




# The APNI Newsletter

## The Association for Postnatal Illness

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Donations: [www.justgiving.com/apni](http://www.justgiving.com/apni)

### News from the Office

We hope that you have all had a lovely summer and managed to get a well-earned rest at some point. The office is staffed by Siobhan, Alice, Jenny, and Dave. We have had another busy year running the helpline and have enjoyed getting out and about too.

In April Siobhan attended a Policy UK Forum Conference. ***A revolution in Mental Health - A year on from the Five Year Forward View.***

A lot was said about the changes we need to start seeing in Mental Health in general. There was a great breakout session about the perinatal period hosted by Specialist midwife Katrina Ashton. We looked at how modern society can actually isolate new parents as many of us just don't have the local family support that we would have done before. Another topic was how many new resources there are now available online which means you really can access help almost 24 hours a day. One speaker, Professor Woody Caan put it very bluntly: "You shouldn't have to have one foot on the bridge before you are eligible for help." He also emphasised that we shouldn't "wait for a crisis" and that mental health workers, although stretched, really do have to place importance on asking the right questions and offering the right support from the early onset. This will reduce any suffering for the new parent as well as using less resources if treated correctly initially. Let's hope we start to see some changes and improvements in the NHS around the country. This conference certainly seemed very positive to me and we may finally be waking up to the fact that better services are a Win Win for us all!

In June, Jenny attended the "Good Practice of Care for Women with Mental Health Conditions during Pregnancy" study day in Wembley. There was an excellent array of expert speakers and also some mums with lived experience.

Alice attended a conference entitled 'Achieving the 5 Year Forward View in Perinatal Mental Health Services'. The conference was chaired by Elaine Hanzak, a Perinatal Mental Health Advocate and author. The speakers included several experts in the field who spoke about, amongst other things, NHS Mental Health Benchmarking Network, First 1001 Critical Days; effects of prenatal mental illness on the developing foetus; supporting men whose wives/partners are suffering from PND; key elements of effective perinatal mental health services and contemplating another pregnancy after perinatal mental illness.

This May we were invited to give a short talk on PND at the Barclays Head Office in Canary Wharf. Ms.



Liz, Alice & Jenny

Suwun Cheung who works at the bank and is one of our lovely supporters put our name forward. Our very own Liz Wise gave an inspiring talk about her own experiences and was joined on the panel by two Barclays employees who also spoke about their own PND journeys.

We are grateful to **Barclays' Working Families Network** for the invitation and hope we managed to raise awareness of this horrible illness. A huge thanks

to Beth Bone who sat on the panel and is also one of our fantastic supporters.

### Siobhan featured on BBC South Today news .....



Back in May this year APNI were invited to take part in a segment of the **BBC South News** which was highlighting the

lack of support available postnatally across the UK. It was a very short appearance from APNI and the item then went on to talk about how services for sufferers of postnatal illness in the UK are still very patchy. We were happy to take part and help raise awareness. They also shared some fantastic new services run by the Southern Health Foundation Trust, in Southern England including one service in Gosport where they provide home visits, walking groups and much more for the local mums and dads in need of Post-natal support.

If you are aware of any good support groups or run one yourself do pass the details on to us here so we can pass them on to others.

### The APNI Chat Service

We have been trialling an online chat service via our website. This seems to be quite popular especially for mums who are finding it difficult to communicate in other ways. We are also finalising a new leaflet on the subject of Dads and PND which will soon be available on our website.

As always, if anyone has some helpful articles please do send them into the office so that we can share on our social media.

### The Linda Page Unsung Hero Award

Every year we ask mums to nominate their volunteer to receive some flowers to say thank you for their invaluable support. This year the winner of the award is Charlotte Jesse. The lady she supported wrote:

“Charlotte is a really lovely volunteer and I have felt extremely well supported by her”.

Well done Charlotte. We would like to take this opportunity to thank all our amazing volunteers who help make APNI the organisation that it is. If you would like to nominate your volunteer for next year, please do write to us.

### Fundraising

We feel incredibly lucky to have so many wonderful fundraisers who have devoted much of their precious time to raise funds for APNI.

### You'll Never Walk Alone

In March, a very special lady called Ceri Carney (second from left) put on a fantastic evening of musical theatre at the Beck Theatre in Middlesex.



APNI is enormously grateful to Ceri for organising and performing at the concert entitled “You'll Never Walk Alone”. The evening raised an incredible amount of money, over £3500. Ceri's experience of postnatal anxiety and depression happened after the birth of her daughter and she was keen to help raise awareness of the illness and APNI.

### Sponsored Walk

Another thank you, this time to one of our youngest fundraisers, India Hierons. She is the daughter of a friend of Siobhan's from the office, and had heard about APNI and what we do. During the Easter holiday she got together with three of her friends and they completed an impressive 5 hour sponsored walk around Richmond park. A big well done to India, Maya, Imogen and Mia.



India, Maya, Imogen & Mia from Lady Margaret & Fulham Cross Schools

### Co-op Grant

In April, APNI received £7,400 from the Co-op via their Local Community Fund. We were one of the 4,000 beneficiaries across the UK who have benefitted from the fund which came from Co-op members and customers and was awarded to local good causes who are making a difference in their communities.



## Pop-up Art Exhibition

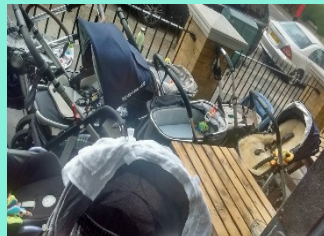
Many thanks to our friend and website designer Richard Hindle, and his partner Candy Joyce for organising a pop-up art exhibition called **Artsylum** in May. Richard and Candy



**Richard & Candy**

gathered local artists and photographers in the Chelmsford area to display their works and to raise funds for APNI.

