

Issue no. 72
October 2014

The APNI Newsletter

The Association for Postnatal Illness

145 Dawes Road, London SW6 7EB

Telephone: 020 7386 0868

Website: www.apni.org

Email: info@apni.org

Facebook: www.facebook.com/associationforpostnatalillness

Twitter: [@apni_pnd](https://twitter.com/apni_pnd)

Donations: www.justgiving.com/apni

News from the Office

We hope that you have all had a good summer and managed to get a well-earned rest at some point. It's been another eventful year here at APNI and we hope to have helped many more mums on the road to recovery.

For the first time, we took a stand at the Baby Show at Olympia in October 2013. It was an excellent way to raise awareness of the illness amongst mothers-to-be and to introduce the Association to local midwives and other support organisations.



In May 2014 APNI attended the launch of a new parenting website called Up all Hours (www.upallhours.com). Do take a look – it's a parenting platform that has lots of friendly advice and is also entertaining. Our very own Siobhan is on the experts' panel.

Once again, we will not be holding a raffle this year. Any small donations will be very welcome. We would like to take this opportunity to say a huge thank you to all of you who have already donated. The Association is run solely on donations and we could not continue to run without your generous support. For roughly every £5 we receive, we are able to support another mother.

Speaking of fund raising, it's been a very active year for some of our wonderful supporters ...



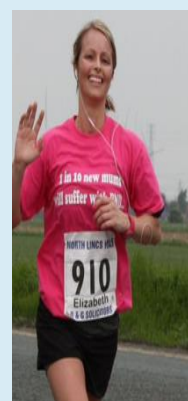
Fund raising

This year, we have a fantastic list of fundraisers who have donated much of their time and energy in raising funds for APNI while challenging themselves physically. We have had runners for Bourton-on-the-Water 10k (Suki Gregory), North Lincolnshire Half Marathon (Elizabeth Pearson), Bristol Half Marathon (Ami Mackay & Suki Gregory), British 10K London Run (Lucy Rome and Eve Canavan), Brigg Spring Triathlon (Beth Elliott), Cricklade Half Marathon (Suki Gregory) and Mark Williams who is doing 12 Challenges for 12 Months for 12 Charities. We also have our Chairman, David Clarke, who raised nearly £3,000 through his January Dryathlon. In addition, we have on-going fundraising efforts in JustGiving set up by Lucie Holland and Patricia Finlay.

Here are some of our runners in their lovely pink APNI t-shirts! Well done to you all. We're so proud of you!!!



Lucy Rome



Liz Pearson



Suki Gregory

We'd also like to say huge thanks to those who have been giving regular monthly or annual donations as well as those who have raised money for us through cake sales, jam sales, ice bucket challenge, stop-



smoking and many others who have been so generous in their own little ways.

Every penny we receive enables us to continue our work in helping mothers and their families in their journey through post natal illness. And for this, we are extremely grateful, any donation of any amount is very much appreciated.

And a note for the working mums and dads or anyone who is reading this newsletter: If your company donates to charity, please could you put our Association's name forward. We exist solely on donations, so any help you can extend to us will be a great help.

The Linda Page Unsung Hero Award



Every year we ask for mums to nominate their volunteer to receive a floral tribute for being such a great supporter, with their letter of thanks printed. This year the winner picked from the hat is Clare Baxter. Abbi wrote the following email about Clare:

"Clare has helped me continually for 22 months now and I really do not think I would be where I am today without her. She has been amazing! I couldn't have had better treatment & advice if I had to pay privately".

If you would like to nominate your volunteer for next year please do send in your letter of thanks.

Book Corner



This year, the book we like to mention is not strictly about Postnatal Depression, but about Birth Trauma (PTSD after birth). Birth Trauma affects at least 10,000 women every year in England and Wales and is often poorly understood. This valuable and informative book explains everything: what causes it, how it affects your personal relationships, how to treat it and where to find support. It uses personal stories of women who have suffered birth trauma and overcome it and would be a great comfort to anyone affected by it and an important read for midwives or other health professionals. It should be noted that birth trauma does not always cause PND and that they require different treatments. This book titled 'Birth Trauma' is by Kim Thomas and published by Nell James Publishers. It is available on Amazon for £7.99 with free delivery. We would like to thank the mum who first brought it to our attention.

Professor Merton Sandler



Professor Merton Sandler was President of the Association for Post-natal Illness from the date it was first founded in 1980 to the day he died in August this year.

