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Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network

Network news

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NATIONAL CLINICAL LEAD FOR PERINATAL MENTAL HEALTH

Hello Spring!

Having spoken to many of you over the last weeks and months, it appears that there is still a feeling of competing priorities and a sense of limited time and maybe energy too.



With this can come a sense of frustration, but we can only do what we can do and ensure that we focus on all the amazing things that we are achieving together across Wales.

Within the network team, we have been talking about the on-line modules, training plan, curricular framework, ASK, ASSESS & ACT guidance and leaflets, for what feels like a very long time, so we have also been feeling that sense of frustration too.

It is therefore, with great excitement and a huge relief, to say we have now tweaked, tested and finalised these key pieces of work to share with you as part of Maternal Mental Health Awareness week. Maternal Mental Health Awareness week is dedicated to talking about mental health problems before, during and after pregnancy. The week is organised and led by MMHA member the Perinatal Mental Health Partnership UK (PMHP UK), who launched the first-ever UK Maternal Mental Health Awareness Week nearly a decade ago in 2014. PMHP UK is a small group of individuals, including parents with lived experience and clinicians, who came together to raise awareness of maternal mental health.

We have also been on tour and have facilitated workshops across Cardiff, Carmarthen and North Wales. It has been great to re-connect with old colleagues and meet new ones along the way. As well as gathering lots of information, it was an absolute pleasure to see people meeting face to face once again.

Bear with us now, whilst we gather and make sense of the information that we have. Your priorities will be shared with Welsh Government colleagues for consideration and will help shape the Wales PNMH Network work plan for 2023-24.

If you've not been able to join us at one of these workshops, we've created a short survey to help gather more info. Please click [here](#) to complete if you are able to.

As always, please feel free to contact me, Martha or Helen if you have anything else that you would like to share or find out about.

Enjoy the rest of your read x

So what's new?

1. NETWORK

Workshops - We're on tour across Wales! Three workshops, Cardiff, Carmarthen and Wrexham.

Providing the opportunity to pause, reflect and agree priorities for the Network Workplan.

NHS Executive Workplan/Wales PNMH Network Draft Objectives – starting to shape annual objectives and making them SMARTER. Meeting with Heads of Midwifery – opportunity to update, share training and clinical resources and raise the profile of the PNMH.

2. PARTNERSHIPS

From the 1st of April the Wales NHS Collaborative became the Wales NHS Executive - review of governance and reporting mechanisms in line with developments of the National Clinical Frameworks are underway. Whilst this work is taking place, the All-Wales Mental Health Board has been suspended, but the Wales PNMH Board will continue to meet -

[Written Statement: Update on setting up an NHS Executive for Wales \(18 May 2022\) | GOV.WALES](#)

3. PATHWAYS

Pathways are now ready to be rolled out and are being shared as part of the Institute of Health Visiting (IHV) training across health boards - [Pathways](#) for healthcare professionals - NHS Wales Executive.

Plans are progressing for the North of Wales Inpatient Unit.

Working in collaboration with Improvement Cymru to update Matrics Cymru and provide Good Practice Principles- click [here](#) for further info.

4. PERFORMANCE

CCQI Standards Position –

- All health boards (HB's) are now providing data
- No HB's are meeting Type 1
- Six HB's are meeting Type 2
- All HB's are meeting Type 3 standards

HB's not meeting/partially meeting standards, are now connected to HB's where those standards are being met – Specialist Team Leads/ Service Managers are meeting to discuss.

Maternal Mental Health Alliance (MMHA) Mapping survey outcomes to be released shortly.

Clinical concerns regarding safeguarding raised by Specialist Team Leads and Consultant Perinatal Psychiatry – attended National Safeguarding meeting to explore and agree way forward. Working with Community Pharmacists to raise awareness around prescribing/use and stopping of antidepressant medication.



5. PEOPLE

The Wales online modules, training plan and curricular framework are ready to launch.

[Find them on our website.](#)

Pre-registration training – meeting in the diary to meet with HEIW colleagues to discuss.

The ASK, ASSESS & ACT clinical resource has also been shared.

Leaflets have been finalised and are available to view and access from [our website](#)

6. PARTICIPATION

Perinatal Awareness Campaign - An amended contract is in the process of being drawn up & aiming to have the website ready by Summer 2023.

The network team are supporting the Welsh service user consultation for the North of Wales MBU development.

Interest in perinatal mental health service development for Chairs of the Maternity Voices Partnerships – meeting arranged with North Wales colleagues.

Exploring how service user voice is being captured as part of the workshops.

7. OTHER

Mat/ Neo Safety Programme – Awaiting the final Phase 1 report from Improvement Cymru and plan for phase 2 due post 28th April 2023.

