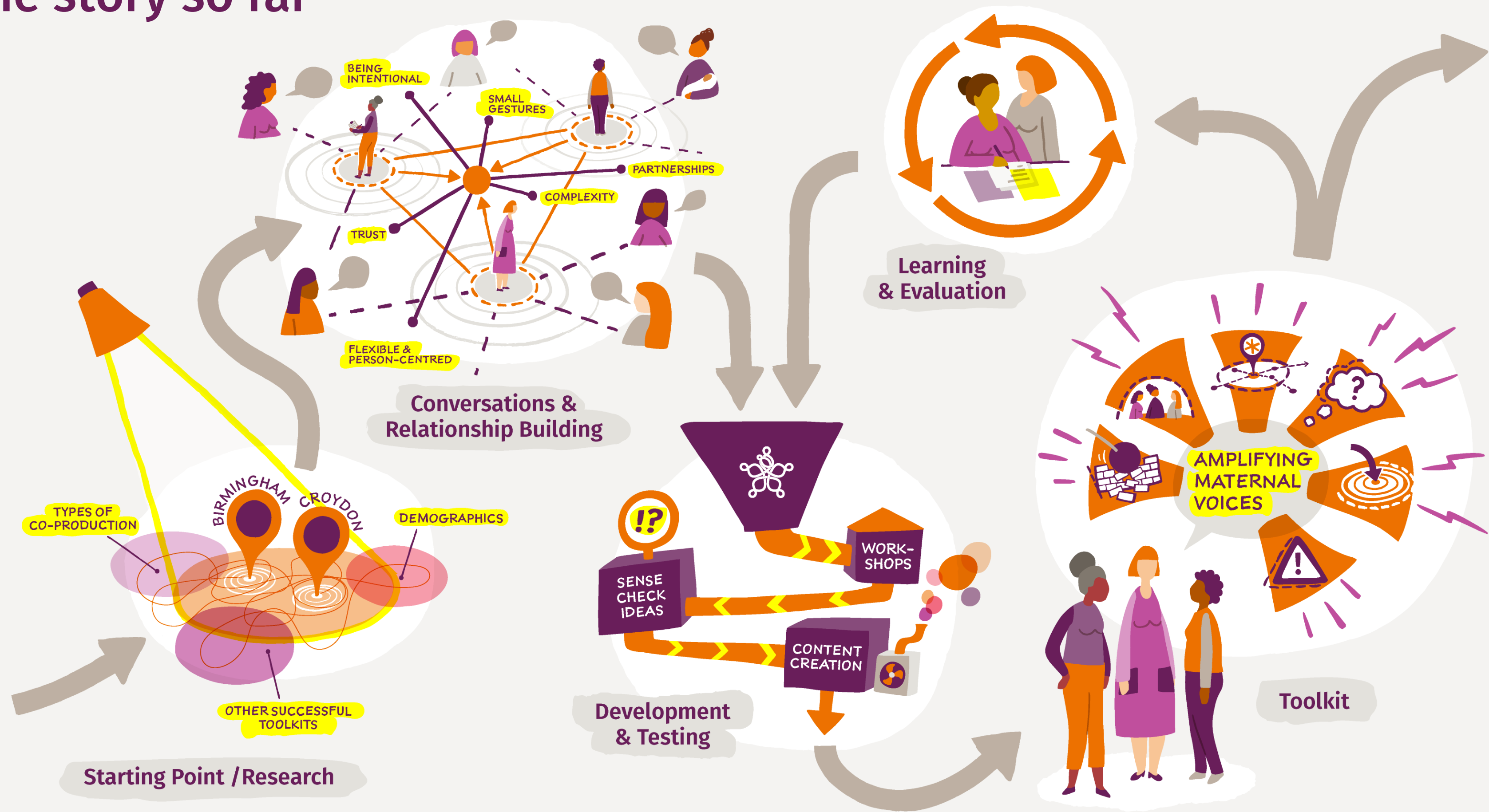


Amplifying Maternal Voices Project

Sian Drinkwater, MMHA Community Engagement Lead

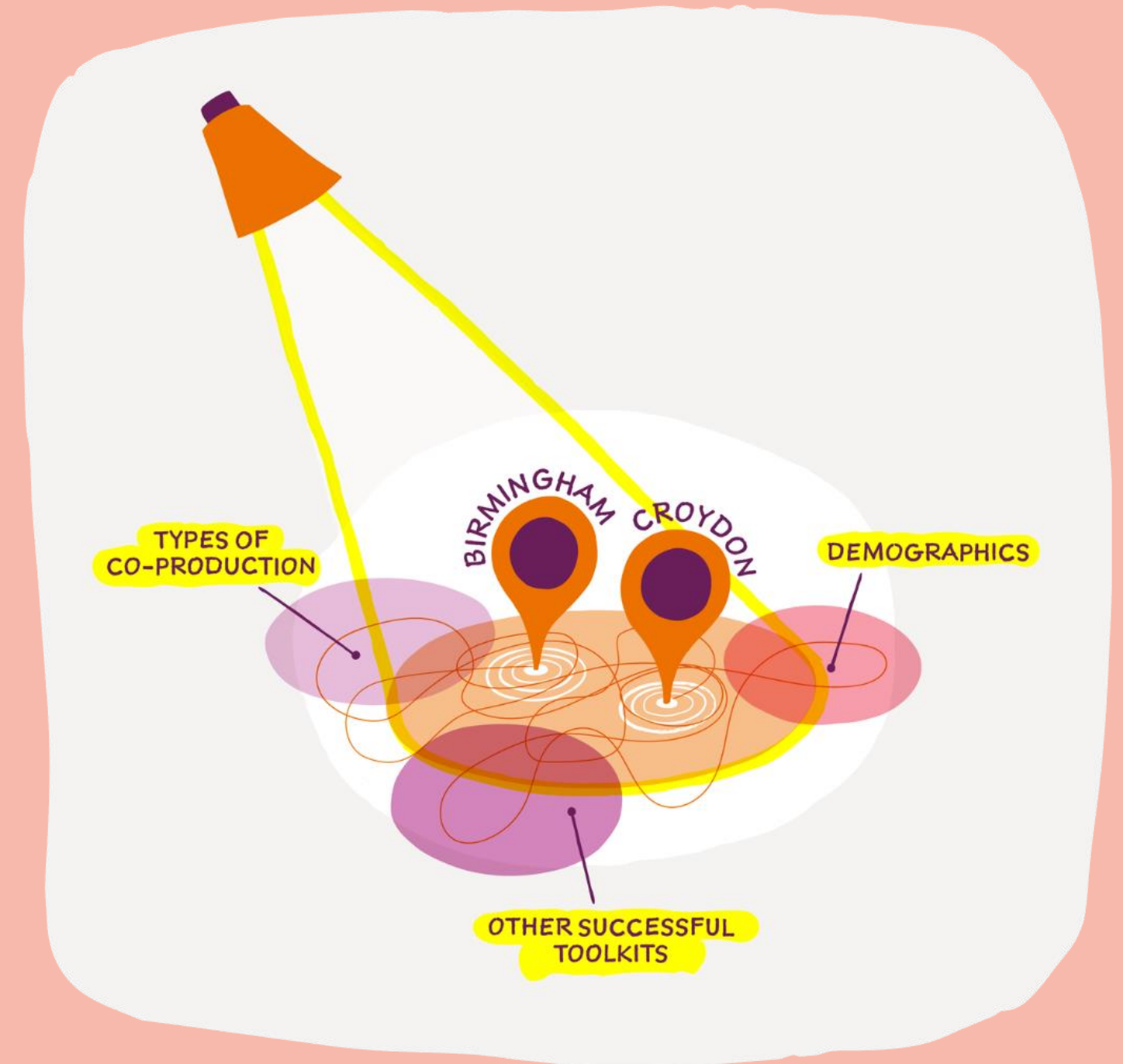
The story so far



Starting point

Whilst there has been significant progress within perinatal mental health (PMH) care, we know there are still:

- inequities
- barriers to accessing care
- seldom-heard voices in this space
- gaps in services, funding and resources



Project outline

The two-year **Amplifying Maternal Voices (AMV) project** will spotlight the maternal mental health experiences of mothers from **seldom heard** communities. In pursuit of **accessible** care for all women and families, the Mental Health Foundation recently hosted a **national conference** and will be arranging **learning events** to break down barriers and the MMHA will produce an **Engagement Toolkit** to inspire action at a local level.

