

happens to have the highest omega 3 content of all nuts so is the perfect brain-food. Omega 3 fats help to stimulate brain cell activity, improve cognition and even help the formation of new brain cells. It's also important for new-born babies and the development of their brains, and in fact breast milk is very rich in two kinds of omega 3 called DHA and EPA. So, this fat cleverly helps both mum and baby in the period post-partum.

Healthy fats also help us produce our sex hormones oestrogen and progesterone. Regaining hormonal balance post-partum is especially helpful for easing symptoms of PND. Some fats are great at reducing inflammation in our body and lessening symptoms of stress and anxiety.

Here are some healthy fats to include in your diet:

Oily fish such as salmon, trout, mackerel, anchovies, sardines, herring, and fresh tuna  
Walnuts, chia and flaxseed  
Eggs  
Olives, Extra Virgin olive oil, avocado  
White fish  
Nuts (almonds, pecans, cashews, macadamia)  
Coconut oil, butter, ghee

### Mood Boosting Books

A book that we really enjoyed was Debut Sunday Times Bestseller and Costa First Novel Book Award winner 2017, "Eleanor Oliphant is completely fine" by Gail Honeyman.

A gentle and honest story about overcoming adversity. It is a feel-good read with humour and realism and is ultimately uplifting.



Reading Well Mood-boosting Books scheme is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are all recommended by readers and reading groups. The list can be found here. [www.reading-well.org.uk/books/mood-boosting-books](http://www.reading-well.org.uk/books/mood-boosting-books). Reading Well Mood-boosting Books is delivered by The Reading Agency, working with public libraries, NHS trusts and colleges throughout the UK.

The other strand of the Reading Well programme is the Reading Well Books on Prescription scheme

which helps people manage their wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

### GDPR

In line with the new data protection laws please refer to our website for our privacy policy and how we protect your data. If you wish to have your details removed from our database, please email us at the office [info@apni.org](mailto:info@apni.org).

### Support Groups

Please let us know if you come across any new support services that may be of benefit to our callers.

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

"It is forty-five years since I suffered postnatal depression, not much help then! Keep up your good work for all those mums".

"Always wish I could do more to help APNI. They really helped me when I needed them 36 years ago. Great work done by all at APNI!"

"Please keep up the amazing work in the perinatal mental health field. Forty years ago in NZ very little was known about it when I had my first child."

"Keep up the good work. You're an invaluable service for families."

"I am pleased to know there is a charity helping those with this condition which affected a relative many years ago."

### 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.**



# The APNI Newsletter

## The Association for Postnatal Illness

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✉ [info@apni.org](mailto:info@apni.org)

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🐦 @apni\_pnd

📷 apniuk

📺 association for postnatal illness

Issue no. 77  
October 2019

### News from the Office

We hope you had a wonderful summer, a well earned rest and break from all things Brexit!

The office continues to be staffed by Siobhan, Alice, Jenny, Margie and Dave.

We can't quite believe it but this year marks the fortieth year of APNI! In 1979, when Clare Delpech was suffering from post-natal depression, she read a book by Professor Merton Sandler about Mental Illness in Pregnancy and the Puerperium and she contacted him. Professor Sandler encouraged Clare to set up a self-help group for women suffering from post-natal depression. For many years the charity was run from Clare's dining room. Then it moved to a portacabin at Queen Charlotte's Hospital, before moving to the first of two offices in Fulham. We are delighted to continue Clare's vital work supporting the many mothers and their families who contact us each year.

To mark this anniversary, we are producing a new updated version of 'The Baby Blues and Post-natal Depression' leaflet which will be launched this Autumn. The publication was written in 1980 by Professor Sandler, Professor Channi Kumar, a specialist psychiatrist at the Maudsley Hospital and Clare. Great care was taken that the leaflet should not make readers more anxious. The present version has a healthy circulation and we are hoping that the updated version will be well received. If any of our members would like to see a copy please get in touch and we will be pleased to send you one.



### **Friends of St. Mary's Barnes Ball**

We are truly grateful to the Friends of St Mary's Barnes for choosing APNI as one of the beneficiaries of their 2019 Charity Ball and their very generous donation of £7,500.00. The Arabian-themed event was attended by our Chairman, Wilson Clarke (pictured above) and Liz Wise, who is one of our Trustees.

### **Coombe Wood MBU Visit**

In February Alice and Margie visited The CNWL NHS Coombe Wood Mother and Baby unit at the Park Royal Centre for Mental Health, North London.

Coombe Wood Mother and Baby Unit provides a specialist perinatal community service to women with moderate to severe mental health needs who are in the last trimester of pregnancy or who have a baby up to 12 months old.

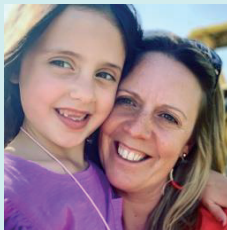
The unit also works with other community mental health and healthcare teams to support and care for people in their own homes.



It was a great opportunity to meet the team, along with some mums and their babies and let them know about our helpline and availability of peer to peer support.

**New Trustee**

We are delighted to welcome our new trustee, Dr Victoria Farrow, pictured with her daughter. Victoria wrote:



For the past 9 years I have been a GP practising in South West London. I am kept busy by my 2 children aged 3 and 7 and our crazy pooch Ruby. I love keeping fit, travelling and catching up with friends! I was honoured to be asked to join the Board of APNI and look forward to working with this incredible charity moving forward.

