



# The APNI Newsletter

## The Association for Postnatal Illness

APNI, 1st Floor Offices, Fulham Park House, 1a Chesilton Road, London, SW6 5AA

📞 0207 386 0868

🌐 [www.apni.org](http://www.apni.org)

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

📘 [www.facebook.com/associationforpostnatalillness](https://www.facebook.com/associationforpostnatalillness)

🐦 @apni\_pnd

📷 apniuk

📺 [association for postnatal illness](https://www.youtube.com/channel/UCduTuoY)

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### The Office moves!

After 23 years in its old location, on 12<sup>th</sup> July APNI moved office from 145 Dawes Road, to a new office in Chesilton Road only a few streets away in Fulham, South West London.

The new office is roomier, lighter and brighter, and much quieter as there is almost no road noise, so the office staff can hear what is being said on the phone much more easily!

The new office forms part of a suite of other offices, on the first floor of a multi-storey building, which incorporates residential flats. So far, the staff who have been there have liked the atmosphere and brightness. Once we are properly unpacked and furnished, we will share some photos.

In the meantime, please make sure you use our new address for all correspondence:  
First Floor Offices, Fulham Park House, 1A  
Chesilton Road, London SW6 5AA

### An Appreciation of Edna Jury



From an early age Edna, who was born in 1926 in London, had a wonderful voice. She loved to sing and entertain. At 17 she played the lead in Aladdin at her local youth club, which is where she met her husband and

they were married in 1944. When their children Mike and Sue were growing up music was always present and a big part of their lives.

Edna joined the local Operatic Society and her voice soon won her many leading roles, because not only could she sing, she was also an accomplished actress.

In 1996 at the age of 70 Edna joined a drama group and once again was soon performing leading roles and directing plays and pantomimes. She won best actress for her portrayal of Lady Bracknell in *The Importance of Being Ernest*. It was at this time that she had the idea to put together a one woman show. Each show was based on a composer or performer such as Irvin Berlin, Cole Porter, George Gershwin, Jesse Matthews and she had over 30 different artists in her repertoire. She would talk about their lives and intersperse this with the music of that particular artist. Audience participation was encouraged, and at the end there would be a Q & A session.

She continued to take her show to various clubs and societies and it was only when she fell and broke her hip at the age of 88 that she reluctantly retired.

illustration by Mary Dwarka



At APNI we would regularly receive a short note from Edna enclosing a generous contribution from one of the many different groups who had had the pleasure of seeing and hearing Edna perform. Over the years APNI received hundreds, probably thousands of pounds that came to us from Edna's brilliant performances.

Edna passed away peacefully in September 2022 at the age of 96. We are all sure that wherever she is, there will definitely be music!



Edna found a unique way of raising funds for charities that she cared about. We are forever in her debt and are so glad that she brought so much pleasure and joy into so many lives. Thank you to her daughter Sue Dilworth for these charming notes about her mother and the pictures that she is letting us to share with you.

## Jenny Weeks

Many of you who have spoken with us at the office will know Jenny Weeks, who has worked with APNI since 2010. In March this year she had a diagnosis of breast cancer. Following surgery she has been undergoing a gruelling regime of chemotherapy which is planned to end in mid-October. Following that she will have some radiotherapy. She has been sorely missed in the APNI office, but we hope that Jenny will feel well enough to return to work in the late autumn or early spring.

If you would like to send notes or cards to Jenny please do so c/o our new office address and we will send them on.

We all wish Jenny all the very best for a speedy and full recovery .



## Advising Army families



Jenny and Alice represented APNI at Pirbright barracks on 24th February 2023. They were invited by Cpl Aldwyn Roberts, who organised the well-being day for families of the soldiers based in the Alexander Barracks, Pirbright Army Training Centre, Woking, Surrey.

Cpl Roberts is part of the Welfare Department who have been organising Health Day for everyone based in the camp. They have identified that maternal mental health is important and had asked APNI to attend this particular day to raise awareness as well as speak to anyone who might be in need of more information. The day was attended by the families of the soldiers based in the camp, most of whom are young mothers and their small children.

Jenny and Alice spoke to mothers who said they have experienced baby blues, and heard stories from others who have had postnatal depression. The camp also runs a weekly mother and baby group, and asked APNI to leave our Baby Blues & PND leaflets for distribution during their weekly sessions.

The day was attended by representatives of other health charities and organisations based in Surrey.

