



Wales Perinatal Mental Health Network Newsletter

January 2021

Newsletter 5

Welcome to the latest edition of the Perinatal Mental Health Newsletter

You did it!

What a year 2020 was. Who knew in January what was to come, how much uncertainty there would be, how resilient you would all need to be; who knew that your use of virtual platforms would become the norm, as would routine waving at the end of each meeting!

Not only did you adapt, but you also found the strength, time and energy to continue to support us with our service development plans.

For that, we are incredibly grateful.

Here's to 2021 and seeing what we can achieve together.

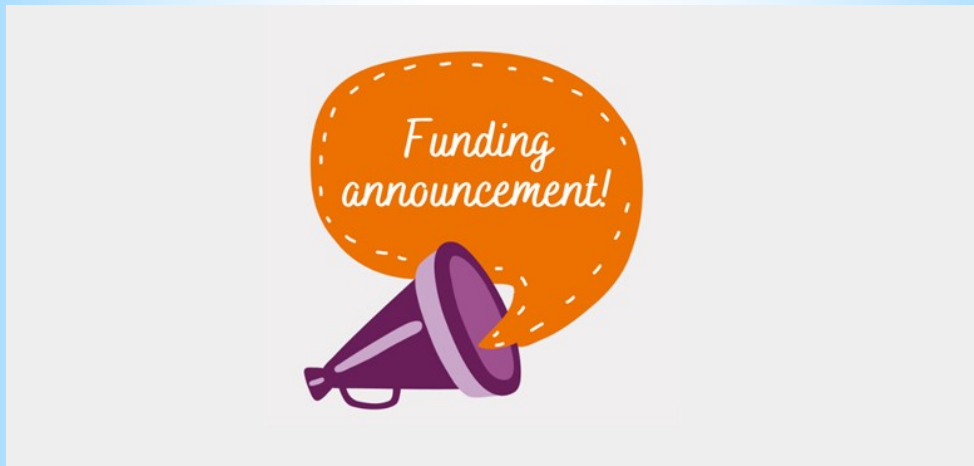
Sharon Fernandez

**National Clinical Lead Perinatal
Mental Health Services**

CONTENTS

Maternal Mental Health Alliance	Page 2
PIMH Training iHV	Page 3, 4
Hywel Dda Health Board Update	Page 5
LGBTQ+	Page 5
Dads and Football	Page 6, 7
Brecon and District Mind Support for Dads	Page 8
DEWIS Cymru	Page 9
Health and Wellbeing Wales App	Page 10
Useful Information and Links	Page 11-13

Maternal Mental Health Alliance (MMHA) embarks on exciting new chapter



Founded in 2011, the MMHA is a coalition of 100 organisations, lived experience champions and clinicians, working collaboratively to improve [perinatal mental health](#) care in the UK. To date, the MMHA has successfully campaigned to close many of the gaps in specialist perinatal mental health care. However, despite progress, more work is needed to ensure **ALL** women receive the mental health care they need during pregnancy and postnatally across the UK. This includes Wales, where the most recent [maps](#) show that only 2 out of the 7 health boards met Perinatal Quality Network Standards.

The National Lottery Community Fund has awarded the MMHA £1.2 million so the work on turning the [specialist services map](#) green can continue. In addition, this funding enables a new phase of the [Everyone's Business campaign](#), over the next four years. This looks beyond specialist services to ensure other essential parts of maternal mental health care and support are available to all women in Wales, and across the UK.

MMHA is looking forward to working with members in Wales to understand what will make the biggest difference to the mental health of women and their families.

PIMH Champions Training

The Institute of Health Visiting are delighted to be successful in bidding to deliver further cohorts of Multi-Agency PIMH Champions for Wales bringing the total trained to 120 by Spring 2021.

The training will be delivered by iHV trainers online using Zoom platform in response to the ongoing pandemic – see some of our feedback from other cohorts:

“From the online perspective it was just right. I will admit I was worried about how it would come across on a digital platform, but it was perfect.”