**The Linda Page Unsung Hero Award**

Every year we invite mums to nominate their volunteer to receive some flowers to say thank you for their invaluable support. This year we would like to pay tribute to one of our longest standing volunteers, Mary Tait. Mary has been a fantastic volunteer for APNI since 1989 and has supported countless mums for which we are so grateful.



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

**NSPCC Fight for a Fair Start**

**UP TO 1 IN 5 MUMS IN THE UK EXPERIENCE PERINATAL MENTAL HEALTH PROBLEMS**

However, getting the right support at the right time isn't guaranteed. In some places, parents get the help they need, in others they don't.

This is a crucial time when parents are finding their feet, building bonds with their baby and trying to give them the best possible start in life. Please support the NSPCC’s campaign via their website and demand perinatal mental health support for all mums.

**Fundraising and Donations**

We would like to say a huge thank you to all the amazing people who have supported us again this year with fundraising and monthly donations, including those made through JustGiving, Virgin Money Giving, direct debits, cash & cheque donations. Here are some of them:

We would like to say massive thanks to our Chairman, Wilson Clarke, for raising £3,702 in his **Dry January** efforts. What an incredible sum. Wilson wrote on his JustGiving page: “Some people challenge themselves by climbing Everest or running consecutive marathons. I however, am going to test myself by giving up alcohol during January with the aim of raising money for The Association for Post Natal Illness. I have been Chairman of APNI for the last ten years and involved with the charity since Penny died in 2004; this year will be the charity’s 40th anniversary. Our charity provides much-needed support to women suffering from post-natal depression and is desperately under-funded.”

We are very grateful to Judith Lewis who ran the **Great North Run** on 8th September 2019 and raised over £300 for APNI.

Huge thanks to Sally Cosham for running the **Edinburgh Half Marathon** and Catherine Harper for taking part in not just one event, but three! The **Cleethorpes 5K, Hull Inflatable 5K and Sprout Skuttle**.

Thanks to Oliver Evans for running the **SimplyHealth Great Bristol 10K**.



APNI is very grateful to Prof. Christopher Jackson who donated his fees to APNI for a session he did with Babble Talks held at the East Dulwich Tavern. Prof. Jackson, who is a Professor of

Geology, spoke about his own experiences on exploring the insides of active volcanoes.

We would also like to say many thanks to Babble Talks for organising the event which was attended by lots of parents and babies.

Thanks also to Far and Wide Travel and The Edinburgh Napier Students Association.

**In Memory of Emma Cadywould:** Thank you so much to Lucy Malangone (nee Holland) and family who have been raising funds for APNI since 2012.

**Regular Donors:** A special mention and thanks to all our regular monthly and annual donors. We greatly appreciate your support. Thank you very much.

**PND Awareness**



This May was the third annual UK Maternal Mental Health Matters Awareness Week, led by the Perinatal Mental Health Partnership and the theme was **‘Mums Matter’**.

There was a week-long campaign dedicated to talking about mental illness during pregnancy or after having a baby and signposting to support for all mums. The focus was on advocating for mums affected by maternal mental health and helping them to access the information and help they need to enable recovery. It was another inspirational week, helping to keep the spotlight on maternal mental health. World Maternal Mental Health Day also took place during this important week.

It was great to hear that a second wave of community perinatal mental health funding has been announced which will allow pregnant and new mothers experiencing mental health difficulties to access specialist perinatal mental health community services in every part of the country.

Two more Mother and Baby Units opened this year. Kingfisher MBU in Norwich and Jasmine Lodge in Exeter. There are now 19 MBUs in England which is a big improvement, however there is still no unit in Wales or Northern Ireland.

MMHA supporters and experts by experience, Mark Williams and Charlotte Harding are working with the All Wales PMH Steering Group towards urgently re-establishing an MBU.

**Waitrose Green Token Scheme**

We were delighted to receive £250 from Raynes Park Waitrose Green Token Scheme and £150 from Waitrose Fulham Palace Road.

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.



**Boost your mood: The importance of Healthy fats for PND**

By Claire Sambolino, Registered BANT Nutritionist



So much happens to our bodies during and post pregnancy and the most natural aspect is weight gain. Healthy weight gain is part of a healthy pregnancy. What does this have to do with PND you might ask? Many women are keen to lose the baby-weight as quickly as possible after the birth and in most cases, they start by removing fat from their diet. It seems logical that eating fat makes you fat. However, it’s not as simple as that. There are many different dietary fats and importantly many of them are needed to support our brain, our mental health and cognitive function. Removing fat is like starving the brain. For women affected by PND healthy fats are therefore an important part of the nutrition mix and healing process.

Did you know our brain is 60 per cent fat? Much of it is made up of omega 3 and cholesterol and so both these fats are essential to balance our mood. Luckily most of the cholesterol we need is made in the liver, so we don’t need so much from the diet. There is however one superfood; Eggs, which provide dietary cholesterol and a special nutrient called choline which helps the brain to regulate mood and memory.

Omega 3 is a special kind of fat that we are unable to produce ourselves, so we must source it from foods such as oily fish, seeds and nuts. Have you ever noticed how a walnut looks like a brain? It just so