



THE MATERNAL
MENTAL
HEALTH
ALLIANCE

WELCOME TO
THE
CAMPAIGN'S
FIRST
NEWSLETTER!

- New Campaign developments
- Learn about your fellow MMHA members
- Future key dates for your diaries
- Activities and events

Beckie Lang from [Tommy's](#) continues to be super supportive of the Campaign but will not now be able to take up the one-day a week extra Campaign Communication Officer post (as mentioned previously). Funding for this extra day has not been confirmed and Beckie has had her existing work contract extended. We wish Beckie well and look forward to having her continued input via the Campaign Working Group & Operations Group.

Maternal Mental Health – Everyone's Business Newsletter

ISSUE 1

DECEMBER 2013

Comic Relief funds 3 year Campaign!

[Comic Relief](#) has awarded a grant to the [MMHA](#) to run a new national three year campaign from 1st October 2013 – 30th September 2016. This was after a year of development work also funded by Comic Relief which included the creation of MMHA's Theory of Change

The Campaign objectives are:

1. To raise the profile of perinatal mental illness amongst key stakeholders particularly

those who commission or deliver health and social care

2. To apply sustained pressure on key stakeholders to address perinatal mental health, particularly when commissioning or delivering health and social care and hold them to account for decisions made

3. To showcase solutions and examples of best practice that key stakeholders can use when commissioning or delivering health and social care.

The campaign hopes to put a stop to the shocking post code lottery that exists in perinatal mental health care for women in the UK and make considerable progress to achieve equality between mental and physical health care at this crucial time in a woman's life. The priority of the campaign is to put pressure on key decision makers to ensure all women in the UK have access to appropriate perinatal mental health care.

Meet the Team!



As a result of the Comic Relief funding Emily Slater has been recruited as Campaign Manager working three days a week.

Maria Bavetta has been recruited as the Campaign Communications Officer working two days a week.

Emily and Maria work closely with the MMHA member organisations in the Campaign Working Group. If you have any ideas, thoughts and suggestions please contact us as the involvement of the MMHA members is crucial in ensuring the Campaign makes a real impact!



'Mental health problems are the most common cause of poor health in pregnancy and postnatally, and profoundly affect the lives of women and families. Most women affected do not seek professional help and many will not find NHS professionals with the required knowledge and skills to give them the help they should receive. Women should have access to specialist perinatal mental health services, wherever in the UK, as well as to midwives, health visitors and GPs with sufficient training. To achieve this, over 50 national professional and patient organisations have joined together in the Maternal Mental Health Alliance to support the 'Everyone's Business' campaign, which will transform women's experience of care for their mental health in pregnancy and postnatally, and improve the lives of women, their infants and families with an impact on this generation and the next.'

Dr Alain Gregoire
MMHA Chair

New Networks and Members

The news of our Comic Relief funding has led to many opportunities.

In Belfast, the Everybody's Business campaign and MMHA presented to approximately 20 health professionals and we now have 3 MMHA members from N. Ireland:

Northern Ireland Perinatal Health Forum, [Niamh Association for Mental Health](#) and [Aware Defeat Depression](#) which is great news!

We have also been meeting with key MP's and the [Department of Health](#).

The Campaign is now also represented on the following networks:

1. Royal College of Psychiatrist's Perinatal Executive Committee;
2. Royal College of GP's Clinical Champion reference group;
3. Pan London Perinatal Network;
4. ESMI;
5. Perinatal mental health indicator set advisory panel.

Meeting the Alliance members

Maria is meeting with all Alliance members across the year providing a great opportunity to share information about the Campaign and find out about their individual services and needs. As a result we have created a

Mailing List of key stakeholders to support the Campaign and a huge thanks to [Family Action](#): Jayne Stokes and Stacey Samuels for offering their time and resources to create a Campaign Executive Summary - a great example of support!

We have had key reports sent to us to include in our Statistics Bank and also members have offered a proofing service to ensure all aspects of maternal mental health are covered including fathers. One and all thank you!

www.maternalmentalhealthalliance.org.uk

Economics and Evaluation

The **Economic Report** research is now underway with the [London School of Economics & Centre for Mental Health](#). We are working on how to ensure the report has maximum impact when published.

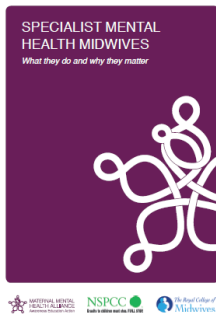
A big thankyou to

MMHA member, Centre for Mental Health for all their support. Thanks also goes to MMHA members who have sent information in response to the call for evidence and/or expressed an interest in being part of the Reference group - very

much appreciated!

