 **NHS Education for Scotland**

**Transcript of ‘Hospital to Home – a Collaborative Approach to Bereavement Support Following Pregnancy, Baby or Child Loss’ conference film clip recording**

**Speaker**: Nicola Welsh, CEO, Held In Our Hearts

Hi, I'm Nicola Welsh and I'm going to tell you a little bit about what our session is going to cover. I'm gonna present with Dr Helen Reid so this morning I'm just gonna present on behalf of us both a little intro.

So, I'm the Chief Exec of the charity Held In Our Hearts, and, and Helen is a psychologist in NHS Fife and is part of the MNPI team there. And for our session we're going to look at bereavement support. We're gonna take you back in time a little bit and look at what we did in the past and, and how we saw bereavement and, and what we believed was beneficial for individuals and families. And we're gonna look at like that journey in time, the impact that that had on families, and then take you forward to a bit more modern days currently and look at a Hospital to Home project that we have launched within the charity.

So it's an innovative project that bridges that transference of families from clinical to community care. It's a, a period of time that I think has often been overlooked. We look at the bereavement care in the hospital. There's many, like the MBCP does a fantastic job at looking at those pathways and making sure that the families receive really great care at the time. But that, with transitioning back home and that part of that journey has often been maybe just unrecognised, the psychological impact that that has on families. So during the session, we'll talk about Hospital to Home visits families in the home for a series of months, and it, sort of, I suppose, allows people who are bereaved to be held and heard at a vulnerable time in their life. And what we hope that that does is mitigate some sort of longer-term psychological concerns that may come from grief not being recognised or supported well at the beginning.

So Dr Helen Reid will then talk about where we work together in partnership. And it is in partnership that we work to make sure that we're liaising with NHS and within the third sector to, to get the right pathways for the families to, to make sure that we are really addressing their needs. So, for example, those who maybe have some PTSD or more complex grief, we would then refer back into Helen's team and, and discuss what would be best for that person at the time.

And then Helen will also talk, talk to you about the support that they do for sort of trauma, subsequent pregnancy and, and moving forward. And I guess the two partnerships, then what they do is really show that sort of like breadth of whole family support and us making sure that, that psychosocial support is there for families in the early days and weeks and months following loss. And obviously with the hope that in the long term we see families going on to lead healthy and, and as happy lives as they ever can after such trauma as a baby dying.

So I look forward to seeing some of you there. Thank you.

The film was produced in September 2025 and can be found at <https://www.sad.scot.nhs.uk/conference/> or <https://vimeo.com/1117731165>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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