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Rhwydwaith Iechyd
Meddwl Amenedigol
Perinatal Mental
Health Network



Network news

SHARON FERNANDEZ

NATIONAL CLINICAL LEAD FOR PERINATAL MENTAL HEALTH

We are so pleased to be able to get our newsletter back on track this year. Last year was a difficult year for all of us in so many ways and although we appreciate that there are still many pressures, additional support within the network will mean that we can continue to support you with key pieces of work.



Within the Wales PNMH Network we now have support from Helen Ranson, who joined us in the autumn as our Project Support Officer, and Martha Sercombe, who joined us at the beginning of January as our Clinical Lead - **please read on to find out a bit more about Martha and the work she has been doing in Cwm Taf.**

As a team, we are taking time to pause, reflect and take stock of where we are at; time well spent in thinking about how we continue to connect, engage, and, where needed, re-connect with yourselves. We are also planning another series of workshops and online events to meet with you again. We will be re-visiting and addressing our need to understand what you think is working well, what could be improved and where we go from here. Feedback from this work will then support us in highlighting key areas for Welsh Government colleagues to consider including in the next Mental Health Delivery Plan.

As well as this, we are testing our Perinatal and Infant Mental Health online modules, training plan and pathways and finalising the content and design of our Wales Perinatal Mental Health leaflets. We have been working with some of you to develop resources to support clinical decision making and this is also being tested by our health visiting colleagues. Our awareness raising project work is progressing nicely, with some of you already involved, and we have a number of other pieces of work earmarked for this year.

Can I also use this as an opportunity to remind you that our door is always open, so please feel free to contact us for further information or to share your thoughts and ideas.

Enjoy the rest of your read x

A BIG WELCOME TO MARTHA

Martha Sercombe joined our team as Clinical Lead at the beginning of January, and will be working with us part time.

Martha comes to us from CTMUHB. Having worked as a Paediatric Nurse and Health Visitor, she has been a Specialist Health Visitor for the last 12 years, working across health board and local authority.



In 2021, following a secondment with the Parent Infant Foundation, Martha took up the post of Specialist Health Visitor for Perinatal Mental Health (PMH) and was actively involved in developing the Securing Healthy Lives report.

Thought to be the largest UK survey of parents on this topic, the findings have prompted a call for the Welsh Government to address four key areas:

- Ensure specialist support for parent-infant relationship is available in every part of Wales
- Develop a workforce strategy so that there are skilled professionals to support parent-infant relationships
- Amend maternity guidance to ensure it includes support for parent-infant relationships
- Ensure assessment tools, such as those used by health visitors, include prompts about the parent-infant relationship.

You can read the full report [here](#)

SPOTLIGHT ON...

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



ESME WINTER LOCKWOOD
SENIOR ACCOUNT MANAGER, WORKING WORD

'Talk With Me' is the Welsh Government's campaign to encourage parents and carers to play, listen and talk with their children in the early years (between 0-5 years old).

Esme told us, "We want parents to talk with their children every day to light up their minds, help their brains grow, and give them the best possible start in life".

Talk With Me offers a range of helpful, expert-led, accessible tools, tips, and resources to support parents on their child's language-learning journey, including the newly developed Parent and Carer Pack, which includes activities for parents, carers and family members to help little ones learn to talk. The pack is full of guidance such as '10 tips to help me learn to talk', 'Learning to talk: ages and stages' and 'Games to help your little one's talking'.

Resources, including the Parent and Carer Pack, can be shared with parents and caregivers of children between 0-5 years old to help them on their language-learning journey. For more information, follow @Siarad gyda fi – Talk with me on Facebook and visit www.gov.wales/talkwithme to download the Parent and Carer Pack and for fun tips and expert advice to help children with their talking.



BETHAN WEBBER
CHIEF EXECUTIVE HOMESTART CYMRU



Bethan talks to us about the support available for Dads

Traditionally services and support available to families in the earliest days of the perinatal period have had a heavy focus on Mum and baby.

Increasingly, however, it's recognised that Dads also need support:

- Around 25% suffer with antenatal anxiety, rising to nearer 50% postnatally
- New Dads with partners suffering from depression have a high chance of being affected themselves
- Over half of men suffering with mental health conditions are Dads
- Dads' mental health can affect their relationship with their child(ren) with potential lifelong impacts
- You can still be a great Dad with mental health concerns, but support can be needed.