“Excellent training, content, pace, variety of resources and mood generated within the group all so positive, making the most of the digital environment.”

“Very well delivered, good energy from facilitators who managed very well in keeping the training interesting despite over Zoom.”

The Champions training offers participants the chance to network with a wide range of other multi-agency practitioners and engage in rich discussion to support a broader understanding of perinatal and infant mental health in the context of local and national systems of care.

This is a fantastic opportunity for practitioners to gain enhanced knowledge and skills which will increase confidence in working alongside families in the perinatal period. The training will also equip and provide Champions with training resources to support them to deliver both virtual and face to face onward cascade training in order that they can upskill their colleagues through provision of awareness training.

iHV PIMH Champions training is more than just a “train the trainer” event. Our Champions also leave with the enthusiasm and support to become a place-based leader for PIMH within their service area, and an advocate for good family mental health and wellbeing.

How do we know all this? Our recently completed longer evaluation of our Wales 2020 cohorts told us that...



PIMH Champions training

...over 90% of iHV PIMH Champions agreed that the increase in their knowledge about perinatal mental health problems and the importance of assessing and promoting infant mental health was achieved as a result of the training attended – and was sustained 3 months later;

81% of iHV PIMH Champions felt more confident in supporting families with PIMH issues as a result of attending the training;

And, in spite of the challenges of the pandemic, over 78% of iHV PIMH Champions were more confident in sharing this knowledge with colleagues, with over 72% expressing confidence in their ability to use iHV resources to provide a formal cascade of training 3 months later.

The motivation, commitment and enhanced knowledge of the current iHV PIMH Champions in Wales has led to increased recognition of the mental health needs of new and expectant parents and their infants, and the creation of innovative, collaborative ways of working that may continue to be beneficial to families post-pandemic. The enthusiasm to collaborate across services and professions, and to cascade training to others in whatever format is possible, has been amazing to witness.

We are really proud of the current Wales PIMH Champions and look forward to meeting the new Champions for 2021.



Hywel Dda Health Board Update

Hywel Dda University Health Board's Perinatal service has undergone significant change over the last 12 -18 months. The service has expanded exponentially with additional staff including a specialist perinatal pharmacist and a specialist perinatal midwife. All of these practitioners have brought their specific skills to the team, in order to benefit support and care for women and their family.

The Perinatal Service has reviewed and revised its referral criteria to ensure that it can be dedicated to those women and families suffering with moderate to severe mental health difficulties. The Perinatal Mental Health service accepts women preconceptually, antenatally and postnatally until the baby is aged 1, the service will also accept the partner of the referred woman. The woman is assessed within 14 days of the acceptance of the referral.

Recent areas of development:

- ◆ Consultant and referral process offers duty support to referrers to discuss concerns/ referrals Monday – Friday 09:00-17:00
- ◆ IHV training programme – 10 sessions fortnightly for all practitioners via Teams
- ◆ Consultation fortnightly to offer practitioners a dedicated time to discuss specific cases
- ◆ Perinatal pharmacist has developed medication traffic lights for GP's during the perinatal period
- ◆ Extensive liaison with midwifery developing a new process to ensure that all risks are identified to the Risk and Governance Midwife
- ◆ The development of birth management plans in liaison with all services involved with the woman's care



LGBTQ+

Lucy
Warwick-Guasp

Do you feel confident in meeting the needs of LGBTQ+ (lesbian, gay, bisexual and transgender, questioning/ queer) parent families when providing perinatal mental health support?



Lucy Warwick-Guasp delivers training sessions for practitioners working with families experiencing perinatal mental health. The training allows participants to explore specific experiences of LGBTQ+ people and how to ensure that their services are inclusive of LGBTQ+ parent families.

Lucy is able to combine her extensive experience of delivering LGBTQ+ equalities training gained whilst working at Stonewall; with being a same sex parent; and with her lived experience of postnatal depression and being treated at Bethlem Mother and Baby Unit, South London.

Since moving the training over to Zoom this summer, Lucy has been able to reach many corners of the country from her home in Cornwall! And after a great chat with Sharon Fernandez, National Clinical Lead for Perinatal Mental Health NHS Wales, she is looking forward to further discussions on how to take this work forward in Wales.