The **Evaluation** tender has been circulated (deadline: 16th January 2014). If anyone has any contacts who may be suitable for this consultancy, please let Maria know - thank you.

Welcome Opportunities and Outcomes!



A big thanks to the [NSPCC](#) & [Royal College of Midwives](#) for the creation of the Specialist Midwife Document, which can be

found on the [MMHA website](#).

Thank you too, to MMHA members, including the [Pandas Foundation](#) and [Best Beginnings](#), who were able to represent MMHA at the accompanying Royal College of Midwives conference and other events in this period.

If any members would be

interested in representing MMHA in any events, please let Maria know.

A Guardian Roundtable event was organised by the Royal College of Midwives with several MMHA members present, including [NCT](#), Tommy's and the Centre for Mental Health - a big thanks!

'Please God there's more to this, but at first blush this is dystopian science-fiction unworthy of a democracy like ours. Forced surgery and separation of mother and infant is the stuff of nightmares that those responsible will struggle to defend in courts of law and decency.'

Shami Chakrabarti, Liberty as quoted in The Guardian, commenting on a recent case in Essex of a mother (with reported bipolar condition) and baby being separated

Did you know?...

As part of the Campaign we are collating statistics to illustrate our messages: Here are some examples:

* Postnatal psychosis affects 1 in 500 new mothers – it is twice as common as Downs Syndrome.

* In England there are approx. 122,000 babies

under one who are living with a parent who has a mental health problem

* Between a quarter and half of new fathers with depressed partners are depressed themselves.

* Both Perinatal OCD and PTSD have a prevalence of approx. 3% i.e. both disorders each affect 3

out of every 100 pregnant women or new mothers.

If you can add to the Statistics Bank or would like more information on any statistics please contact Maria

Next Steps

Next year will see various activities come together. Firstly two changes to our work programme: a) we have decided to postpone the Roundtable planned for late 2013 with the Department of Health so as not to clash with the

Guardian Roundtable & to ensure we are further ahead with our campaign to make maximum use of this -watch this space for a new date.

b) we are aiming for the Campaign website to launch by June 2014.

We will also be focusing on tendering for a marketing company to ensure the brand and messages are clear, and developing a package of information and guidance for commissioners.

With support from [netmums](#) and the [Royal College of Psychiatrists](#) the mapping of specialised and non-specialised perinatal services is underway and we will report back to you in the new year.

Dates for your 2014 diary!

22nd January - 'Maternal Mental Health and Poverty: The Impact on Children's Education', [UNESCO Centre](#) and Aware Defeat Depression Joint Seminar, Belfast

4th February - Improving Mental Health Conference - [The Kings Fund](#)

12th February - [RSPH](#) & [iHV](#) Perinatal Mental Health Conference

26th February - MMHA meeting

25th June - MMHA meeting

3rd July - [NICE](#) Consultation for the Antenatal and Postnatal Mental Health Guideline

10th-13th September - [International Marcé Society Conference](#), Swansea

September 2014 Scottish Perinatal Mental Health Forum Conference

8th October - MMHA meeting

October 2014 - Economic Report Launch

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Spotlight on MMHA members:



MumsAid is a non-profit organisation offering free perinatal counselling in children's centres. In the Royal Borough of Greenwich this is available to women during pregnancy or postnatally. Crèche support is available but mothers can also be seen with their babies.

Referrals come largely from health-visitors, midwives, and GPs but self-referrals are also welcome.

MumsAid provides 12 sessions of counselling based on a model recommended by NICE guidelines for the treatment of mild to moderate postnatal depression. The therapists have

a broad range of skills including IPT, CBT, EMDR (effective for post-traumatic stress disorder after difficult births) and parent-infant psychotherapy. They all have training, and experience in working with perinatal mood disorders and able to deal with the wide range of problems that occur during pregnancy and in the postnatal period.

MumsAid were delighted to be recognised by the Centre for Excellent Outcomes, as an example of '**Promising Practice for Early Intervention**' and have just

heard that a funding application to CityBridge Trust to develop a peer support project with Greenwich Homestart has been successful.

"We are really pleased with our progress so far" says Miriam Donaghy, Founder & Director of MumsAid, "but we know there is still a long way to go. We want to make the support we offer available to any mother who needs it which is why we are strongly behind the MMHA campaign to raise awareness, challenge stigma and demand better services."

www.mums-aid.org