



Wales Perinatal Mental Health Network Newsletter

May 2021

Newsletter 6

Welcome to the latest edition of the Perinatal Mental Health Newsletter

We did it!

Despite everything that has been going on around us, we have managed to keep the Perinatal Mental Health Network wheels turning.

In this newsletter we are celebrating the opening of the first 6-bedded interim specialist perinatal (mother & baby) unit for Wales.

For those of you who may not be aware, the unit opened its doors on the 19th April. Social media platforms were alight with activity and we would like to say a very big thank you to each one of you who contributed to enabling this to happen. We would also like to express our thanks to all colleagues within Swansea Bay who have worked hard to make our vision for Wales become a reality. Discussions about the provision for North Wales continues and we hope to provide more about this over the coming months.

We've also been keeping ourselves busy with the facilitation of a couple of workshops, where we have started to explore what research and innovation means to colleagues and how we can support and strengthen this key area of work, and harnessing the passion and drive to support parent-infant-relationship work and service development. Plans are now in place, to follow up on both workshops to think more about 'what's next'.

The recently established task & finish groups are progressing – we have a plan in place to identify key pieces of data to progress through formal processes. Training needs and a competency framework are also very much on this year's agenda and we will be consulting with service users on the further development of the outcome framework, to understand what really matters to them and their families.

Even in such difficult circumstances, the support that we are receiving from colleagues across the network is astounding. Nadia and I are incredibly grateful for all that you do to support colleagues and us.

Diolch yn fawr iawn.

Sharon Fernandez

National Clinical Lead

Perinatal Mental Health Services

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Only mother and baby unit of its kind in Wales opens in Swansea Bay!

Opened in April 2021, Uned Gobaith is a Specialist Perinatal Inpatient Mental Health Unit situated within Tonna Hospital in Swansea Bay UHB. The Unit is a regional service serving the population of Wales and has capacity for six individuals, and seven babies (to enable accommodation of multiples).

Our family centred Unit provides multi-disciplinary specialist mental health care to individuals from 32 weeks pregnant or those up to one year after birth where individuals can be admitted with their babies to receive specialist assessment and/or treatment of a mental illness that is moderate to severe in nature.

From the patient's admission onwards, we will work with them towards their recovery and discharge, respecting their individual needs incorporating specific ethnic, cultural or religious requirements and working alongside maternity services, community perinatal mental health teams, community mental health teams and health visitors.





Meet the team



Service Manager – Anita Louise Rees / Natalee Moon

Consultant Psychiatrist – Dr Joanne Noblett/ Dr Angharad Piette

Doctor – Dr Emma Wrighton

Ward Manager – Kirsten Pearce

Psychologist – Matthew Lewis

Pharmacists – Lisa Winston / Celia Doyle

Charge Nurses – Jenna Badman, Hannah Lewis, Sammy-Jo Morgan

Nurses – Charlotte Ile, Emily Gittins-Jones, Grace Emanuel, Jade Thorne, Kim Burdall, Kirsty Eskins, Sian Hopkins, Vicki Inger

Nursery Nurses – Zoe Price, Bethan Williams, Gemma Thomas, Rebecca Jones, Sue Uphill, Leanne Evans

HCA – Leanne Evans, Frances Bowden

Specialist Perinatal Health Visitor – Joanne Edwards

Specialist Perinatal Mental Health Midwife – Ann-Marie Thomas

Medical Secretary – Beth Gundersen

Perinatal Admin - Julia Graham / Darren Williams



Maternal Mental Health

During a Pandemic: New Rapid Evidence Review



In March, the Maternal Mental Health Alliance (MMHA) and Centre for Mental Health launched the [Maternal Mental Health During a Pandemic](#) report. The research, commissioned by MMHA, showed just how detrimental the pandemic has been on perinatal mental health and the services that support women and their families during this time. The findings show a significant decline in mental health for women in the perinatal period – due to fears over catching the virus; of partners not being able to attend scans or labour; worries about their baby's wellbeing; and concerns about coping without usual support networks.

The report found that the impact of the pandemic has been unequal, with evidence strongly suggesting that women and families of colour and families experiencing socioeconomic deprivation have been most affected.

Other findings include the dramatic reduction in informal support for families, and women with pre-existing mental health conditions have risked their illnesses getting worse. Despite the increased need, services supporting women were negatively impacted. The report also highlighted concerns around the increased demand on voluntary and community perinatal services, who faced their own capacity, funding and staff wellbeing challenges.

The report highlights that the pandemic has created a maternal mental health crisis, which is likely to have long-term consequences for women, their families, and health services. As the pandemic continues, the risk posed to perinatal mental health needs urgent and ongoing attention.

