

Navigating Offers of Help



When you have just had a baby and are feeling unwell, it is such a strain trying just to keep things going. Often, if people offer help, we feel too stressed to accept the offer or to suggest something that they can do to help.

The truth is there are always lots of ways people can help. So if you have list on your fridge or near your phone, you can say 'Yes please' when any offer is made. Then look at your prompt sheet which will give you suggestions of things that people can do to help.

Please don't have one gram of guilt about this. In many societies a new mum has special status and the whole community works to support her as she looks after the new baby.

Some suggestions are listed below:

- Go to the chemist and deliver back the shopping.
- Go to the supermarket with a list and deliver back.
- Clean the kitchen and/or bathroom floor and surfaces.
- Make sure baby is awake first then vacuum any carpets.
- Make some adult meals that can be eaten or frozen.
- Look after the baby whilst mum baths/showers or sleeps.
- Take baby out for a walk in the fresh air while mum reads or rests.
- Keep mum company when she feels wretched.
- Constantly reassure mum that she will recover and feel better (this is always helpful)!

Messages of Thanks

We would like to share with you some lovely messages we received from some of our supporters:

"Hope this helps you to keep providing the fantastic support that you do. Will be asking my employer for a matching donation."

"Yearly contributions towards your great charity that helped me years ago."

"Happy to support this cause that is close to my heart and can have an effect on others."

"Well done for the work you are doing to support families."

"Thank you for being there when I needed you 20 years ago, when I thought I had nowhere else to turn. A lifeline for many."

We would like to express our immense gratitude to all our supporters for their continued annual donations. Your support of APNI is truly appreciated.

Raising Awareness of APNI

We are always looking to raise the awareness of the Association so if anybody is able to help, please do contact us at the office. We have leaflets and mini posters that we can send you to display in local baby groups, surgeries and clinics.

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



The APNI Newsletter

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Welcome to our annual newsletter 2022. After two years of such uncertainty, we hope that life has returned to some normality for you all. This summer has been exceptionally warm and we hope that you have been able to find time to relax and enjoy the long, sun-filled days with your families and friends.

The UK economy continues to feel the effects of one global event after another resulting in sharply rising inflation and increasing economic uncertainty. The Covid-19 pandemic has in many ways taken a back seat to other pressing global events with the role of charities playing a vital role in society, perhaps now more than ever.



Here at APNI we were deeply saddened to hear of the passing of Her Majesty the Queen.

For seven decades she kept her promise to dedicate her life to service for her country and the Commonwealth and was a peerless symbol of national unity and stability throughout periods of historical upheaval, and social and technological change.

Throughout, she exemplified a quiet determination and selfless devotion and has demonstrated all that is the very best in us. As well as being Monarch she was also a daughter, sister, wife, mother, grandmother and great grandmother, friend and

advisor to her family and by extension to the United Kingdom and the Commonwealth. She has been our nation's strength and stay and as the Prime Minister said, "She was the very spirit of Great Britain ~and that spirit will endure" also that "Queen Elizabeth II was the rock on which modern Britain was built".

From us, at APNI, we offer the Royal Family and the Queen's personal staff past and present, our heartfelt condolences.

News from the Office

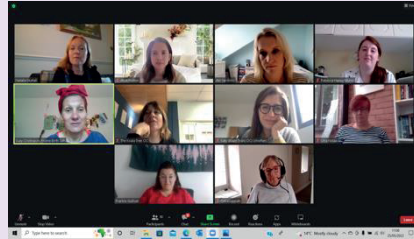
Like many other organisations we have adopted a hybrid approach to working, with some days in the office and others remotely. Our frontline team are Siobhan, Alice, Jenny and Margie. We are open from 10am to 2pm Monday to Friday. We are active on Facebook and Instagram so do check out what is going on and also to look for further support and signposting.

This year we took the plunge and have been upgrading our extremely old office software so that we are now able to work in a much more streamlined way.

Our committee member Liz Wise gave several talks including an interview for CNN, a talk for the Metropolitan Police and a session with the Nigerian Community in Leeds.

In May Alice attended the Hearts & Minds Partnership conversation space. This was via zoom, a medium we are all very familiar with now. It is a

great way to connect with other like minded organisations in the perinatal mental health field.



A Note from Our Chairman, David Clarke



Last year the Association was informed that it was to benefit from the will of Graham C. Pye. Graham Pye was the son of Jack and Mary Pye. The Mr and Mrs J. A. Pye's Charitable Settlement has generously supported APNI since 1985, often providing half the annual donated income.

Graham was a Trustee of his parent's charity and he had frequent dealings with APNI and was keen to see it flourish. Graham passed away in 2009 after a short illness.

