

Email: foi.tsdfd@nhs.net
Our Ref: TSD10801

Dear Sir/Madam

Request for Information

We are writing to confirm that we have now completed our search for the information you requested.

A copy of the information is below:

Under the Freedom of Information Act 2000, I would like to request the following information regarding your organisation's Birth Reflections service. (This service may also be known locally as Birth Afterthoughts, birth debriefing, birth listening, or a similar name — meaning a service offering women the opportunity to discuss and reflect on their birth experience with a clinician.)

Where data is requested by year, please provide it separately for each of the last three financial years: 2023/24, 2024/25 and 2025/26. If any item is not recorded, please state "not recorded" rather than omitting it.

Section A — Service overview

- 1. Does your organisation provide a birth reflections/debriefing service? If yes, please state: a. Which staff group(s) deliver it (e.g. midwife, consultant obstetrician, psychologist) b. The format(s) offered (face-to-face, telephone, video) c. Whether partners are able to attend**
[Yes, our organisation provides a Birth Reflections Service. The service is currently delivered by midwives. Appointments are offered on a face-to-face basis, and partners are very welcome to attend if the woman wishes them to be present.](#)

Section B — Activity and ethnicity

- 2. The total number of referrals to the service per year.**
[Approx 120](#)
- 3. The total number of birth reflections consultations completed per year.**
[Approx 100 per year](#)

4. **The number of patients seen by the service per year, broken down by ethnic group using ONS ethnicity categories. If ethnicity is not recorded for this service, please state this.**

From January 2026, we began collecting ethnicity data.

To date, the ethnicity breakdown of service users is as follows:

White British: 49

White European: <5

White Other: <5

Low Numbers:

Where there are less than 5, we are unable to provide the exact information you require as this may enable the identification of our employees, members of the public or patients. This would constitute personal information and would be considered exempt under Section 40 of the Freedom of Information Act. Section 40 (FOI Act) provides an exemption to disclosure, where disclosure would contravene any of the Data Protection principles. This exemption is an absolute exemption that is not subject to the public interest test. Where the information relates to an individual who can be identified from that data, or from that data when added to other information, in the possession of, or likely to come into the possession of the data controller, this meets the definition of personal data as defined by the Data Protection Act.

Section C — Interpreting need and provision

5. **The number of birth reflections consultations per year in which an interpreter was requested or required, and the number in which one was provided.**

We have not received any referrals for birth reflections consultations where an interpreter was requested or required. Therefore, no interpreter provision has been required for the service to date.

6. **The languages requested, if recorded.**

Not applicable

7. **The interpreting provision available for this service (e.g. in-person interpreter, telephone interpreting, video interpreting, bilingual staff), and your organisation's policy on the use of family members as interpreters in these consultations.**

For the Birth Reflections Service, we would utilise a face-to-face professional interpreter where interpretation support is required. We would prefer not to rely on family members to interpret during consultations. As the service is centred on personalised care, arrangements would be based on the individual woman's preferences and needs, while ensuring effective communication and maintaining confidentiality wherever possible.

8. **Whether written information about the service (invitation letters, leaflets, referral information) is available in languages other than English, and if so, which languages.**

Information about the Birth Reflections Service is available via the Trust website. The website incorporates an accessibility and translation tool, which enables content to be translated into 134 different languages, helping to ensure information is accessible to a wide range of service users.

Birth Reflections information can be accessed here:

<https://www.torbayandsouthdevon.nhs.uk/services/maternity-services/birth-reflections/>

Section D — Other accessibility provision

9. **The number of consultations per year in which British Sign Language (BSL) interpretation was requested and the number in which it was provided, and what provision exists for deaf and hearing-impaired patients.**

We have not received any referrals to the Birth Reflections Service where British Sign Language (BSL) interpretation has been requested or required. Therefore, no BSL interpretation has been provided through the service to date.

Should a deaf or hearing-impaired patient require support, appropriate interpreting and communication services would be arranged in line with Trust policies and the individual's communication needs, ensuring equitable access to the service.

10. **What reasonable adjustments are available for neurodivergent patients and patients with learning disabilities accessing this service (e.g. easy-read materials, extended appointments, sensory adjustments, communication passports), and whether the number of such adjustments made is recorded.**

The Birth Reflections Service is delivered on a personalised basis, with the needs and preferences of each woman or birthing person considered individually. We would discuss with the individual what reasonable adjustments would help them to access and engage with the service effectively, enabling us to provide the best possible support. Adjustments may include changes to communication methods, appointment arrangements, or the environment, depending on the person's needs and preferences. The number of specific adjustments made is not routinely recorded by the service.

Section E — Equality monitoring

11. Whether the service routinely collects or monitors equality data on access and uptake (e.g. by ethnicity, language need, deprivation), and whether any equity audit or health inequalities review of this service has been undertaken in the last three years. If so, please provide a copy or summary.
From January 2026, we began collecting data on ethnicity and postcode information. This data will be audited at the end of the year.

The information supplied to you continues to be protected by the Copyright, Designs and Patents Act 1988. You are free to use it for your own purposes, including any non-commercial research you are doing and for the purposes of news reporting.

If you wish to discuss any of the above, please contact us, quoting the FOI reference number above.

If you are unhappy with the way in which we have handled your request, please contact the Data Protection and Freedom of Information Lead in the first instance. If you wish to make a formal complaint, you should write to our Complaints Manager at Torbay and South Devon NHS Foundation Trust, First Floor Bowyer Building, Torbay Hospital, Torquay TQ2 7AA or by email to tsdft.feedback@nhs.net

If you are not content with the outcome of your complaint or the internal review, you may apply directly to the Information Commissioner for a decision. Generally, the Information Commissioner will only make a decision once you have exhausted the complaints and/or internal review process provided by us. The Information Commissioner can be contacted at: The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or through this link <https://ico.org.uk/global/contact-us/>

Yours sincerely,

Freedom of Information Team