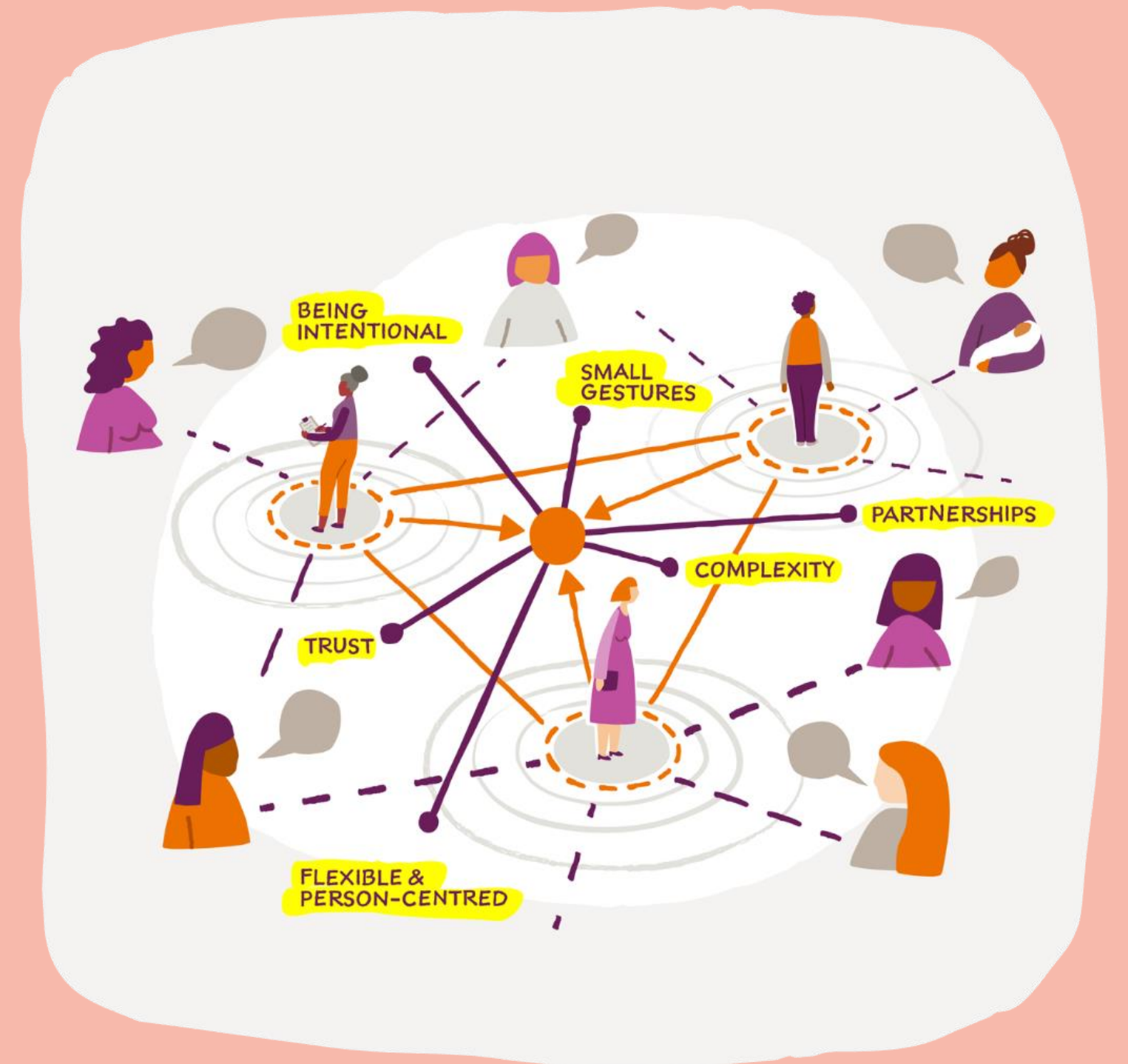
Engagement toolkit purpose and users

- MMHA role
- How toolkit can contribute
- Toolkit users
- Who toolkit users are trying to influence

