



Wales Perinatal Mental Health Network Newsletter

Newsletter 4

Welcome to the latest edition of the Perinatal Mental Health Newsletter

Hello from Wales Perinatal Mental Health Team

Its September and where has the year gone? Through the journey of planning and providing services, and outlining recovery plans, colleagues have continued to support individuals in the most difficult of times.

We therefore felt, that is was about time we started to shout out about the great work that is happening in perinatal mental health services across Wales.

We are not always great at this, we often see it as 'just doing our job', so in this edition 2 of our health boards and our third sector colleagues have the opportunity to 'showcase' what they do best.

When you hear what is happening here in Wales, we hope that you are as proud, as inspired and as motivated as we are.

Sharon Fernandez

**National Clinical Lead for Perinatal
Mental Health**

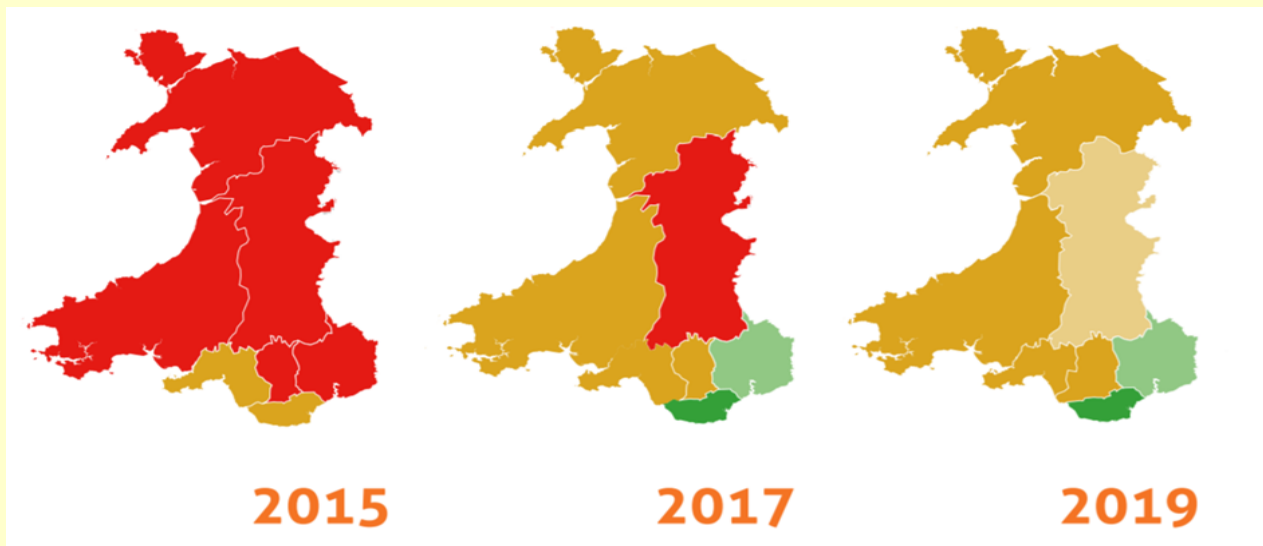
**great
job!**

Contents

Maternal Mental Health Alliance	Page 2
Action on Postpartum psychosis	Page 3
CTMUHB	Page 4
BCUHB	Page 5
Mums Matter	Page 6
Useful Information	Page 7,8

Update from the Maternal Mental Health Alliance (MMHA)

2 out of 7 Health Boards meet Perinatal Quality Network Standards - The story so far



New maps launched by the Maternal Mental Health Alliance's (MMHA) Everyone's Business Campaign show that women in the devolved nations of the UK still face a postcode lottery of perinatal mental health care, despite funding commitments.

According to new data, there has been a small improvement in services available to women and their families in Wales since 2017.

The MMHA welcomes encouraging signs of progress, including:

- Increased investment in specialist perinatal mental health services
- Plans to open an interim Mother and Baby Unit
- Welsh Government's commitment to improving access and quality of perinatal mental health services

The MMHA also recognises the work of The Children, Young People and Education Committee and the Wales Perinatal Mental Health Network, which has been instrumental in driving improvements forward. We are disappointed, however, that this progress has not translated into significant developments in perinatal mental services for women. Service development has not been equal across all health boards, meaning the area in which a new or expectant mum lives continues to determine the essential specialist support she and her family can access.