For a chat about how your service could meet the needs of LGBTQ+ parent families feel free to contact Lucy on lucywarwickguasp@gmail.com | @Lucy_W_Guasp | 07779 266386.



FOUNDATION



Y Sefydliad
Iechyd Meddwl

70 MLYNEDD



Mental Health
Foundation

70 YEARS



DADS & FOOTBALL PROJECT

(understanding the life changing transition for men as they become fathers)

Project Summary

Background

The Mental Health Foundation in partnership with Cardiff City FC Community Foundation is running an 18-month project using participation in football to understand the life changing transition for men as they become dads.

Perinatal mental health in men - the case for change

There is very little research undertaken on men's experiences of becoming dads or fathers' perinatal mental health which is reflected in the lack of services currently available to them. We are working with senior researchers from universities and the Fatherhood Institute to 'join up' all the work being done and to help influence change.

Why Football?

Football is increasingly becoming an area for engagement with fans on health and wellbeing topics. Recent initiatives that have proved highly successful are, *Football Fans in Training* (helping fans live healthier lifestyles) and *The Changing Room* – tackling the stigma of mental health in men through football in Scotland. The latter was so successful that a second phase was launched in 2018.

Using the football fan mechanism has shown huge benefits for community inclusion and significant improvements in health and wellbeing. This project has huge upscaling potential.

The Dads & Football Project

Expectant fathers and those with young children (up to the age of 12) are being recruited to form peer support groups (now using zoom) and when possible to play football in various settings and communities. We are looking to ensure a mix of fathers are represented.

The offer to fathers is to:

Play (5-a-side) football (currently on-hold), talk fatherhood.

Meet other Dads, share experiences, create friendships and be supported by those Dads;

Engage with researchers informally through events.

Have a voice and help create an engagement tool for other new dads.





FOUNDATION



Y Sefydliad
Iechyd Meddwl
70 MLYNEDD



Mental Health
Foundation
70 YEARS



DADS & FOOTBALL PROJECT ...cont.

Outputs

There will be two main events at the Cardiff City FC Stadium for fathers to talk football and about their life changing experiences of becoming a dad, the highs, the lows, everything they've gone through.

There will be dads peer support group sessions, 5-a-side football and events, at least one family event.

These events and sessions will provide opportunities for:

- Fathers to share experiences and understand what makes a resilient dad;
- Fathers to co-create with researchers' tools for new dads, including short films, literature and guidance;
- Help influence change, i.e., adapting services/ more services for dads.

Aims and Objectives

- Sustain fathers' mental health through peer support groups and other connections;
- Engage fathers with perinatal mental health to enable better outcomes;
- Increase knowledge and evidence to boost research and unite a research consortium;
- Highlight the need for more research on father's perinatal mental health, better provision of services and understanding a father's perspective (i.e., "Who's the bloke in the room?" – Fatherhood Institute).

Outcomes

The dads will benefit from:

- Understanding their own situation, recognizing problems, accessing research and know where to obtain help;
- Having the opportunity to participate in fun activities, research and influence change.

MHF will work with researchers to:

- Hear their experiences, allow them to undertake interviews with dads in the program and help unite a consortium of researchers interested in this field;
- Identify gaps through co-creation with Dads with potential to include information around child development and parent/child relationships.
- Understand more about the life changing transition to becoming a dad.



Brecon & District Mind Support for Dads:

Dads Group

The Dads Group was created following discussions and input from a group of dads and dads to be. These dads took part in a study carried out by Brecon and District Mind and Powys local health board. Funding was sought through an Integrated Care Fund through the Regional Partnership Board from the Welsh Government. The study was led by the Dads who identified that there was not enough support for new and expectant Dads. They asked for more in their local areas to support them in their transition to parenthood and becoming a dad. Amongst many identified practices of support, one of the main needs and requests was to develop a Dads Group that can provide a space for them to talk and receive informal support.