Listening, learning and relationship building

Taken time to make connections and gain trust, including conversations with

- MMHA Champions
- MMHA members
- Local contacts in Birmingham and Croydon



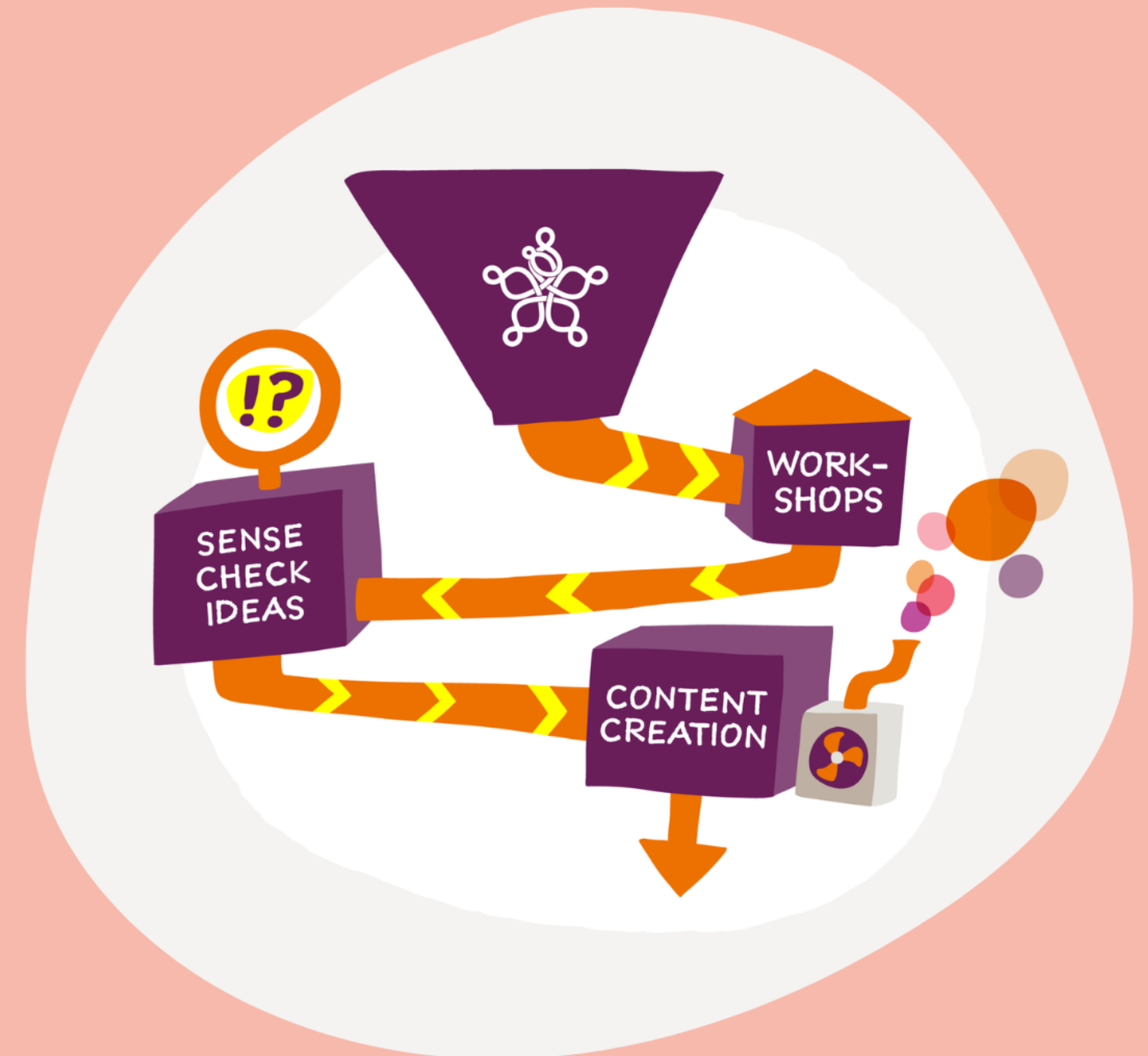
Key themes from conversations so far

1. Listening and building trust
2. Importance of being intentional
3. Flexible, person-centred approach
4. Complexity and under resourcing
5. Small things make a big difference