Specialist perinatal mental health services save lives, they provide expert treatment and are a crucial foundation for supporting and driving improvements across the wider perinatal mental health pathway. When an area has fully resourced, high-quality specialist services, with a team of trained staff, it can make all the difference to early identification of perinatal mental health problems, mother's quality of care, recovery time and support for her, her partner and their relationship with the baby. In the wake of COVID-19, where families are facing higher levels of anxiety, and perinatal mental health experts predict an increase in referrals into specialist services, there is an increased need for decision makers to PLAN.

The MMHA Everyone's Business Campaign is calling for more investment to address the disparity in service provision between health boards in Wales, and to 'Turn the Map Green' to ensure all services meet national quality standards.

Download the [map for Wales](#) (available in English and Welsh).



Action on Postpartum Psychosis (APP) is the UK charity for women and families affected by Postpartum Psychosis (PP). PP is a severe mental illness which begins suddenly following childbirth, affecting 1 to 2 in every 1000 new mothers in the UK. APP has been working hard to increase services available to women and families across Wales and we are proud of what we have achieved in the last year.

Peer support

We secured funding from Mind Women Side by Side for the first peer support group for those affected by PP in South Wales, in collaboration with the specialist community team at Aneurin Bevan Health Board. Over the last year we have recruited Sessional and Assistant Project Coordinators and trained six volunteers in peer support and provided peer support café groups in the Newport area. In July, we launched our new North Wales café group, which will run online for the rest of the year.

Health professional training

We have recruited a National Training Coordinator based in Bangor, North Wales. In collaboration with the All Wales perinatal Clinical Network, APP has delivered workforce training days to 32 multidisciplinary health professionals across Wales this year. We continue to input into perinatal mental health training days for health visitors, midwives, GPs, and other health professionals across Wales. The training days are a collaboration between women and families with lived experience of PP, clinicians, and academics, and are very well received:

"The training is excellent, and I hope this training will be offered to all mental health professions."



Research and campaigning

We continue to collaborate with the National Centre for Mental Health (NCMH) in Cardiff, where we input into studies such as developing a planning tool for those at high risk of PP. You can read more detail about the study here: <https://www.app-network.org/news/supporting-research-into-postpartum-psychosis/>.

We have campaigned for better services for women and families in Wales and for the provision of a specialist Mother and Baby Unit. APP's aim is to ensure that all women and families in Wales have access to the right treatment and support, so they can recover from postpartum psychosis.

New mum seems strange?

Seek help.

After childbirth, changes are expected, but some mums need urgent help. Postpartum Psychosis is a severe illness that can occur after birth. If you notice:

- Confusion or racing thoughts
- Feeling unusually elated, frightened or tearful
- Unable to or no need for sleep
- Beliefs that are unusual or concerning to others
- Seeing, hearing or sensing things that others can't

It could be PP, a treatable medical emergency.

Seek help today

Health Board Updates



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Over the past 6 months perinatal mental health services in Cwm Taf Morgannwg health board has grown in practitioners! With the merge of the health board, Bridgend PRAMS and Cwm Taf Perinatal services have become one team, PERINATAL MENTAL HEALTH SERVICE CTM.

The team now has a full complement of staff which include: RMN team leader, Specialist midwife, Occupational Therapist, 2 Band 6 RMN's, Psychologist, Psychiatry and Admin.

Referral Criteria

Previously Cwm Taff's referral criteria was under 28 days for a referral to the perinatal mental health service, the criteria has been reviewed and we now offer referrals up to 6 months post-delivery.

Waiting Times

Response time to referrals is 14-21 days, however the team is responsive as and when required.

Interventions

The team has adjusted their working approach throughout the COVID-19 pandemic.

Groups and courses have been offered online, in terms of a pregnancy support group.

The course informs ladies of anxiety, anxiety management, common themes in pregnancy, pregnancy information and resources, and coping skills. A number of different services within or linked to Cwm Taf UHB have also switched to online platforms such as breastfeeding support. Valley steps have offered online workshops including mindfulness and stress control.

Training Updates

- ◆ The staff have participated in Tavistock training, which was of huge benefit to the practitioners. Exploring safeguarding, psychosis, personality disorder and supervision within our roles.
- ◆ Safeguarding updates with specialist midwives within our weekly MDT.
- ◆ A Practitioner from a new PILOT service –named The CHOICE came to discuss the pilot, the service is designed to provide education, confidential advice and access to Long Acting Reversible Contraception (LARC), for women and their partners within vulnerable groups in CTMUHB.
- ◆ The perinatal mental health service has met with other teams to offer information regarding changes to the service, and explore the EPDS screening tool with referring agencies.

