

# OCEAN (London)

*Offering Compassionate and Emotional Support for those living through Birth Trauma or Birth Loss*

#OceanLondon  
Twitter - @elftperinatal  
Instagram - elftperinatalservices



**We care**  
**We respect**  
**We are inclusive**

# Who is the service for?

OCEAN is a service for women or birthing people who have mental health needs associated with the maternity experience who do not meet the criteria for Perinatal Mental Health services or primary care talking therapies and require:

- Psychological intervention in the form of group therapy, 1:1 therapy or couples work (women should not be pregnant at point of referral for psychological therapy - these referrals should go to PMHT or talking therapies)
- Specialist Midwifery Support for birth planning and antenatal anxiety
- 1:1 or group peer support for women who would benefit from shared lived experience



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# What do we work with?

- Miscarriage
- Stillbirth
- Neonatal death
- SIDS
- Fertility issues
- Separation and loss resulting from social care involvement for babies under the age of 1
- Historical birth trauma
- Psychological therapy for tokophobia (fear of being pregnant) where the woman **is not** pregnant at the point of referral
- Specialist midwifery birth planning for tokophobia
- Termination of pregnancy



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# OCEAN Midwifery Offer

- Individualised trauma informed care planning for labour, birth, postnatal.
- Antenatal course for those with Tokophobia (fear of pregnancy/giving birth).
- Bridging the gap between Maternity and other services.
- Early identification of Birth Trauma, Previous Loss, Tokophobia. Leading to offer of support and signposting for psychological support if required.



# OCEAN Peer Support Offer

## Who we are

A partnership between Sister Circle and East London NHS Foundation Trust (ELFT) to provide peer support for women who are affected by birth trauma and loss in Tower Hamlets, Newham and Waltham Forest

## How we help

- Provide peer support groups facilitated by lived experience volunteers (12 weeks)
- Offer one-to-one peer support (6 sessions, online or phone call from lived experience coordinator)
- Signpost and refer to other supportive services

## Who is the service for

We offer support to women who are experiencing mental health difficulties, arising from, or related to, their pregnancy or birthing journey.

This can include:

- Pregnancy loss
- Birth trauma
- Baby loss

## Referrals

We are integrated in the OCEAN service. In addition, we accept referrals from:

- Midwifery teams
- GPs and other health care professionals
- Individuals can self-refer

Referrals can be made by completing an online form

<https://sistercirclelondon.typeform.com/to/TxDsXJG>



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Please contact Alexa Henry: [alexa.henry@sistercircle.org.uk](mailto:alexa.henry@sistercircle.org.uk)

[elft.nhs.uk](http://elft.nhs.uk)

# OCEAN Psychology Offer

## We offer a range of psychological interventions including:

- Compassion Focused Therapy (CFT)
- Trauma Focused CBT
- Interpersonal Psychotherapy (IPT)
- EMDR
- Narrative Therapy
- Couples Therapy (Couples Counselling for Depression & Behavioural Couples therapy for Depression)
- Stabilisation and Grounding



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# OCEAN Groups Offer

## Early Miscarriage Group

- An 8-week group offering a space to learn psychological techniques, discuss early miscarriage and the opportunity to meet others who share similar experiences in a supportive environment
- Sessions focus on models of grief, techniques from CBT and CFT models, and mindfulness and embodiment practices

## Loss Group – joint with sister circle

- A 12-week group lead by clients, prioritising peer support and sharing experiences of baby loss

## TFMR Group

- An 8-week group. Currently an online group, co-developed with Manchester MMHS
- Sessions offer a place to talk about the experience and feelings after ending a pregnancy for medical reasons and connect with others using CFT principles



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# OCEAN Workshop Offer

## Pregnancy After Loss Workshop

- Monthly psychoeducation workshops focusing on normalising the complexity of feelings associate with pregnancy after loss, peer support, linking with Parent Infant Psychotherapy and exploring bonding with current baby while grieving

## Tokophobia Workshop

- A 5-week online workshop focusing on psychoeducation around anxiety in pregnancy and skills for managing this as well as education on practical aspects of giving birth and what to expect.



- OCEAN Referral website



- Sister Circle website



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## Contact us

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