Working in partnership with health teams in the region, Home-Start Cymru was delighted to recently launch Dad Matters Cymru, our perinatal mental health service for Dads, in Cwm Taf Morgannwg. The service combines a number of elements, from universal leaflets and online information, to more targeted 1-2-1 support for those who need it, alongside peer support groups.

Dads have tended to be marginalised in the perinatal period but strong positive attachment in the earliest days is intrinsically linked to a child's lifelong outcomes. Parental mental health can impact attachment and it is vital that support is available to all who need it as they embark on the journey of parenthood.

Dad Matters seeks to:

- Change the way dads are perceived by all services involved in the perinatal period and beyond
- Provide support, particularly to those who might fall through the gap, so all can be happy and confident Dads and have positive relationships with their families
- Facilitate discussion on attachment and mental health and help Dads access other services if they or their partner need them.

CONT'D



It operates along three core principles:



- Attachment and bonding – Dads want to know more about supporting their babies' development
- Mental health – Dads want to learn about their partners well-being, and in turn this helps them understand their own
- Accessing services – we don't want to replicate and know there are lots of services out there, but dads are not accessing them.

Key to the success of Dad Matters is being an integrated part of a wider team so Dads and families have access to a range of support and expertise aligned to their needs.

We're delighted to be joining up with health teams and other perinatal services in the region to strengthen the offer we can collectively make to families. For more information or to make a referral (within the CTM region) please contact: dadmatterscymru@homestartcymru.org.uk



About Dad Matters Cymru

Dad Matters Cymru is here to help dads have positive parent experiences during pregnancy and early years and to support them with anxiety, stress and mental health issues.

We want to ensure that dads know how important they are, how to access support when they need it and why it can be essential for their baby's development.


We aim to:

- Help dads have positive parent experiences during pregnancy and early years.
- Support dads with their wellbeing and mental health
- Encourage dad's participation in services that have traditionally been targeted for mums
- Provide peer support for dads from dads


Our support provides dads with a forum to share their experiences, experiences and concerns and receive guidance and support on how to navigate this crucial period of their life, as well as signposting to organisations and services that can best support them.

The support is led by a Dad Matters Coordinator and volunteers known as "Dad Champions". We are part of Dad Matters UK and belong to a large network that successfully supports dads within other local Home-Starts across the UK.


What we do best




Promote attachment and bonding.



Provide Dads with non-judgemental support and advice




Signposting Dads to appropriate services.




Promoting positive engagement for Dads with Maternity Services


What we are not




A crisis service



Clinical Experts



Relationship Experts





A mental health specialist

If you need support, a dad chat or would like to become part of Dad Matters Cymru it would be great to hear from you.

✉ dadmatterscymru@homestartcymru.org.uk

☎ 07470 56 38 29



DEVELOPMENT AND LEARNING OPPORTUNITIES

| WHEN | DETAILS |
|--|---|
| Tuesday 14 March 2023 10 am - 2.30 pm Online event | Community of Practice - Cultural Awareness Aimed at anyone with an interest or working in perinatal area. In this event we will look at the importance of being culturally aware and what is happening across Wales. Register Here |
| SAVE THE DATE - Face to face events Monday 17 April - South Wales (am) Tuesday 25 April - West Wales (am) Thursday 27 April - North Wales (am) | Priorities for Perinatal and Infant Mental Health In April, we will be working with the Maternal Mental Health Alliance and NSPCC Cymru to host three workshops. We'll be gathering recommendations about high level priorities for perinatal and infant mental health, we'd like Welsh Government to consider when developing Wales' new mental health strategy We will send out information on how to get involved shortly. |
| Monday 15th May 10 am - 2.30 pm Online event | Community of Practice Event : For colleagues working within Specialist Perinatal Mental Health Team Leads or as Specialist Perinatal Mental Health Practitioners. This event will provide an opportunity for colleagues working within specialist services/ roles with an opportunity to come together to share examples of best practice, explore challenges and opportunities. |
| Online learning - contact us if you haven't received your link to access | Online Learning Modules - 7 The training framework, plan, and e-learning modules are initially being tested within our Specialist Perinatal Mental Health Teams across Wales. Feedback and comments will be reviewed at the end of February, with a view to formally launching these resources for all working within the perinatal period across Wales in Spring 2023. |
| Online learning or face to face learning - contact your health board for more information on the course and to book a place | Institute of Health Visiting Perinatal and Infant Mental Health (PIMH) Training Health Boards are now rolling out this training which provides an opportunity to join other multi-disciplinary colleagues, to <ul style="list-style-type: none"> • Increase competence and confidence in perinatal and infant mental health practice • Develop place-based leadership for perinatal and infant mental health across complex systems of care • Raise awareness of the importance of perinatal and infant mental health across the workforce |