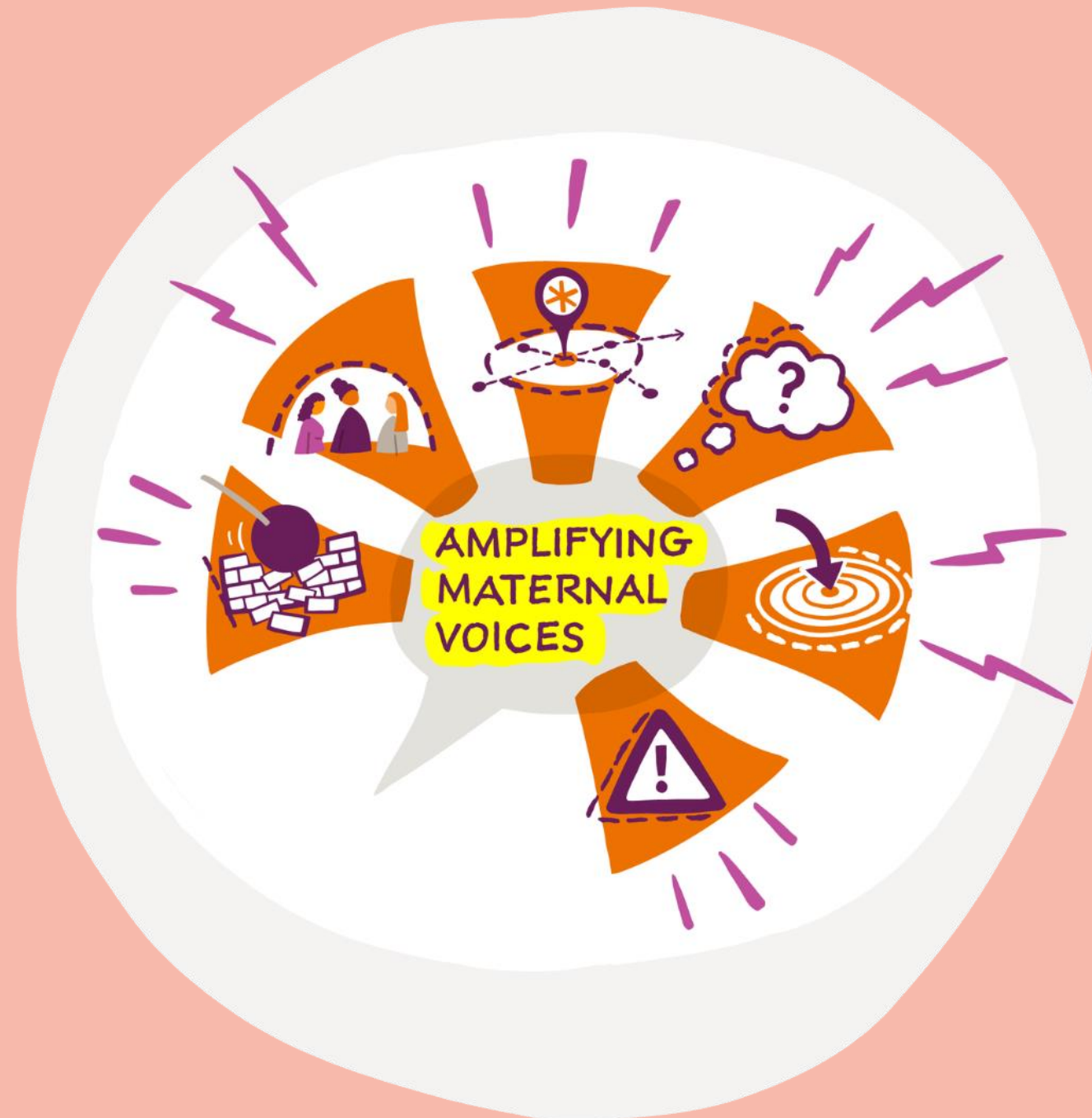
Development and testing

We held group sessions to generate ideas for the toolkit, looking at themes including:

- Breaking barriers
- Demonstrating impact
- Creating safe spaces



What's next?



Get in touch

If you would like to find out more,
contact Sian Drinkwater, MMHA
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<http://www.maternalmentalhealthalliance.org/amv>

