



The APNI Newsletter

The Association for Postnatal Illness

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Donations: www.justgiving.com/apni

News from the Office

Another busy year at APNI has passed. The office is staffed by Siobhan, Alice, Jenny, Dave & Venelina, not forgetting Alfie the faithful dog!!

In November 2015 we braved the chill and ran a stall at North End Road Market in Fulham. It was a great



opportunity to raise a bit of cash and spread the word about APNI to locals. Jenny is pictured here with some local Fulham counsellors.

Siobhan roped in her son Ryan and his friend who did a great job handing out sweets while asking for donations.



As well as some families affected by PND we met a psychologist who took lots of our literature and many other locals, some who hadn't heard of APNI despite the fact we have been running for over 36 years! Please do let us know if you would be willing to share some of our leaflets or posters at a local surgery or baby centre and we will post them out to you.



APNI were lucky enough to be invited to have a stand at the Perinatal Mental Health Conference at the London South Bank University recently.

The theme was 'Improving Lives through Knowledge' whereby various health professionals came together and spoke about many aspects of maternal mental health. Nurses, midwives, psychologists, amongst others, gave very informative talks and shared information.

We had a stand where we displayed our literature and got to speak to many of the attendees during the breaks.

It was a great day of sharing information and services and Siobhan was delighted to be a part of it.

APNI was again invited to have a stall at North End Road Market this October. It was a fun filled day reaching out to the local community again, handing out literature and, of course, trying to raise much needed funds. Alan, a well-known local postie, gave us our first donation while we were still setting up our stall. Thanks Alan.



APNI has moved with the times and is now contactable in many ways! We have a Facebook page, Instagram and YouTube. Do take a look and give us a 'like'. We are also trialling 'instant chat' on our website during open hours at the office.

If anyone has some interesting articles or material helpful for someone affected by PND, please do send it to the office so we can add them to our social media pages.

The Linda Page Unsung Hero Award

Each year we ask mums to nominate their volunteer to receive some flowers as a thank you for their invaluable support. This year the winner of the award is **Ellie Smith**. The lady she supported wrote:

"Ellie has been amazing. This is a great service, so helpful to talk to a previous sufferer. Ellie has spoken to me several times and texts to check in on me. Thank you for suggesting this service".

We would like to take this opportunity to thank ALL of our wonderful volunteers who continue to make APNI such a great source of support.

If you would like to nominate your volunteer for next year, please do write in.

Fundraising

We have some amazing fundraisers who over the last twelve months have given lots of their time and energy to raise much-needed money for APNI.

Huge thanks to these wonderful people: Lucie Holland-Malangone (London Marathon plus on-going fundraising on JustGiving), Hannah Linford (London Marathon), Sarah Fairhurst (Polperro 10k), Polly Farmer (Dry February), Jenny Hodges (Mama's Charity Giveaway), Anna Healy (Yorkshire Three Peaks Challenge), Sally Rollinson-Blundell (Brighton 10k), Stephanie West (Windsor Colour Rush), Jemma Howells (Shrewsbury Half Marathon), Emma

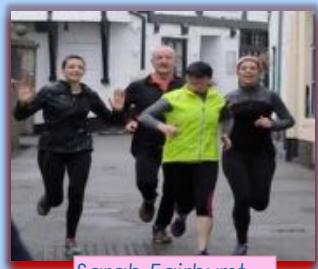


Hannah Linford



Lucie Holland-Malangone

Andrews (Cycletta Bedfordshire), Liz Clothier (Leeds Abbey Dash). Lucy Rome ran 10k every month for 10 months. Also many thanks to Ms Suwun Cheung for her donation of a lovely Hermes scarf which we managed to sell on Ebay.



Sarah Fairhurst



Lucy Rome



Sally Rollinson-Blundell



Jemma Howells



We must say many thanks to our wonderful supporters who have been giving regular monthly and annual donations, some anonymously, as well as those who have raised funds for us in their own ways and some who have sent one-off donations. We greatly appreciate your generosity and kindness.

As you can see, there are many ways to raise funds and we very much welcome any amount you raise for us. Every penny we receive enables us to continue our work helping

mothers and their families who are affected by postnatal illness.



Stephanie West

A short note for working mums and dads or anyone who is reading this newsletter. If your company donates to charity,



Polly Farmer

please could you put our Association's name forward. We exist solely on donations, so any help you can give to us will be much appreciated.

PND Awareness

We would like to highlight the hard work Eve Canavan has put into raising awareness of perinatal mental illness. Eve is part of the Perinatal Mental Health Partnership who are a small group of health professionals, charity leaders, mental health campaigners, and advocates with lived experience of perinatal mental illness. Following several years of planning, in May 2017 they are launching a much needed maternal mental health awareness campaign. We wish them every success with this and will be supporting it all the way.