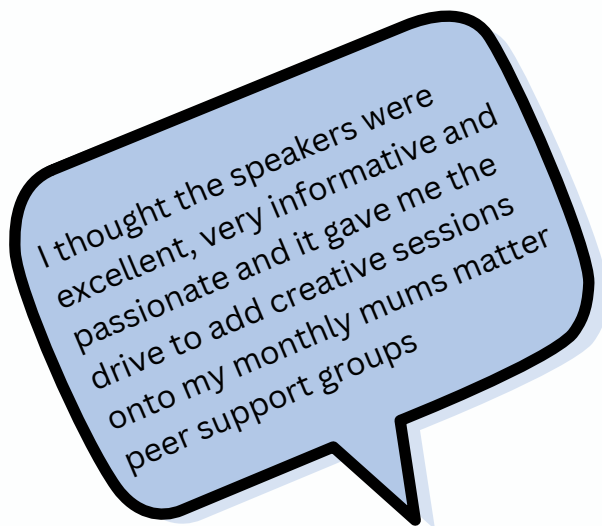


Feedback from previous community of practice event: Creative Health

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

- Minds Mums Matter
 - Lullaby Project
 - Anna Wolf presenting on Tea and Toast: Poetry for Mums
 - The Writing Tree Project
- ...and more!

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



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



OTHER LEARNING OPPORTUNITIES

UNDERSTANDING
Mental Health in Muslim Communities

A free online course
for those providing
mental health
support
in Muslim
communities

RC
PSYCH
ACCREDITED
COURSE

A FutureLearn short course developed by
the Centre for the Study of
Islam in the UK.

CARDIFF
UNIVERSITY
PRIFYSGOL
CAERDYDD

Centre for the
Study of Islam in the UK
Canolfan ar gyfer
Astidïo Islam yn y DG

ISLAMIC CENTRE
CANOLFAN ISLAM DE

[Click here to
register](#)



IN TUNE WITH
Parent and Infant
Mental Health

[Click here to
register](#)



In Tune with Parent and Infant Mental Health

This conference will raise the awareness and good practice focussing on Parent and infant Mental Health. Cost £20 - invoiced after sign up

SUGGESTED FURTHER READING

| | |
|---|---|
| Aim Wales Hub | https://members.aimh.uk/share/bpvMDInRmx8Qc7py?utm_source=manual |
| First 1000 Days Programme | https://phw.nhs.wales/publications/publications1/developing-a-public-health-approach-to-supporting-parents-technical-report/ |
| First 1000 Days Programme - Welsh | https://icc.gig.cymru/cyhoeddiadau/cyhoeddiadau/datblygu-dull-iechyd-y-cyhoedd-o-gefnogi-rhieni-adroddiad-technegol/ |
| Suicide Prevention and Self Harm | ESMI-III: The Effectiveness and Implementation of Maternal Mental Health Services - PenARC (nihr.ac.uk) |
| Health and Care Standards Being replaced in April 2023 | https://www.gov.wales/sites/default/files/consultations/2022-10/the-duty-of-quality-statutory-guidance-2023-and-quality-standards-2023.pdf |
| Suicide Prevention and Self Harm | https://phw.nhs.wales/publications/publications1/developing-a-public-health-approach-to-supporting-parents-technical-report/ |

LATEST RESEARCH ARTICLES

| | |
|---|---|
| Valproate may affect male fertility, and current restrictions around women under the age of 55 may also apply to men in coming months due to evolving evidence on fertility risks in males | https://www.gov.uk/drug-safety-update/valproate-reminder-of-current-pregnancy-prevention-programme-requirements-information-on-new-safety-measures-to-be-introduced-in-the-coming-months |
| New study on Lithium use in breastfeeding | https://onlinelibrary.wiley.com/doi/10.1111/apa.16444 |
| Reminder of risks around use of Pregabalin in pregnancy, need for effective contraception and use of high dose folic acid in pregnancy | Pregabalin (Lyrica): findings of safety study on risks during pregnancy - GOV.UK (www.gov.uk) |

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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