Health Board Updates



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Over the last few months in BCU we have continued our work around raising awareness of Fathers Mental Health.

For International Fathers Mental Health Awareness Day we successfully arranged a twitter page takeover of Everton's ex-goal keeper Neville Southall!

As part of the feed, we highlighted the importance of Dad's mental health, what to look out for and where to seek support. From twitter statistics and analysis, it appears we managed to engage with around 100,000 people though interactions with the posts!



We have also successfully managed to secure charitable funds to enable the team to purchase 250 DadPads!

Through this we can continue to evolve and shape support for Dads mental health.



Mid and North Powys
Mind have successfully

run Mums Matter courses for over 3 years now. The courses have been well attended with positive results across the board. The course itself has had to adapt since the beginning of April due to lockdown restrictions and we're delighted to say Mums Matter took up the challenge and adapted incredibly well!

The Mums Matter courses now run online via zoom, with flexible time slots to suit all mums. The invaluable information folder is now posted out to all participants. The folder contains breathing techniques, mindfulness meditations, coping strategies and much more.

Mums can still contact myself (the Mums Matter Facilitator) in-between sessions for extra help implementing the tools or to talk about any concerns they may have.

Once the course is finished there is a Facebook page available to all the mums so they can share concerns, get support, and access training opportunities.

There are also monthly peer support sessions run online via zoom for mums to join their local group or access all peer support groups around Powys. We now run mums matter movement Zumba classes via zoom so mums from all areas can join in a safe non-judgmental exercise class.

There is a separate page for our volunteers who can have extra support from myself and other volunteers. Here they can be informed of training opportunities, have the chance to run courses alongside our workers or run peer support groups, give talks to local groups and organisations, or take part in carnivals and shows. Together we try to eradicate the stigma of poor perinatal mental health.

Mums matter courses have so much to offer, it really is a wraparound support programme.

Tracy Lewis
Mums Matter Facilitator
Mid and North Powys Mind
mums@mnpmind.org.uk

Mums Matter



Thrive not Survive!

Perinatal support at
Mid and North Powys Mind

If you are feeling low, anxious, or overwhelmed by motherhood, had a difficult labour or feeding issues Mums matter courses can help!

Mums Matter courses – An 8 week course, 2 hrs each week. The course includes a folder with breathing techniques, meditations, self care tips and much much more! The course is delivered through zoom until we can put them back on in your areas.

After you have finished the course, you have access to:

Mums Matter peer support on facebook – Support from your Peers through a facebook group including Mums Matter news and training information you may be interested in.

Peer supports (monthly) - These groups are in the following areas: Llanidloes, Newtown, Welshpool, Llandrindod, Whitton and an Additional needs group also in Llandrindod (These are currently running on Zoom)

Weekly Mums matter Movement - Zumba workouts available via zoom!

Also available - 1 to 1 support: in person, over the phone or via zoom.

For more information on all these services please
contact Tracy the Mums Matter facilitator by
Calling: 07950271696 or

Email: mums@mnpmind.org.uk



Mid and North Powys
Caelellwedd a Gogledd Powys

Registered Charity number: 1167840



Useful Information and Links



We have created a resource which reviews and describes the online infant mental health training available for professionals.

Download here: parentinfantfoundation.org.uk/online-infant-...
pic.twitter.com/0fF7sXOdyj



[ZERO TO THREE Early connections last a lifetime. Your child's development: Age – based tips from Birth to 36 months](#)



40 years
of change
for babies

[BLISS for babies born premature or sick. Emotional and practical support](#)

READING WELL

[Reading Well. Mental Health](#)



[Babies in Lockdown](#) Report

Fathers Reaching Out
 Fatherhood and Mental Health

Being Dad Coaching Programme, for Dads to be and new dads. For more information on the course please email karen@karenlothiancoaching.com



Useful Information and Links

Saving Lives, Improving Mothers' Care

Rapid report: Learning from SARS-CoV-2-related
and associated maternal deaths in the UK

<https://www.hqip.org.uk/wp-content/uploads/2020/08/Ref.-201-MBRRACE-UK-maternal-COVID-19-Report-FINAL.pdf>

**Maternal, Newborn and
Infant Clinical Outcome
Review Programme**



Easy Read

Easy read questionnaires to assess women and men for depression and anxiety are now available on SharePoint in English and Welsh versions.

Questionnaire 1, Questionnaire 2 and Your Views on our services.