

NEWSLETTER

The Independent Maternity Review | Nottingham University Hospitals NHS Trust (NUH)

SUPPORT OVER CHRISTMAS

Dear families,



We recognise that as we near the end of the year, some families in the Review may find this time especially difficult. We want you to feel supported by the Review team, FPSS, and the many support organisations and charities that provide their services both locally, regionally, and nationally. This newsletter is a reminder of the support that is available, should you require this at **any** time.

A MESSAGE FROM THE FAMILY PSYCHOLOGICAL SUPPORT SERVICE

“We appreciate that Christmas can feel a particularly difficult time when you are managing your own grief, trauma and distress. You may be feeling overwhelmed, upset or finding it hard to balance expectations with your own feelings. It is okay to be finding the festive period and build up difficult. The Family Psychological Support Service can provide support during this time even if you do not feel you require ongoing support. We can provide one off spaces to talk through what is happening, or focus in on developing skills to manage a stressful period. We can also arrange to start a journey with us, which may include individual therapy, either a space to offload or something more structured. We are also starting activity focused peer group sessions in January and can provide a wider range of support for areas of life affected by your experience – including advice on accessing benefits, community based support and in addition trauma informed yoga. Please get in touch if you’d find a conversation useful, this is completely at your pace, and it is also fine if this is a one off. We want to ensure you can get what is right for you at this time.”



enquiries@fpssnottingham.co.uk



0115 200 1000



www.fpssnottingham.co.uk

MENTAL HEALTH CRISIS SUPPORT

We recognise that this time may feel difficult to navigate, and we want to provide families with as much information as they need to help them make informed decisions about the support they may require.

[Mental Health Crisis Support](#)

For Adults

Nottinghamshire Mental Health Crisis Line (This is an NHS service) | Available 24 hours a day, 7 days a week – 0808 196 3779 (or you can call 111 and select option 2)

Samaritans | Available 24 hours a day, 7 days a week – 116 123

SHOUT text line | Available 24 hours a day, 7 days a week – text “SHOUT” to 85258

For Children and Young People

CAMHS Crisis and Home Treatment (This is an NHS service) | Available 24 hours a day, 7 days a week – 0800 196 3779 (option 1)

Papyrus Hopeline (for anyone under 35) | Available 24 hours a day, 7 days a week – 0800 068 4141, or text 88247

FAMILY MEETING - SATURDAY 17TH JANUARY

The next family meeting will be taking place on Saturday 17th January, at the Mercure Nottingham Sherwood Hotel, Mansfield Road, NG5 2BT. You can attend either a morning session 10am-Midday, or an afternoon session 1-3pm. You can find more information about this meeting [here](#).