to talk in more detail do contact our Birth Afterthoughts Service.

Birth Afterthoughts is a listening service, coordinated by our consultant midwife, available to any woman and their partner who have given birth in BCU. It is confidential and provides an opportunity to discuss and understand what happened during labour and birth.

It does not matter how long ago your birth was. We are always happy to listen.

To arrange a time to come and talk please E-mail **BCU.BirthAfterthoughts@wales.nhs.uk** and let us know your telephone number so that a midwife can call you back.

Ôl-ystyriaethau ar ôl Geni

Pan rydych newydd adael yr ysbyty gyda'ch babi newydd, efallai y bydd gennych lawer o gwestiynau rydych eisiau eu gofyn am eich profiad o roi genedigaeth.

Nid yw hi bob amser yn hawdd i gymryd yr holl wybodaeth a roddir i chi ar yr adeg i mewn, a gall fod yn anodd i ddeall beth ddigwyddodd.

Os ydych eisiau siarad am eich profiad, neu os oes gennych gwestiynau heb eu hateb, gofynnwch i'ch bydwraig gymunedol. Dylai allu ateb y rhan fwyaf o'ch cwestiynau.

Er hynny, os ydych eisiau siarad mewn mwy o fanylder, cysylltwch â'n Gwasanaeth Ôl-ystyriaethau ar ôl Geni.

Gwasanaeth gwranddo yw Ôl-ystyriaethau ar ôl Geni, wedi'i gydlynu gan ein bydwraig ymgynghorol, sydd ar gael i unrhyw ddynes a'i phartner sydd wedi rhoi genedigaeth yn BIPBC. Mae'n gyfrinachol ac yn rhoi cyfle i drafod a deall beth ddigwyddodd yn ystod yr esgor a'r enedigaeth.

Dim bwys pa mor bell yn ôl oedd eich genedigaeth. Rydym bob amser yn hapus i wrando.

Er mwyn trefnu amser i ddod i siarad e-bostiwrch **BCU.BirthAfterthoughts@wales.nhs.uk** a rhoi eich rhif ffôn, fel y gall bydwraig eich ffonio'n ôl.