Eight recommendations for urgent action include:

1. Development of services supporting perinatal mental health, including voluntary sector groups
2. Relevant bodies to re-assess the true level of demand in light of the pandemic
3. Research to be commissioned on the pandemic's ongoing impact.

Maternal mental health during a pandemic

Recommendations



1. Assess **levels of need** for perinatal mental health support in light of the pandemic



2. **Future-proof** perinatal mental health services against future pandemics or similar crises



3. Publish **routine data** on the mental and physical health of women during the perinatal period



4. Tackle **racial discrimination** within health systems and adverse outcomes for people of colour



5. Recognise the importance of **voluntary and community** organisations



6. Support the mental health of all **health and care staff**

Dr. Sarah Witcombe-Hayes

MMHA's Everyone's Business Wales Coordinator

sarah@maternalmentalhealthalliance.org



My name is Vicky Lang,

I am the Survivor Engagement Officer working on a Survivor Project recruiting women from all over Wales to utilise the expertise they have within all forms of Domestic abuse including Sexual Violence.

Domestic abuse in itself is a Pandemic and we as a team work tirelessly giving women of all experiences that voice within the work and shaping policy. We realise that the subject has its own stigmas and myths and now is the time to change them, by placing your voices at the heart of all our work regardless to Status, Ethnic or Diverse background.

I would love to hear from you for a confidential chat, if you feel you would like to know more. Let's change the perception and create a safer world for the children of our future. My email VickyLang@welshwomensaid.org.uk.

Happy to collaborate within organisations if we don't already.

Survivors...we want to hear from you!

Help others overcome abuse.

Please contact us if you feel...

- It's your time to have a voice
- It's your time to grow In confidence
- Time to help improve services

It's time to help eliminate the pandemic of domestic abuse, and all forms of violence against women and girls.

Contact: VickyLang@welshwomensaid.org.uk

Llinell Gymorth **Live Fear**
Byw Heb Ofn **Free Helpline**

0808 80 10 800
ffôn • tectst • sgwrsio byw • ebost
call • text • live chat • email

For confidential information, advice or support around domestic abuse, sexual violence or violence against women anyone can contact the Live Fear Free Helpline in any language 24 hours a day 7 days a week by...

Text **07860 077333**
Email **info@livefearfreehelpline.wales**
Webchat **<https://gov.wales/live-fear-free/contact-live-fear-free>**

Oroeswyr...hoffwn glywed gennyhch!

Helpwch bobl eraill i oresgyn camdriniaeth.

Cysyllta â ni os wyt ti'n teimlo...

- Mai dy amser di yw hi i gael dy glywed
- Mai dy amser di yw hi i fagu hyder
- Bod hi'n bryd i helpu gwella gwasanaethau

Mae'n amser helpu i roi diwedd ar y pandemig o gam-drin domestig, a phob math o drais yn erbyn menywod a merched.

Cysylltwch â: VickyLang@welshwomensaid.org.uk

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I gael gwybodaeth cyfrinachol, cyngor neu gymorth ynglŷn â cham-drin domestig, trais rhywiol neu drais yn erbyn menywod, gall unrhyw un gysylltu â'r llinell gymorth Byw Heb Ofn mewn unrhyw iaith, 24 awr y dydd, 7 diwrnod yr wythnos drwy...

Testun **07860 077333**
E-bost **info@livefearfreehelpline.wales**
Gwe-sgwrs **<https://llyw.cymru/byw-heb-ofn/cysylltwch-byw-heb-ofn>**

Cwm Taf Morgannwg UHB

Attachment Project

In 2017, the Welsh Government invited Cwm Taf Public Services Board (PSB) to take part in an Early Years Co-construction project, with a view of developing an integrated whole system approach to early years.

A focus on Pre- Conception to F1000 days was one of the priority areas.

In response, the health board and local authorities of Cwm Taf Morgannwg University Health Board (CTM UHB) conducted a research project. This project is focused on developing a graduated approach to attachment in the F1000 days.

This work is being led by the Parent Infant Foundation in partnership with CTM UHB, and funded by the Early Years Transformation fund.

The research project will:

- ♦ Map current and highlight gaps in service provision
- ♦ Explore parents views on attachment
- ♦ Identify areas in workforce development
- ♦ Make recommendations for future delivery in CTM UHB

The aim is to encourage the development of Parent Infant Relationship teams in our UHB. In addition we hope to provide parents and babies with the best support they need during their crucial period of development.

This work is not only the first of its kind in Wales but will be a great source of information in informing the wider HB's and LA's in Wales.

Nationwide our hope is that services are equipped with the skills to understand Infant Mental Health while continuing to promote positive parent infant relationships.

We look forward to sharing the findings of this project in the near future.