There has been some good progress in the mental health arena. Over all, £365m has been allocated for specialist perinatal mental health services by NHS England, over the next five years, so that, by 2021, 30,000 more women each year will be able to access care and treatment.

The Maternal Mental Health Alliance is committed to continuing the Everyone's Business Campaign, to maintain pressure for more resources and for change at service level throughout the UK.

Siobhan went along to the September MMHA conference which was chaired by the amazing Dr Alain Gregoire and found it very informative. They spoke about the exciting prospect of four new Mother and Baby Units that will be opening around the country in the near future. MMHA are pushing for better maternal healthcare to be put in place nationwide which is great news for us all.

Our Chance Campaign – Best Beginnings and Sands

MMHA member Best Beginnings has partnered with Sands and other Alliance members to launch the Our Chance campaign thanks to funding from DH and NHS England.

The 25 Our Chance films can be watched within the Baby Buddy app and at www.bestbeginnings.org.uk.

The Our Chance film on mental health can be viewed here:

<http://ourchance.org.uk/video-category/mental-wellbeing/>

Support Groups

In order to keep our database of support groups up to date, please let us know if you have a good one in your area or if a local group has closed.

Books

At APNI we think it is a good idea to suggest books which we hope will not make depressed mums feel more anxious or upset. We want to encourage mums to send us suggestions for books that they have enjoyed.

Cider with Rosie is recommended by GPs across the country, in the hope that its therapeutic qualities will help those with mental illness. The book, which chronicles the Gloucestershire childhood of author Laurie Lee, is one of a list of 'mood-boosting' books which experts hope will help those with depression, anxiety and stress.

The list also includes Bill Bryson's *Notes from a Small Island*, Frances Hodgson Burnett's *The Secret Garden* and Salman Rushdie's *Haroun and the Sea of Stories*. This list is part of the 'Books on Prescription Scheme'.

The official list of books was drawn up by the Reading Agency in 2012 via book groups, many catering to people with anxiety and depression. Each year a new list is published and can be found on The Reading Agency's website:

www.readingagency.org.uk/adults/quick-guides/reading-well/#reading-well-mood-boosting-books

The Doctor Who Gave Up Drugs

Two programmes shown on BBC1 in September.

Dr Chris van Tulleken presented a two-part documentary, investigating some possible alternatives to prescription drugs, in the treatment of several common ailments that GPs see each week in their surgeries. Ailments considered included high blood cholesterol, high blood pressure and postnatal depression.

There are numerous scientific studies on the benefits of physical exercise for people who suffer from depression. It is clear from these studies that doing physical exercise can reduce the severity of the depression symptoms.

The PND patient featured in the programme was given a dramatic course of regular cold water swimming exercises. By the end of the programme she had reduced her dose of anti-depressants, and was voluntarily continuing with the swimming as part of a group. Dr Chris van Tulleken was careful to emphasise that anti-depressant drugs are still an important tool in the arsenal of methods used to fight the illness.

Making any change to your anti-depressant medication should only be done very slowly, in consultation with your GP. It is vital to use every method available to fight depression, and only when our mood lifts and the symptoms have been absent for some weeks, should we think of reducing the dose of anti-depressants, and then do so very slowly under doctors' supervision.

It was a thought provoking programme, and should certainly encourage all of us to take the opportunity to get outside the house, and walk regularly, letting the sun shine on our face once in a while!

Winter Warmer



A lovely hug in a mug (almost) to cheer up the wintery days ahead.

Quite simply add a knob of ginger, sliced, to boiling water and simmer gently for 10-15 mins. Allow to cool slightly, then add the juice of $\frac{1}{2}$ a lemon

and a teaspoon of runny honey. Soothing, delicious and with at least 5 health benefits, including: boosting your immune system (high levels of antioxidants in ginger and vitamin c in lemons), great for skin and hair, helps to improve your digestion and also a great stress reliever. So why not give it a try!

"Keep up your invaluable work – although I went through PND over ten years ago, I will never forget what a lifeline you were for me." Linda

"Thank you for all your help in 1996, my baby son is now off to university. I still enjoy reading the APNI newsletter every year." Kathy

"Thank you for all your very-needed support, you got me through a terrible period of my life." Paula

Keeping in Touch

Please can you let us know if any of your contact details have changed by mailing them to us at info@apni.org.

Waitrose Green Token Scheme

If you have a Waitrose branch near you, please could you nominate APNI in their Green Token Scheme. All you need to do is fill in a small card nominating APNI and if they want to know more details of who we are and what we do, please give us a ring and we will contact them directly. Many thanks.



Finally We would like to wish you all a very healthy and happy Christmas and New Year.

We are very touched that we receive notes from past sufferers who we supported, some as many as twenty years ago and more! APNI has been running since 1979 and we are happy to be able continue to help families in need.

"It is now 20 years ago since my son was born and I had your support. It warms my heart to see that APNI is still helping mums." Charlotte