Without Merton Sandler there would be no APNI. He encouraged the formation of a supportive voluntary organisation from the very first. Merton Sandler helped persuade doctors and scientists to help us and advise us. He worked very hard on our behalf and spent hours editing our two main publications. All this at a time when professionally he had an extremely demanding job.

Merton Sandler first qualified as a doctor and then went on to specialise in Chemical Pathology. One of his main research interests was the molecular causes of depression. Merton Sandler was Professor of Chemical Pathology at Queen Charlotte's Maternity Hospital when Clare Delpach first contacted him in 1979. Merton Sandler never forgot the human distress and suffering associated with depression. He was a supremely humane person and worked tirelessly to do anything he could to help us set up the organisation so that women who were ill might benefit.

We are so grateful to Merton Sandler for all his help and advice and send our profound condolences to his wife Lorna and his four children

PND Awareness

Eve Canavan, who we mentioned earlier, has been doing some wonderful work for PND and in collaboration with numerous other parties, is the lead co-ordinator working towards a Perinatal Mental Health Awareness Campaign next year. It is really gaining momentum and we are sure it will get off the ground.



This summer the Maternal Mental Health Alliance, of which APNI is a member, launched its #everyonesbusiness campaign. Pregnant women and new mums in almost 50 per cent of the UK do not have access to specialist mental health services, potentially leaving them and their babies at risk. The campaign aims to improve the lives of all women throughout the UK, who experience perinatal mental health problems, and will provide the key information and tools to support commissioners and service providers to make the necessary improvements.

We would also like to highlight Lucie Holland's petition to Simon Stevens of NHS England to urgently review postnatal depression treatment and care (& care for all perinatal mental illnesses), so every mother gets the help she needs.

These are all much-needed campaigns and we are delighted to see the press attention they are gathering.

Facebook

We would like to thank Mel for all her hard work this year managing our Facebook page and for all her cheery messages! Take a look and give us a 'like'!

www.facebook.com/associationforpostnatallillness.

You can also follow us on twitter @apni_pnd.

Everyclick



It has been brought to our attention that we can receive donations via Everyclick. Their scheme, 'Give as you Live' works with 3,654 leading stores that have signed up, to donate a commission on every online purchase to the charity of your choice. This commission is already included in the price of what you're buying, so you can support your favourite cause, at no extra cost to you.

With Christmas around the corner and lots of purchasing, it would be great if as many of you as possible could sign up! It's very easy, as the link below shows. You just need to put APNI in as your chosen charity. Thank you!

<http://www.giveasyoulive.com/howitworks>

Appeal from an author

We have been contacted by a lady hoping to write a book. Please see her note below and contact her directly if you feel you would like to help.

"I am hoping to write a novel, in which the main character suffers an episode of post-partum psychosis. I want to do this in a realistic, sensitive manner, and

portray my character as a rounded individual who suffers a bout of this terrible illness. I want to try to de-stigmatize and raise awareness of this disease.

I would be very interested in communicating with anyone who has first-hand experience of this. I am particularly interested to know 1) what recollection you may have of the psychotic episode 2) was the resolution of the psychosis sudden or gradual and 3) what are your memories/feelings about the delusions/hallucinations now?

I would be very grateful to hear from readers. Thanks, Sarah." Sarah's email address is spammyfa@yahoo.com

Support Groups

As always, we are keen to keep our support group info current so please do let us know if you come across any good support groups, so that we can update our database. Thanks.

Christmas Baking

If you would like to do some festive baking with the kids (or without!), here's an easy recipe for some gingerbread that could also be made into tree decorations. Makes approximately 20 biscuits.



Ingredients

350g plain flour
1-2 teaspoon ground ginger
1 teaspoon bicarbonate of soda
100g butter or margarine
175g soft light brown sugar
1 egg
4 tablespoons golden syrup

Instructions 1. Put the flour, ginger and soda into a bowl and rub in the butter 2. Add sugar and stir in the syrup and egg to make a firm dough 3. Roll out to about 5mm thick and cut out your gingerbread men. If you don't have a gingerbread man cutter then use whatever you have - stars and hearts are just as tasty! 4. Bake at 190°C/Gas 5 on greased baking trays (spaced out, as they will spread) for 10-15 mins until golden brown 5. Leave to firm up for a couple of minutes before placing on a wire rack to cook 6. Once cooled, decorate with icing.

Finally



We would like to take this opportunity to wish you all a very Happy Festive Season and a healthy and Happy New Year.