SilverCloud Space for Perinatal Wellbeing is now available across Wales.

To sign up, click [here](#)

To request a demo account – email silver.cloud@wales.nhs.uk

	<p><u>Main website landing page</u></p>
	<p><u>Pathways for healthcare practitioners</u></p>
	<p><u>Pathways for women and their families</u></p>
	<p><u>A series of leaflets to support women with perinatal mental health difficulties, their partners and their families</u></p>
	<p><u>Links to a range of organisations if you are looking for mental health support</u></p>
	<p><u>Information for perinatal mental health practitioners, training and learning (includes Community of Practice events, on line learning modules)</u></p>
	<p><u>Links to resources , perinatal mental health toolkits, and documents (includes key reports, guidance and standards = Prescribing Antidepressants in the Perinatal Period, Good Practice Principles)</u></p>
	<p><u>Information about referrals and admissions to Uned Gobaith specialist perinatal mental health care unit.</u></p>

SPOTLIGHT ON...

A round up of what our colleagues in the voluntary, third and public sectors are doing



ALFRED OYEKOYA DIRECTOR, BAME MENTAL HEALTH SUPPORT

BMHS is a not-for-profit organisation focused on education and advocacy to inspire a mentally healthy BAME community by providing support appropriate to their mental health and wellbeing.

Alfred's personal philosophy is that mental health and physical health should be valued equally but that institutional apathy, structural inequalities, racism, fear, stigma, and discrimination sometimes have influence on ethnic minorities accessing mental health and wellbeing services.

Alfred told us that "...every day, BMHS helps dozens of individuals by providing them with the support they need to overcome serious troubles in their lives."

BMHS has a range of services available, whether you're an individual, a couple, a family, or a business looking for help. BMHS has a range of services:

- **Helpline:** supported by a team of specially trained and patient counsellors are willing to listen
- **Men (tal) Heal(th) Forum:** dedicated virtual, face-to-face, and online sessions providing information and support for men with mental health problems
- **Employment Support:** assisting with job search, interview preparation and relevant training to improve individuals confidence and skill levels to re enter the job market.

Click [here](#) to find out more about the services BMHS has to offer.

SPOTLIGHT ON...

SILVERCLOUD



NHS Wales Online Perinatal Wellbeing Support

Improve your mental health during pregnancy, birth and beyond.

Around 1 in 5 women and 1 in 10 men will develop a mental health concern, such as anxiety or low mood, during the perinatal period.

NHS Wales provides people in Wales, aged 16 and above, with free access to a suite of SilverCloud guided-self help courses including a new programme Space for Perinatal Wellbeing. Based on techniques from Cognitive Behavioural Therapy (CBT), the 12 week online self-help programme is designed to help new and expectant parents build skills to manage mild-to-moderate symptoms anxiety and low mood, and improve their wellbeing during pregnancy and beyond. It contains interactive content, reflection exercises and activities to help participants improve their wellbeing on their terms.

Around one in five women and one in ten men will experience a mental health concern, such as anxiety or depression, during the perinatal period, yet many parents and carers struggle to reach out for help during this time due to the demands of caring for a new baby or juggling family commitments. Clients can sign up to the perinatal wellbeing programme without a GP referral and can complete the programme at their own pace over a period of 12 weeks. It's accessible 24/7 from any online device, allowing busy parents to access the programme when it suits them and in the comfort of their home.

To access the programme, clients are required to complete a series of questionnaires about how they're feeling, to ensure this is the right service for their needs. Upon being accepted onto the programme, participants are allocated a SilverCloud Supporter; this is a member of NHS staff trained to deliver online mental health support. The Supporter will check in with the client every two weeks via online message to review their progress and provide guidance as they work through the programme.

Learn more and sign up here: <https://nhswales.silvercloudhealth.com/signup/>



Feedback from previous community of practice event: Cultural Awareness

A brilliant event with attendees from across medical professions and the third sector, where we were joined by presenters from:

- The Birth Partners Project
- Maternal Mental Health Alliance
- Diverse Cymru
- BMHS

Feedback from the event is provided below but you can view the presentations and the recording from this event [here](#)

