



## **Perinatal Mental Health & Wellbeing Fund**

**The Perinatal Mental Health & Wellbeing Fund has been created by NHS Norfolk & Waveney Clinical Commissioning Group, working in partnership with Norfolk and Suffolk NHS Foundation Trust, to enable voluntary, community and social enterprise (VCSE) sector organisations across Norfolk and Waveney to provide enhanced support to women - and their partners/families - accessing perinatal services in the community.**

**The Fund aims to develop and strengthen grassroots interventions that complement existing NHS perinatal support, through digital infrastructure development and digitally-enabled peer support.**

### ***Example case studies:***

#### **1. Support for vulnerable new mothers**

A local organisation works with vulnerable women living close to the poverty line in Great Yarmouth. They have recently recognised an increased need to support new mothers who attend a Covid secure drop-in they host on Saturday mornings. It's clear that pressures associated with being a new mum, and added complications to life as a consequence of the pandemic, are impacting negatively on their mental health.

Funding enabled the organisation to respond to this need through a number of initiatives, including:

- Delivering a new volunteer recruitment and training initiative (paying to advertise the opportunity, meet volunteer expenses and fund trainer costs).
- Purchasing several 4G network connected tablets that volunteers and peer support workers could utilise to reach out to the mums in question.
- Upgrading two office laptops so they had improved MS Office functionality including ability to join MS Teams calls, and specifically meetings with the local hospital's perinatal team outreach service, with whom they have recently established a connection.
- Organising for two of their workers to access training in Perinatal Infant Mental Health (provided by the Institute of Health Visiting).

#### **2. Work with vulnerable new dads**

A Waveney organisation works with young unemployed men in King's Lynn, through a weekly social and sports activity group. The organiser of the group has identified a need to support some of these young men who have just become fathers and are struggling (in terms of their mental health) to adjust to the new responsibility this entails.

Funding enabled the group to undertake a number of actions that will help new dads to normalise their experience and move forward confidently as new parents:

- Purchasing (through their local MIND association) three training sessions in mental health awareness, with a focus on the challenges and changes associated with becoming a new parent.

This was delivered (at a social distance) at a local sports venue that they hired on three consecutive Thursday afternoons.

- Providing digital access to peer support training (via 4G enabled tablets) for three dads who were unable to join the face to face training, but still wanted to be involved.
- Through a short term contract, the group paid a former local health worker to work with relevant organisations and the Perinatal Steering Group from the local hospital to understand how new dads in the group could access specialist mental health support through a fast-tracked process.
- Once the processes outlined above were understood and mapped, and range of accessible resources and support related communications were developed. This led to dads feeling informed and confident in the support available to them, and can self-refer if they wish.

### **3. Helping women in our acute hospitals**

A Norfolk charity has close links to the Neonatal Intensive Care unit at NNUH, through their work providing new mother and baby starter packs for mums returning home after a prolonged period in hospital post birth for either themselves or their child. They noticed that a lot of the mothers had struggled with bonding, and with the increased length of time that they were away from their partners.

To support these women, the charity secured funding to take following actions:

- Purchase 5 x 4g enabled tablets for the use of women in the NNUH Neonatal Intensive Care Unit. These were used as a lifeline for parents to be able to stay in touch with their loved ones and wider family and friends whilst they/ their babies were ill in hospital receiving treatment.
- During pandemic restrictions, the charity were unable to offer their usual peer support to women in the NNUH so they used the 5 x tablets that they purchased to have regular video calls with their volunteer peer support workers which then continued in local parks in the community after discharge.
- They also worked with their local mental health trust to get a Psychologist who worked in Perinatal Mental Health to deliver 3 x 1-hour webinars covering bonding, attachment and perinatal mental health which was recorded and then shared afterwards.

**Funding is delivered in partnership with Norfolk Community Foundation – find out more and apply at <https://www.norfolkfoundation.com/funding-support/grants/groups/perinatal-mental-health-wellbeing-fund/>**



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