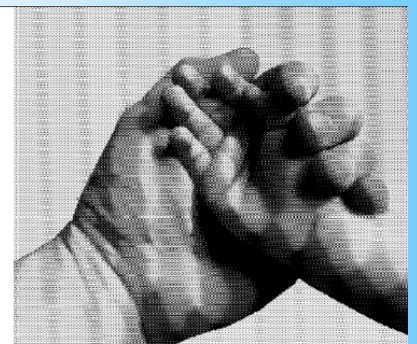
This is a new and exciting, initiative for the family support team. Our facilitator, Matt is a father of two and a support worker at Brecon and District Mind. The support he offers is informal and is first and foremost a space to share experiences and tips, learn and get any help or advice needed.

"The Brecon and District Mind Dad's Group has been steadily gathering members on our Facebook page. New videos of myself (Matthew Hart) offering advice as well as talking about life as a dad through the pandemic have been uploaded and shared. These videos can also be found on Brecon Minds YouTube."

Dads are also being supported individually over the phone, face to face safely and electronically. There are plans for buggy walks and once the pandemic has come to an end, we will move forward with our face-to-face peer support group. I have already attended a Dads virtual session for new and expecting dads alongside midwives, where Dads could ask questions relating to pregnancy, birth and beyond.

*The pandemic has given a greater need for peer support groups and support in general. However, it has made it much more difficult to reach out and provide any assistance or advice. It will be my aim to bring dads in my local area together in an outdoor environment until such a time when we can sit down in the warm, eat loads of cake and drink copious amounts of tea! We support new dads as well as those expecting new arrivals. " **Matthew Hart , Dads Facilitator.***

Expectant
Dads?
New Dads?
Dads with
toddlers?



This is an online Dads
peer group
@dadsbreconmind

Dads are fab!

Dads

- No judgement
- Private group
- Information
- 1:1 chats
- Peer support
- Online community

To find out more, please call/
message our Facilitator, Matthew
Hart on 07399 583391
email dads@breconmind.org.uk
FB @dadsbreconmind





Dewis Cymru



Are you looking for local and national organisations or services that can help you?

Visit Dewis Cymru – the place to find information about a range of well-being services in Wales. Whatever you are looking for, from a childminder to a residential care home, Dewis has the answer! You can make your own choice over which services best meet your needs.

Dewis Cymru provides a place for any local or national organisation to share information about the services they have to offer.

The services listed might be provided by your local authority, the Health Board, a local or national charity or a community group, club or society.

(we share services with 'Infoengine' - a third sector directory, and with the NHS in Wales as part of the 'Health and well-being Wales partnership')

Some services may be provided free of charge, others may charge for their service. Dewis allows you to understand what services are available and allows you to choose how best to meet your needs. Dewis is also used by many people like GPs, Librarians, Social Workers, Health Visitors etc. who offer information to the public as part of their work. So whether you're looking for childcare, mental health support services, something to do, help with housing needs, or help to provide care for someone, it's likely that Dewis Cymru will have information that can help you.

Just go to www.dewis.wales. You'll then be able to search for services or browse our national information pages that have been designed to help you think about what matters to you. If you need any help, let us know using the '[Contact Dewis](#)' link on the website and we'll be happy to help you.

www.Dewis.Cymru
Cael dewis a chymryd rheolaeth



www.Dewis.Wales
Have choice and take control



Health and Well-being Wales App

Do you work in the community with members of the public?

Would you like up to date information at your fingertips?

Download the 'Health and Well-being Wales' App. It provides *offline* access to information about a wide range of local and national organisations and services.

A collaboration between Welsh Government, Local Government, Third Sector Support Wales and the NHS in Wales is working together as 'Health and Well-being Wales' to create a single shared service directory.

The information is brought together from Dewis Cymru, Infoengine and the NHS Direct Wales resource directories via the Dewis Cymru platform. The shared directory is also available in the form of an offline App for frontline professionals across Wales.