In July, we attended the **Haringey Mums and Bubs** pub quiz at the Westbury Pub,



organised by the lovely Hilda Ho. Alice, Siobhan and Dave got to be the quizmasters for the day and thoroughly enjoyed it.

Also in July, Kate Peters successfully completed the London Triathlon at an impressive 3:06 hours and raised funds for APNI and Samaritans. We are very grateful to our other fundraisers: Jules Millward (Cardiff Bay Run 10k) and Vishay Krishan (Glasgow Half Marathon).



**Kate Peters**

To our regular donors on JustGiving: Beth, Becky and Jeanette, thank you so much for your continued support.

## In Memory of Emma Cadywould

Huge thanks to Lucie Holland and her family for their on-going fundraising drive on our JustGiving page which began back in 2012.

We would like to say how grateful we are to all our supporters who have been giving regular monthly and annual donations as well as those who have raised funds in their own ways. Your generosity and kindness is very much appreciated as we would not be able to continue our work without your support.

A short note for the working parents out there reading this newsletter. If your company donates to charity, please could you put APNI's name forward? We exist solely on donations, so any help you can extend to us is very valuable.

## PND Awareness



May was an important month for raising awareness of perinatal mental health issues: the UK Maternal Mental Health Matters Awareness Week ran from 1-7 May and World Maternal Mental Health Day took place on 3 May.

It was the first year the UK ran a week of awareness-raising for maternal mental health. Led by the Perinatal Mental Health Partnership headed by Eve Canavan and Beth Bone, organisations joined forces to share how and where mums and their families could seek help and support for perinatal mental health issues. Events, conferences and mini-campaigns took place up and down the country over the course of the week and those participating on social media used hashtag [#maternalMHmatters](#) to join the conversation.

We would like to thank our committee member Liz Wise for her contributing video, as well as our volunteers, Chereen, Caroline, Sophie and Katie. It really was a positive week.

On 31st March NHS England published Next Steps on the Five Year Forward View. The report referenced the 20 areas in receipt of Wave 1 funding for perinatal mental health community teams and a planned 49% increase in beds in current Mother & Baby units. This is encouraging news but there is still more work to do.

The Royal College of Midwives (RCM) has published a new report entitled; *Every mother must get the help they need*.

The report is inspired by Lucie Holland's 2015 *Change.org* petition. This petition went viral with more than 55,000 signatures and many heartfelt messages detailing the devastation suffered by so many women and their families. The RCM has said time and time again that there is an urgent need for the Government to invest more into funding services for women suffering with pregnancy related health issues. "Every Trust with maternity services should have a specialist midwife in post to enable women



who are unwell to get the very best care and support they need”.

### **Research Project – volunteers needed**

We have been contacted by Dion Fricker, a final year Psychology student at London South Bank University. Her sister suffered from PND and she had decided to dedicate her final year to understand more about the illness and potentially help improve the support around mothers.

The project focuses on the experience of women who have previously suffered from postnatal depression and how they feel their close relationships fared during that time, as well how their close social networks and surroundings impacted their recovery. This study has been reviewed and approved by the Division of Psychology’s internal ethical procedure at London South Bank University.

The criteria for participation is that you **have fully recovered from postnatal depression and be in good mental health for at least 6 months prior to taking part in this research project.**

For more information please contact Dion directly by emailing [frickerd@lsbu.ac.uk](mailto:frickerd@lsbu.ac.uk)

### **Positions at APNI**

**Deputy Charity Secretary:** We are looking for a person who would like to be involved in the running and administration of APNI. Ideally this person would be under 50. This is a voluntary post as the person may want to go on to join the Governing Committee and Charity Commission rules insist that persons on the Committee are not paid by the organisation. The job will involve getting to know and liaising with the staff in the office; encouraging and planning new initiatives within the financial means of APNI; interaction with major charity donors; discussing with staff problems that arise associated with the work; interviewing prospective employees and other HR functions; compiling material for the annual report; learning to complete Charity Commission forms. As meetings are held in Fulham and Wimbledon, it is essential that anyone considering this role can attend such meetings and be able to visit the Fulham office without difficulty. The commitment would be 4-5 hours per week but this may vary. If you are interested, please contact the office initially.

We are also hoping to find a **GP** who would be willing to attend The Association’s bi-annual committee

meetings in South West London in an advisory capacity.

### **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.



We have received some more lovely notes from past sufferers that we’d like to share with you ...

“I first contacted you guys in 1983 after the birth of my eldest son! You do great work with bewildered and frightened mums. ♥” *Estelle*

“Still so very grateful 13 years on for the invaluable care and support from Linda and my volunteer Emma in Wales. They were the only people (and my GP who was wonderful) who understood me. Will always be indebted. Thank you. Xxx” *Julia*

“Thank you for the information you produced 20 years ago before the age of the internet! It’s great to see you are still supporting mums”. *Alison*

“Hi Alice, thank you so much for speaking to me yesterday with such grace and understanding. And thank you for sending me the leaflets on PND so quickly. I was so encouraged by your remarks and how I can help my daughter, that I have sent a donation of £50.” *Sue*

### **Keeping in Touch**

If any of you have changed your contact details, please update us via email - [info@apni.org](mailto:info@apni.org).

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

