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Health Network



Perinatal Community of Practice Event

Creative Health

14th November 2022

What roles or identities do you bring to this event?





Useful Links



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<https://www.culturehealthandwellbeing.org.uk/appg-inquiry/>

<https://www.artscouncil.org.uk/creative-health-wellbeing>

Webinar recently on OT and CH that may interest you!
(<https://www.youtube.com/watch?v=tCSnLRATek8>)

<https://performancescience.ac.uk/musicandmotherhood/>

<https://www.re-live.org.uk>

Breathe Melodies for Mums, we know singing is so good for babies. This project flips the model and focusses on singing for wellbeing for mums at risk of PND.

<https://breatheahr.org/programmes/melodies-for-mums/>

<https://londonartsandhealth.org.uk>

<https://breatheahr.org/what-we-do/programmes/category/nhs-staff-wellbeing>

Agenda Item :

Creative Health: A Complementary Approach



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My clinical supervision group most of the time will go for a walk up a mountain or on the coast and some say it's the best day in work they've ever had

Got me thinking about wellbeing supervision for staff, which is being offered in CTM.

It's great to hear you promoting the link between meaningful activities and well-being.

Makes me think of the importance of thinking about environment and using creativity to support staff wellbeing also.

Your feedback / comments

I'm going to try bringing creative activities to my mums matter peer support groups.

I do some walk and talks for wellbeing sessions. Getting back to nature and walking side by side offers another level of conversation

Love the idea about doing assessments in a more comfortable environment





Agenda Item : Mind's Mums Matter

This is an amazing support service and I hope it continues to grow! Just wondering how far along Dads Matter is and if there are any big differences to Mums Matter?

As a health visitor, I find it a great lifeline to help those mothers with moderate Perinatal mental illness

Your feedback / comments

Pregnancy in Mind (PiM) – is a preventative mental-health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy. So the core focus is on pregnancy support. So the two services complement each other.

We are lucky to have a great MIND service in Conwy. I have met up with Judith and will hopefully come to some of her sessions as part of my new role.

The peer supports after the course are working well and in valuable to the mothers.

That's amazing, great to have the two services available in health boards to possibly link midwifery and health visiting



Agenda Item : Lullaby Project

Lovely project! music is like social glue, piecing us back together, giving identity and community

It absolutely motivates and inspires me. When the going gets tough, I'll hear your words

This sounds like an amazing project and I wondered if this has been carried out in North Wales at all?

Your feedback / comments

[Lullaby Project Cymru](#)

[Live Music Now Cymru](#)



Feedback on the event

What a brilliant day!
Thanks so much

Thank you, really
informative and
inspirational

Your feedback /
comments

Thanks for allowing me
to sit in on this day - it's
been very inspiring and
hopeful

What one word best describes the impact of today's event for you as participant?