Martha Sercombe

**Specialist Health Visitor Resilient Families Service in
RCT**



The Institute of Health Visiting were delighted to be commissioned to offer a cohort of a brand new training programme “Emotional Wellbeing Visits Champions Training for HVs” (EWV). The programme is based upon 5 years of research and offers an integrated assessment and intervention framework to support health visitors to provide a structured package of evidence-based support to parents with mild to moderate mental health issues perinatally.

The EWV Champions training is a 2.5 day development programme. The first part of the training sees the participants immersed in the evidence and introduced to the framework. Following this they introduce the framework into their practice and offer visits appropriately to mothers with symptoms. The second part of the training is where the participants return and reflect on their learning from implementation of the model. They are then given the opportunity to explore plans to cascade the learning to their colleagues. Each Champion is equipped with training resources to enable them to share the framework so that the evidence-based programme can be shared and the structured visits implemented across HV teams.

The first cohort of health visitors drawn from across all health boards commenced training in March 2021 via our virtual training format. We look forward to them returning in this month (May) to share their experiences with us and plan how to take this forward in their teams. See some of the feedback received below:

“All of it was brilliant. Just gives more structure and reassurance to our work. Love talking to people from other areas and sharing ideas”

“I liked being guided through the guide with practical examples - really helpful”

“It gave me evidence/semi-structure for how I like to work and cover emotional wellbeing”

FINAL EVALUATION REPORT

**Welsh Perinatal and Infant Mental Health
Multi-Agency Champions Training 2020**



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Document



Mothers Matter are here to support pregnant women, postnatal mums and their families to ensure they get full continuity of care throughout their pregnancy and beyond. We offer different areas of support, enabling women to find something that works for them.

We believe through encouragement, our commitment and determination from our clients, we can help women overcome their worries, loneliness, anxiousness, isolation, grief and trauma. With this in mind we hope to bring an end to women suffering with perinatal and postnatal mental health and getting to crisis point.

The passion of the staff at Mothers Matter is incredible, we all have our own personal stories, we are all mothers and we all want to support women who need it, whether that be just chatting once a week, going for a walk, some counselling, some empowerment, friendship, encouragement, clarity, commitment, or a level of understanding. We are here to help.

Mothers Matter, they matter to everyone, if mum isn't supported, the knock on effect is huge. Lets not let it get to that point. **You matter, We Matter, Mothers Matter.**

Our fantastic team in S. Wales are able to offer:

Online Contact	Workshops
Support	Zoom Meetings
Counselling	Coffee Mornings
Peer Support	Wellbeing Antenatal
Birthing Buddies	Wellbeing classes for Families
Pregnancy Pals	



Useful Information and Links

NSPCC fights for a fair start in Wales

The pandemic's added more pressure on new parents, and it is crucial that the services they need are there to support them. NSPCC is calling on the next Welsh Government to ensure mental health support is in place for all expectant and new parents that need it. [Sign NSPCC's new petition](#), and join the fight for a fair start.

Join us and fight for
a Fair Start for
every family.

NSPCC
NATIONAL SOCIETY FOR
PREVENTING CHILD ABUSE

Maternal depressive and anxiety symptoms before and during the COVID-19 pandemic in Canada: a longitudinal analysis

[https://
www.thelancet.com/
journals/lanpsy/article/
PIIS2215-0366\(21\)00074-
2/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(21)00074-2/fulltext)

Gender Inclusive Language in Perinatal Services:

[https://www.bsuh.nhs.uk/maternity/wp-content/
uploads/sites/7/2021/01/Gender-inclusive-
language-in-perinatal-services.pdf](https://www.bsuh.nhs.uk/maternity/wp-content/uploads/sites/7/2021/01/Gender-inclusive-language-in-perinatal-services.pdf)


Parent-Infant
FOUNDATION

Together with Baby - Evaluating a new parent-infant relationship team:

[https://www.youtube.com/watch?
v=IVo3w5clkyY&feature=youtu.be](https://www.youtube.com/watch?v=IVo3w5clkyY&feature=youtu.be)

Useful Information and Links



Research opportunity

<https://www.nihr.ac.uk/funding/2104-children-and-young-peoples-mental-health/26585>



Expert teaching delivered by **world-class** universities and organisations

<https://www.futurelearn.com/>

Parental Emotional Wellbeing and Infant Development



Promoting • Supporting • Influencing

<https://www.rcm.org.uk/media/4645/parental-emotional-wellbeing-guide.pdf>



Working for babies: Lockdown lessons from local systems

<https://parentinfantfoundation.org.uk/1001-days/resources/working-for-babies/>

Useful Information and Links



Online course for Parents

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solihull.approach@heartofengland.nhs.uk or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk www.solihullapproachparenting.com



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[solihull approach](https://www.instagram.com/solihull_approach)



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Click on the Google Translate box and select your language

Please use an internet browser (the thing you use to access the internet) that supports the Google Translate 'widget', such as Microsoft Edge, Google Chrome, Ecosia or Firefox (unfortunately this does not include Internet Explorer).