The new App – 'Health and Well-being Wales' is aimed at staff from a range of organisations and is only available to registered users with 'whitelisted' organisational e-mail addresses. It provides access to service details and contact information for a wide range of local and national organisations, community groups and services.

Why would I use the App?

There are many reasons why you would choose to use the App:

- Using the app avoids the need to use your mobile data, or to have to try to connect to the internet while you're away from the office. No internet connection is required for day-to-day use. Once downloaded, the App prompts the user to update information periodically to ensure the information remains up to date.
- Users can choose to download just the information for their local area.
- A powerful search facility means users can search for resources by keyword, category, local authority and/or local area, and 'share' the resulting information via the usual mobile applications including e-mail, text message, Facebook, Messenger etc.
- Users can 'show' or 'hide' national resources that are included by default in the App making it an ideal tool for district nurses, health visitors, social workers, youth workers, police officers, community connectors, social prescribers, and any other community based staff.

The App is fully bilingual and compatible with both Android and iOS.

To find and download the App, go to the App store or Google Play and search for 'Health and Well-being Wales'. Once you've got the App, don't forget to use your work email address to register.

You can contact us by emailing help@dewis.wales if you have any difficulties accessing or using the App.

Useful Information and Links

The Baby Buddy app guides individuals through their pregnancy and the first 6 months following their baby's birth. It is designed to help individuals look after their baby's mental and physical health, as well as their own, and give their baby the best start in life.

<https://www.nhs.uk/apps-library/baby-buddy/>



This link is the new guide we have
just written on delivering
compassionate care whilst wearing
PPE

[https://www.sands.org.uk/
professionalsprofessional-
resources/communication-while-
wearing-ppe](https://www.sands.org.uk/professionalsprofessional-resources/communication-while-wearing-ppe)



ExChange Exchange Wales
brings leading researchers together with
practitioners and service users to share expertise,
research evidence and care experiences

<https://www.exchangewales.org/>



Over half of pregnant
women in Wales who
are at risk of having
their babies removed

experience mental health problems

[https://www.nuffieldfjo.org.uk/news/pregnant-
women-babies-removed-mental-health](https://www.nuffieldfjo.org.uk/news/pregnant-women-babies-removed-mental-health)

Useful Information and Links

**Born into care: newborns
and infants in care
proceedings in Wales**



<https://www.nuffieldfjo.org.uk/resource/born-into-care-wales>

MORS

Mothers Object Relations Scales

[https://
www.morscales.org/](https://www.morscales.org/)

The Mothers Object Relations Scales (MORS) provide a validated and easy-to-use way of assessing mothers in primary care.

**Born into care: One
thousand mothers in
care proceedings in Wales**



<https://www.nuffieldfjo.org.uk/resource/1000-mothers-care-proceedings-wales>

**MENTAL
HEALTH &
WELLBEING
CYMRU**

**Self - help
resources to
support
mental health**

and wellbeing. [Link](#)

Useful Information and Links



CHARITIES
OFFERING

REMOTE SUPPORT TO
PREGNANT FAMILIES AND NEW
PARENTS



The Early Intervention Foundation are looking to recruit associates in Wales, with skills and knowledge directly relevant to the leadership and management of maternity and early years services. EIF associates are part-time roles, which can be done alongside existing positions.

<https://www.eif.org.uk/about/get-involved#open-call-for-eif-associates-in-maternity-and-the-early-years>



IPMHG

PERINATAL MENTAL HEALTH MATTERS

“The Interdisciplinary Perinatal Mental Health Group (IPMHG) is a new group bringing together those who provide care, provision, policymaking, support and research on and for perinatal mental health. The IPMHG aims to improve efficacy, understanding, and evidence based policy, practice and training. As part of this aim, the IPMHG deliver evidence briefings, public facing materials, resources, invited talks, and interdisciplinary professional community building for the development of interdisciplinary funding proposals and events on perinatal mental health. The IPMHG members are international as well as interdisciplinary, with membership and affiliation free and open to those interested in perinatal mental health. For more information on the IPMHG please contact Dr. Kate Ellis-Davies”

(k.ellis-davies@swansea.ac.uk).