This legacy, if invested, and used wisely, should mean that APNI continues to do its work well into the future. It is very important that we continue raising funds in the way we have been for the Association, but if a shortfall occurs then we can keep the organisation going.

At present we are still setting things up in accordance with Financial and Charity Commission regulations before the Association can accept the legacy. We will need to continue to raise funds and seek donations to keep our work going in the future. However, we wanted our friends, and supporters to know that the future of the Association looks brighter since we received this wonderful news.

This is a recognition of all the hard work that all of you do, for which me and all the trustees are truly grateful.

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 Faye Winter. The mother she supported, Leanne, wrote:

"Hi I just wanted to pass on how amazing Faye was with me on my really dark days. She said all the things I needed to hear, she's been amazing. Thank you."

We would like to take this opportunity to thank all of our wonderful 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 contact us.

PND Awareness



In May the 6th Maternal Mental Health Awareness week, run by the Perinatal Mental Health Partnership, took place. Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems during and after pregnancy. It's all about raising public and professional awareness of perinatal health issues, advocating for women affected by it, changing attitudes and helping families access the information, care and support they need to recover.

This year's theme was the Power of Connection. The Covid-19 pandemic demonstrated the importance of the connections we develop with our communities and this is especially true for new and expectant mothers.

The Maternal Mental Health Alliance, of which APNI is a member, was founded in 2011, and in just over a decade has celebrated significant and much-needed progress in the provision of specialist perinatal mental health services across the UK.

The Everyone's Business campaign, for many years, has sustained coordinated efforts which have led to improvements in specialist perinatal mental health service provision. However, it remains patchy, especially in Northern Ireland, Scotland and Wales, where women and their families still face a tragic postcode lottery.



It was great to hear that, in May this year, the Princess of Wales became Royal patron of the MMHA. Through her Royal Foundation Centre for Early Childhood, the Princess is committed to elevating the

importance of early childhood and continuing the conversation on this vital issue. The Royal Foundation Centre for Early Childhood is linking through to the APNI website on its Help and Resources page to provide people with further support.

Improving Care for Women with common Perinatal Mental Health Problems

There is a major gap in services that prevents many women with common perinatal mental health problems, such as depression and anxiety, from receiving help when they need it. The impact of which can be devastating for them and their families.

New important research, commissioned by the MMHA and conducted by the Care Policy and Evaluation Centre at London School of Economics and Political Science (LSE), has focused specifically on evidence relating to health visitors and maternity services.

The report, *'The economic case for increasing access to treatment for women with common mental health problems during the perinatal period'*, estimates the costs and benefits of a model of care which could give women's mental health the same priority as their physical health. The model, which focuses on the essential role of midwives and health visitors, would allow for women's mental wellbeing to be accurately assessed at every routine contact and suitable treatments to be offered. Importantly, the research finds that developing a model of service delivery in which mental and physical health care are integrated into the work of maternity and health visiting services generates nearly half a billion pounds of net benefit over a ten- year period.

Luciana Berger, Chair of the MMHA, says: "This report shines a very welcome light on the vital role of midwives and health visitors in identifying women with mental health problems during and after pregnancy and facilitating women's access to treatment. It is fantastic to see a fully researched, costed model of care that would improve the lives of these women and their loved ones and also carry significant savings. With such clear evidence of human benefit and a sound investment, it is vital that we make it easier for pregnant women and new mums to access mental health support during routine contacts with their midwives and health visitors."

Fundraising News

We were delighted to benefit from Waitrose's Community Matters scheme this year. Through the Chiswick Branch we received a cheque for £300. Many thanks to token-droppers and to Waitrose.



We would also like to say a big thank you to Foxlake Adventures in Scotland, who held a women's only evening and a bake sale, raising £150.



If you would like to raise money for The Association, please do let us know and we can provide information leaflets if you are hosting an event. We also have APNI t-shirts for anybody who would like to take part in a sponsored event for us.



Book Review 'The Boy, the Mole, the Fox and the Horse' by Charlie Mackesy

You may be familiar with illustrator, author and artist Mackesy's drawings on Instagram where he has many thousands of followers.

His book, containing 100 beautiful drawings, follows the developing friendship of a curious boy, a greedy mole, a wary fox and a wise horse who find themselves together sometimes in difficult terrain, sharing their greatest fears and biggest discoveries about vulnerability, kindness, hope, friendship and love. The shared adventures and important conversations between the four friends are full of life lessons that will connect with readers of all ages.

This would be a perfect gift to brighten anyone's day, particularly in these turbulent times. It is a book you can regularly dip into and genuinely feel uplifted by the positive messages and nuggets of wisdom.