(This is not a professional translation, so we take no responsibility for the quality of the translation!)

For technical support contact
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Useful Information and Links

Association of antepartum vitamin D deficiency with postpartum depression: a clinical perspective

<https://www.cambridge.org/core/journals/public-health-nutrition/article/abs/association-of-antepartum-vitamin-d-deficiency-with-postpartum-depression-a-clinical-perspective/D757D8DE473588F7EC9AAB18CF72228A#>

Professor Jean White, Chief Nursing Officer for Wales - parting message

<https://t.co/2xjXEdh6HD?amp=1>

<https://elh.nhs.wales/e-learning1/rcni-learning/>

<https://eli.gig.cymru/e-ddysgu1/rcni-learning/>

How to stay calm in a global pandemic free eBook

<https://www.wakefieldscp.org.uk/children-and-young-people/how-to-stay-calm-in-a-global-pandemic-free-ebook/>

Including Dad': supporting men to feel prepared in their transition to parenthood

Shelly Higgins, Elizabeth Glyn-Jones



Acrobat Document

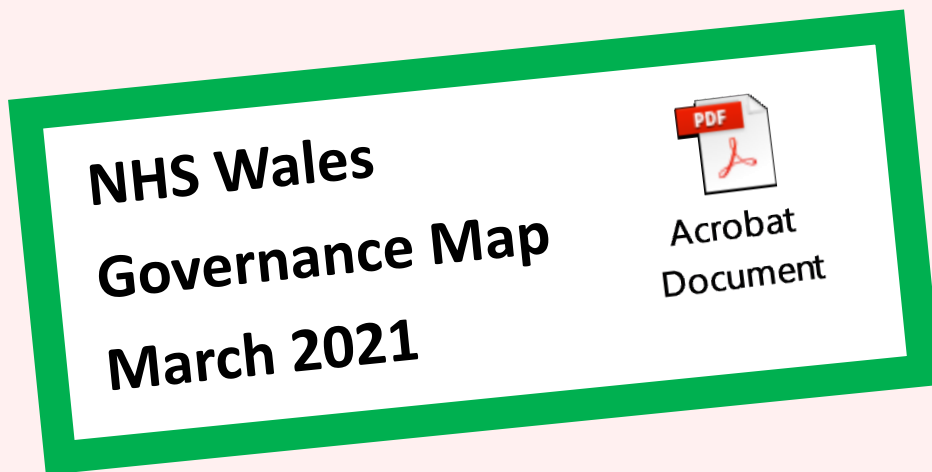
'Becoming Dad': Identifying the Support Needs of Men in Their Transition to Parenthood

Shelly Higgins,
Elizabeth Glyn-Jones



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Useful Information and Links



Below are some useful resources around preconception advice and guidance for professional working with women with SMI

You may be interested in this paper, about to be published in Archives of Women's Health following edits.

Wilson, C.A., Dalton-Locke, C., Johnson, S., Simpson, A., Oram, S., L.M. Howard. (25 January 2021) Challenges and opportunities of the COVID-19 pandemic for perinatal mental health care: a mixed methods study of mental health care staff. Archives of Women's Mental Health. <https://doi.org/10.1101/2020.09.23.20199927>

A preconception resource for health care professionals working with women with SMI

<https://www.tommys.org/pregnancyhub/health-professionals/free-pregnancy-resources/guide-delivering-preconception-care>

Resources for women with SMI planning pregnancies

A website hub: www.tommys.org/planning-a-pregnancy-and-mental-illness

A pregnancy planning tool: www.tommys.org/planningforpregnancy

Information animation: https://www.youtube.com/watch?v=DbF7IEhoCwc&feature=emb_logo

Useful Information and Links

I am delighted to let you know, that today we launch a new series of online resource pages focusing on **Pregnancy and Disability**.

<https://www.rcn.org.uk/clinical-topics/womens-health/pregnancy-and-disability>

Being pregnant, or wanting to be pregnant, can be both exciting and challenging, and this is equally so for anyone with a defined disability. This resource is intended for use by midwives, nurses, and any healthcare professionals caring for women and their families during pregnancy, childbirth and postnatally.

These pages are designed to signpost you to the most relevant evidence, and highlights the needs that some women may have, and how best to support them to have a positive and fulfilling childbirth experience.

Carmel Bagness

Professional Lead Midwifery & Women's Health, Nursing Department,
Royal College of Nursing,



Uned Gobaith Go Fund me page

<https://gofund.me/9c94b3ff>

