

Rights & Useful UK Information:

[PAO UK](#) is a completely voluntarily-run charity, and our volunteers are working to produce resources for all those interested in Pregnancy Associated Osteoporosis. We aim to liaise and consult widely, to ensure that all our resources are relevant and evidence-based.

Here, we include some useful links to other organisations regarding patient rights. This information has not been produced directly by PAO UK, so we accept no responsibility or liability for these resources.

The Patient Association:

- The Patient Association is an independent patient charity campaigning for improvements in health and social care for patients, with useful resources and information on its website: <https://www.patients-association.org.uk/>
- Information including:
 - Knowing your rights and accessing support as a patient:
<https://www.patients-association.org.uk/knowning-rights-accessing-support-patient>
 - Getting a Second Opinion:
<https://www.patients-association.org.uk/getting-a-second-opinion>
 - Helpline for Patients:
<https://www.patients-association.org.uk/helpline>

How to give feedback, complain & obtain legal advice:

- NHS – Information on how to give feedback & complain about NHS Services:
<https://www.england.nhs.uk/contact-us/feedback-and-complaints/complaint/>
- UK Parliamentary Ombudsman – Tips on making a complaint to NHS England:
<https://www.ombudsman.org.uk/making-complaint/before-you-come-to-us/complain-change/tips-making-complaint-nhs-england>
- The Patient Association – How to make a healthcare complaint:
<https://www.patients-association.org.uk/making-a-complaint>
- Citizen's Advice – NHS Scotland healthcare complaints:
<https://www.citizensadvice.org.uk/scotland/health/nhs-healthcare-s/nhs-complaints-s/#:~:text=If%20you%20want%20to%20complain,you%20want%20to%20complain%20about>



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- Citizens Advice (England) – <https://www.citizensadvice.org.uk/>
- Association of Medical Accidents – The UK Charity for Patient Safety & Justice: <https://www.avma.org.uk/help-advice> <https://www.avma.org.uk>

Maternity:

- Birth Trauma Association – Legal Advice: <https://www.birthtraumaassociation.org/complaints-legal-advice>
- Maternity Rights Charity: <https://pregnantthenscrewed.com/your-rights/>
- Maternity Action – Rights, Benefits, Advice <https://maternityaction.org.uk/>
- Pregnant Then Screwed – Employment rights: <https://pregnantthenscrewed.com/help/>

PAO Legal Case & Legal Thoughts:

- A PAO Legal Case: <https://kingstoncourier.co.uk/seven-figure-sum-awarded-to-woman-for-string-of-errors-at-two-london-hospitals/>

[Jamie Green](#), who represented the patient referenced in the “PAO Legal Case” (above) is a Senior Associate (Chartered Legal Executive) and one of our founding [PAO UK Charity Trustees](#). He says: *“I am a lawyer at Fieldfisher, a top-ranked international law firm. I have specialised in medical negligence cases for the past 11 years, helping clients who have received negligent treatment to get justice. I have agreed to be a Trustee of PAO UK because I have seen from current and former clients just how life changing and devastating PAO can be.”*

About PAO UK

[Pregnancy Osteoporosis UK](#) was established in 2025 by women diagnosed with PAO - some recently, others decades ago - alongside a dedicated group of specialists and clinicians. Our mission is to raise awareness, provide support, and, ultimately, enhance outcomes for women affected by PAO in the UK. To learn more, connect or support our work, please visit: www.pao.org.uk.