## Thanks to Molly May Hague for mentioning APNI

Molly Mae is a very popular social influencer in the UK, with 7.5 million followers. She has posted a number of very honest videos, describing her own mental health battles following the birth of her first child. She also explained how her own mother suffered PND after the birth of both herself and her sister.



On the 28<sup>th</sup> March Molly Mae Hague posted a really interesting short film clip about PND and the feelings that you can have after having a baby. APNI were contacted before this was posted and asked for permission to be named at the end of the post.



Alice wrote some information for the closing stages of the video.

Social influencers reach a lot of young women, so a big thank you to Molly Mae Hague for focussing on the realities of motherhood and potential risks to mental health

## Heidi runs for APNI

*“I’ve made a very last minute decision to run the MK Marathon, and to help push me along I’m going to try to raise some cash for a charity very close to my heart. APNI support women with post natal mental*



*health issues and in my spare time I am volunteer peer supporter for this charity where I connect with women suffering with mental health issues, such as PND, who have reached out for help, often in times of complete desperation and distress. This small charity do great work with the help of volunteers but could really do with any extra support! Just a few pounds will make*

*a difference, so thank you in advance for your kind donations!”*

Doing this Heidi has raised more than £500! Thank you Heidi.

## Lisa Goes the Extra 24 Miles!



Lisa describes her mountain adventures on behalf of APNI:

*“I am taking on the Yorkshire 3 Peaks challenge to raise funds for APNI. This charity helped me when I was extremely ill with severe postnatal depression after the birth of my son Morgan, in 2005. Within weeks of his birth, I was sectioned and hospitalised for many months.*

*Thereafter followed a long period of recovery, during which time I received wonderful support from one of their volunteers, Alison. Being able to talk to another woman who had fully recovered from this debilitating illness gave me hope that I too would recover. And I did.*

*Morgan will be 18 this year so it seemed apt to mark the end of his childhood by giving something back to an organisation that provided me with help when I needed it most. Sadly, Alison passed away nine years ago from cancer, so this challenge will also be a tribute to an amazing friend.*

*On 30th September, my eldest daughter Amy and I, completed the 24 mile challenge, involving a total ascent of 1585 metres, in under 12 hours.*



*‘In preparation I did as much fell walking as possible,*

but the event certainly tested test my endurance and stamina!

Amy and I completed the Three Peaks Challenge in just over 12 hours. The first hour was tough as we tried to find our own pace in amongst the other 200 participants, but once we got settled into a group we started to really enjoy it and met some great people. Unfortunately the weather turned at about 3 p.m. and we hiked the final 7 miles in the pouring rain and strong winds, which was extremely challenging. But this made completing it even more rewarding.”

Doing this adventure, Lisa has raised well over £500 for APNI, thanks to her JustGiving donors. Thank you Lisa and Amy!

## Refreshing the APNI web resources



Many people today access the APNI website using their smartphone, rather than a laptop or tablet.

Clare Delpech has been working with a young resource developer Grace Caldwell, in a project intended to ensure that the APNI website is more modern and smartphone friendly. They worked with our long-time web-host Richard Hindle.

In addition, Clare took the opportunity to update and refresh a number of the APNI web advice pages and downloadable resources.

The key guiding principle is that the APNI web site remains calm and gentle, rather than all “bells and whistles” - in the hope that a stressed person can navigate the site quickly, to find exactly what they need.

The modified APNI website is now active, and we hope that you will find it far more phone-friendly! It is inevitable some -glitches will have crept in, but these can be amended as we become aware of them! If you would like to make suggestions about additional website content, please email your ideas to the team at the APNI office, so that we can consider them.

## Ashleigh runs for APNI



“I’m running the Burnham-on-Sea half marathon and raising money from a charity that is close to my heart, the association for postnatal illness. Their team of volunteers do such important work, providing support to anyone suffering from or affected by post-natal illness including partners, family/friends, as well as striving to increase public awareness and research. Last time I did a half marathon I cried, A LOT, and had to get carried over the finish line... at the time I said never again. But with help from the Weston Whippets running group, I’ve come back for more. I’ll be fundraising for a great cause, as well as trying to reclaim my dignity! Women with Postnatal illnesses often suffer in silence due to the stigma and guilt of feeling such a way. Becoming a parent is so hard for most, and when this topples into mental illness the extra support is so important.”

So far Ashleigh has raised more than £750 for APNI - Thank you Ashleigh!

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

