

# Peer support works: Making Connections in Motherhood

Charlie Chandler and Kelly Moulds

# Welcome!

We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!

# Who we are

**Kelly Moulds:** Started working at NSFT in 2020 as a Peer Support Worker and now works in Participation across the Perinatal Services. People Participation is about working together with service users, their carers, families and staff, giving everyone the chance to have input into how the Trust is run.

**Charlie Chandler:** Works as a Peer Support Worker within NSFT since 2022 using my own lived experience to tell others about my own recovery story, to inspire hope, model recovery and inform service users, as well as supporting service users in finding their own path to recovery.

# Maternal Mental Health

- Up to one in five women will experience challenges with their mental health during the Perinatal period – this is from pre-conception up to the baby being 24 months old.
- These challenges may include:
  - Antenatal/Postnatal Depression
  - Anxiety
  - Feelings of isolation
  - Postpartum Psychosis
  - Birth Trauma
  - Post Traumatic Stress Disorder
  - Relapse of mental health illnesses – Bipolar, Schizophrenia
- Treatment varies on an individual basis and can involve: Therapies, Peer Support, Group work, referrals to wider organisations (VCFSEs) and medication options.



# Norfolk and Waveney Perinatal Services

- An 8 bedded Mother and Baby Unit based at Hellesdon Hospital – opened January 2019.
- Perinatal Community Mental Health Service – This is split into 3 patches – North Norfolk/City, South/West Norfolk and East (Great Yarmouth)/Waveney.
- Our Maternal Mental Health Service called Lotus launched in 2021 – 3 pathways – Baby Loss, Birth Trauma/Tokophobia and supporting women who no longer have their baby in residence with them due to social care involvement.
- PAIRS – Parent and Infant Relationship Service supporting 0-4 years covering Norfolk and Waveney.
- MBU Outreach Service – covering the East of England – supporting women after discharge from the MBU and working to prevent admission to the ward.



# What is Peer Support?

- Lived experience and its value
- Advocacy
- Multi-agency working
- Shared decision making and coproduction
- Connection
- Hope
- Identity
- Mutual
- Empowerment



# Why the group was set up



Norfolk and Suffolk  
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Own recovery – Having a group to attend through my own lived experience of being supported by a Perinatal Team and the value that brought.

Feedback – From parents I was supporting – frequent conversations around the need to meet others with a similar experience. The fear of judgement when attending other groups and comparing themselves to other parents who may look like ‘they are coping’.

Gaps in the service – We knew as a service that this is something we lacked because we know how important it is to connect with others who you may be relate to on some level.

Reaching out to wider perinatal teams – offer similar packages of care so raised the question of: ‘Can we do this here in Norfolk/Waveney?’





# Setting up the group

- Service user voice – asking them what they felt would be beneficial.
- Speaking to the wider team – how this would be facilitated and asking for additional staff to support this.
- Proposal shared with the Senior Leadership Team, then taken to governance meeting for feedback.
- Seeking an appropriate venue – accessibility, baby changing facilities, parking, good transport links.
- Decision not to have this at a mental health setting – Hellesdon Hospital.





# Growing in Strength

Started on 16<sup>th</sup> April – running every two weeks.

The 2<sup>nd</sup> session fell during Maternal Mental Health Awareness Week – theme ‘Rediscovering You’. Everyone received a bag of goodies – including a plant, chocolate, book, affirmation quotes, sleep mask and perfume sample. A holistic therapist offer her free time to give hand massages too.



**‘Getting There’**  
Perinatal Peer Support Group

Experience a nurturing and inclusive atmosphere where we carve out space for you and foster connections among parents seeking support from our Perinatal Community Mental Health Team. This group is led by peer support workers and supported by other members of staff.

Join us at our fortnightly peer support group.

Starting: Tuesday 16th April 2024  
Time: 10am-11am  
Location: Sandys Winsch Room, The Feed Cafe, situated in Waterloo Park, Norwich, NR3 3HX.  
To sign up please scan QR code or speak to a member of the team

Waterloo park offers free onsite parking and is accessible via various bus routes. The venue is buggy-friendly and equipped with a lift and baby changing facilities to accommodate your needs.



29TH APRIL - 5TH MAY 2024

## Maternal Mental Health Awareness Week

2024 THEME - REDISCOVERING YOU

Perinatal Mental Health Partnership  
The Official hosts of Maternal Mental Health Awareness Week.

perinatalmhp  
Perinatal Mental Health Partnership @PMHPUK



# Growing in Strength

The group is supported each week by other staff members including: Mental Health Nurses, Nursery Nurses, Participation Co-Ordinator.

Ladies who were admitted to the Kingfisher Mother and Baby Unit attended with staff support.

Supported by other organisations – Get Me Out The Four Walls, REST hub in Norwich, Singing Mamas



# Growing in Strength

We listened to feedback as the group did have a break during the summer months whilst looking for a new venue. Most community groups will often stop during this time too.