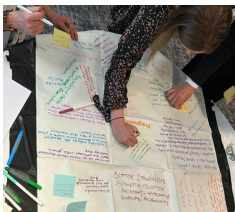
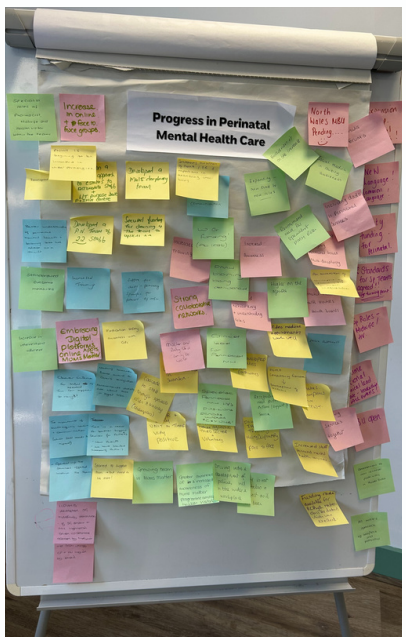
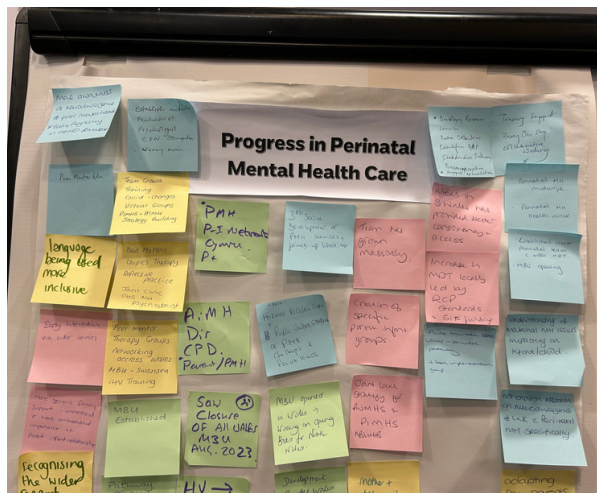
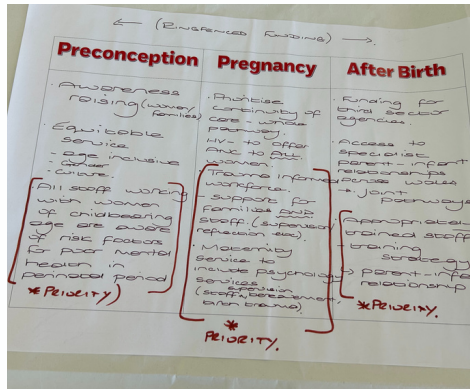
Hi all, thank you so much for today. All of the talks have been interesting and insightful. I have to leave now but I have had a great morning, thanks again!




such an eye opener, really touching topic.

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



INFLUENCING MENTAL HEALTH STRATEGY WORKSHOPS





Progress so far

- As individuals use post it notes to capture any progress that you think has been achieved in PMH and IMH over the last ten years
- Stick post it notes on relevant flip chart paper for PMH or IMH
- Feedback as a group



SUGGESTED FURTHER READING

https://www.sciencedirect.com/science/article/pii/S0165032723003622	An article on suicide, self-harm, and suicide ideation in nurses and midwives: A systematic review of prevalence, contributory factors, and interventions
https://www.gov.wales/review-together-mental-health-and-talk-me-2-strategies	Review of Together for Mental Health and Talk to Me 2 Strategies
https://mindinmind.org.uk/thought-pieces/science-of-attachment/	Taking the science of attachment to the public: Making it matter - MINDinMIND
https://www.psychologicalscience.org/observer/interoception-how-we-understand-our-bodys-inner-sensations	Understanding our bodies inner sensations
https://www.theguardian.com/science/2021/aug/15/the-hidden-sense-shaping-your-wellbeing-interoception	Interoception: the hidden sense that shapes wellbeing Science The Guardian
MMHA-everyones-business-ebulletin-winter-22-23.pdf (maternalmentalhealthalliance.org)	Maternal Mental Health Alliance Winter News Bulletin
https://www.youtube.com/watch?v=dBq24a4xfYQ	Powerful video by an individual with lived experience of postnatal depression
https://reading-well.org.uk/books/books-on-prescription/12022144	The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding by Michelle Cree
https://www.gov.wales/sites/default/files/consultations/2022-10/the-duty-of-quality-statutory-guidance-2023-and-quality-standards-2023.pdf	Welsh Government Paper : The Duty of Quality Statutory Guidance 2023 and Quality Standards 2023
https://unicefuk.box.com/s/6wku50guij0wexsj19d6niqx6kwb4mpb	Early Moments Matter campaign images, and graphics

Calendar Dates

2 - 8 May

UK Maternal Mental Health
Awareness Week



12 - 18 June

Infant Mental Health Awareness Week



19 June

International Fathers' Mental
Health Awareness Day

@MarkWilliamsFMH (Twitter handle)

19 June

IHV- PIMH Conference



29 November

iHV Virtual PIMH Champions Forum
-hosted by Wales



If there is anything you would like to see included in future newsletters, or if you would like us to shine a spotlight on your organisation or the work that you and your team are doing, then do please contact one of us to arrange.

THANK YOU!

From Sharon and the team



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