**Perinatal Social Events  
August 2024**

**Walk and Talk - hosted by Kelly.**  
A chance to have a stroll around the lake which is rough terrain so please wear appropriate footwear. It is a circular walk around 2 miles long. There are baby changing facilities available.  
Thursday 15th - 10am-12pm  
Thursday 29th August - 10am-12pm  
Whitlingham Country Park - Whitlingham Ln, Norwich NR14 8TR  
Where: Outside the Barn Cafe (car park side)  
Walk around the lake, then stop off for a drink at the cafe if you wish.  
Parking charges: range from £1.60 per hour to £6 per day, 7 days a week.  
PAYMENT BY CARD ONLY



**Get Me Out The Four Walls - Drop in hosted by Kelly.**  
Unstructured and friendly group to support building connections with other local organisations in your local community.  
Wednesday 14th August - 11am-12.30pm  
Wednesday 28th August - 12.30pm-2pm  
Where: GMOTFW Hub, HEWETT ACADEMY, HALL ROAD, NORWICH, NR1 2RN  
By Car - GMOTFW Hub is accessible via Hall Road. The turning is indicated by a large blue 'Inspiration Trust' sign close to the road. Once you have turned in, follow the road to the Eileen Ash Sports Hall and you are able to park there. The GMOTFW Hub is situated next door to the Hewett Under 5's which has a multi coloured picket fence and is situated directly opposite the sports hall.



**Norwich REST hub - Peer support group hosted by Charlie**  
An informal, unstructured & friendly group with a focus on building connections with other mothers/parents.  
Tuesday 6th August - 10-11.30am  
Tuesday 20th August - 10-11.30am  
Where: REST hub, 71 Bethel Street, Norwich, NR2 1NW  
The Hub is accessible by foot, bus or car. The building is at the top of Bethel Street and has a large blue door. Nearest car parks - The Forum (£4.40 2 hrs), Chantry Place (£3.50 2 hrs). Buggy friendly, baby changing facilities, cafe and garden.




During the month of August, we held various sessions for people to attend.

Trying out a new potential venue at the Norwich REST hub so we could get feedback.

It was suggested to host some walks, this was at Whitlingham Lake.

We used the Get Me Out The Four Walls hub, this also gave the opportunity to look at when they run their regular activities.



# Growing in Strength

We have a new venue and now meet at the REST Hub in Norwich. This commenced in September.

The group is regularly facilitated now with a Peer Support Worker and Nursery Nurse, so staff are familiar.

On average our attendance is between 6-10 each fortnightly session.





# Opportunities for Participation

We have been able to share with attendees from the group additional opportunities.

These have included our Working Together Groups which run each month. This gives the wider Perinatal Team opportunity to ask the attendees for feedback. This may be through looking at letter templates, accessibility of services or any other service changes/development.

Sharing other organisations and their work – a few people have attended Singing Mamas sessions.

Taking part in more Trust wide opportunities – completing Value Based Recruitment Training (interviews), Quality Improvement projects.



# Next Steps

- Implementing additional groups under PMHCT across Norfolk & Waveney to be accessible for all – across our 3 patches (East/Waveney, North Norfolk, South/West Norfolk)
- Service users to be made aware of our group once accepted into the team – this is reflected in our ‘What’s On’ leaflet after
- Continue the invitation of professionals from other organisations to introduce themselves and potentially explore how they could support after discharge
- Empower individuals to attend other groups once discharged from our service, if this is something they wish to do
- Incorporate wellbeing tools into the group such as: reading for recovery, crafting with/for baby, grounding techniques etc.



# Feedback

'I really enjoyed the unstructured nature of the group it gave us all a chance to have open and free conversations about various topics with zero judgement. It has always been really relaxed and I felt able to open up about my struggles and felt listened to, validated and supported. I also found it a great place for signposting as through the group I heard about other places which I have since been to. I have met other mums at the group who I now class as friends, we have our own whatsapp group and plan to meet up outside of the perinatal group.'

'Charlie's group has been a real lifeline for me and I don't think I appreciated how much until it moved to a day that I couldn't attend. It is a welcoming and friendly space, Charlie has this infectious energy which always leaves me feeling more hopeful and she should be proud to have got this group running. The nursery nurse (sorry I can't remember her name) is super kind and always offers us mums practical advice with no judgement. Just being around other people who truly get it meant that for a short period of the week I didn't feel the need to filter what I said about how I was feeling. I often feel that my friends and family get mental health fatigue which I know other mums in the group didn't. All of us have been comfortable to talk about difficult things and I only wish I could carry on going until I no longer 'need' it.'





# Feedback

'The perinatal group was a pivotal resource to me in my pregnancy and postpartum. I felt supported and found solidarity with other mums, some of which I have become good friends with. Throughout my pregnancy I avoided antenatal groups because I was worried about feeling different or judged. The group allowed me to experience a group setting in a way that made me feel safe. It gave me confidence to join other groups and expand my network of mums. A big thanks to Charlie for making this happen, and for encouraging open conversations, you have helped me and many others more than you probably realise.'





# Please let us know what you think

<https://forms.office.com/e/PqVNki3HUA>





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# Improving together

## Safer • Kinder • Better

