

## Some useful websites:

- **Tommy's**  
[www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing](http://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing)  
Mental wellbeing in pregnancy patient information written by midwives
- **Action on Postpartum Psychosis** - [www.app-network.org/](http://www.app-network.org/)  
A national charity for women and families affected by postpartum psychosis. Provides information and peer support, including online forums and workshops
- **Beating Bipolar** - [www.beatingbipolar.org](http://www.beatingbipolar.org)  
Interactive internet-based programme aiming to improve understanding of the condition. It includes video of professionals and people with lived experience of bipolar disorder. Includes a module about pregnancy for women with Bipolar Disorder:  
[www.beatingbipolar.org/women\\_and\\_bipolar/](http://www.beatingbipolar.org/women_and_bipolar/)
- **Best Beginnings** - [www.bestbeginnings.org.uk/](http://www.bestbeginnings.org.uk/) Baby Buddy App – allows you to create a Bump Buddy avatar to guide you through your pregnancy. Provides information about many aspects of pregnancy and parenting, including mental wellbeing, in the form of short video clips
- **Best Use of Medicines in Pregnancy (BUMPS)**  
- [www.medicinesinpregnancy.org/](http://www.medicinesinpregnancy.org/) Information leaflets for women and their partners about use of a medication in pregnancy
- **Maternal OCD** - [www.maternalocd.org/](http://www.maternalocd.org/) Support and Information for women with Perinatal Obsessive Compulsive Disorder, Twitter support group: #Bumpsandmumsocdhr
- **Netmums** - [www.netmums.com](http://www.netmums.com) Information and support on many aspects pregnancy and parenting, including local resources
- **PANDAS** - [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk) Antenatal and postnatal depression information and support for women and families. Support groups and helpline
- **PND and Me** - [www.pndandme.co.uk/](http://www.pndandme.co.uk/) Website and online support group for sufferers of perinatal mental illness with links to information and a range of resources around this topic. Set up by a mum who had postnatal depression. Includes peer support through Twitter: #PNDHour & #PNDChat
- **DadPad app** - Top tips for dads-to-be and dads with new babies.  
[www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app)

# Support for families to manage their emotional wellbeing during pregnancy and after birth



Delivered by  
**The Perinatal Emotional Wellbeing Partnership  
in the Bath & North East Somerset area**



**Anxiety and low mood in pregnancy or after the birth of a child is not uncommon and can leave you feeling isolated, lacking in confidence or feeling like the demands of being a mum are overwhelming. You might find yourself being affected in a variety of ways:**

**Depression**  
Feelings of hopelessness and sadness for no particular reason. Tiredness and loss of interest in looking after yourself. Tearfulness (during pregnancy and after birth).

**Anxiety**  
A depressed mother may feel extremely anxious about a variety of subjects and situations. You may be worried about your health, possibly having felt unwell since the birth of the baby. You may experience severe pain for which the doctor can find no satisfactory explanation. This pain is often in the head or neck. Often mothers suffer backache and chest pains which they fear are due to heart trouble. You may have a number of minor medical complaints which can cause undue distress. Anxiety may make you worry about the health and well-being of other members of your family, especially the baby. You may feel too tense and anxious to go out of your home. You may not be able to bear to meet up with even your closest friends, and may refuse to answer the door, telephone or letters.

**Panic**  
You may experience confusion in everyday situations and feel very stressed. These feelings are unpredictable and often very distressing. You may feel unable to 'calm down' and may find it hard to breathe.

**Tension/ Stress**  
Being under pressure is a normal part of life - it can help you to take action, feel more energised and get things done. When too much, it can present in your body as tiredness, headaches or upset stomach and may affect diet or sleep.

**Obsessional & Intrusive thoughts**  
Parents experiencing depression and anxiety can experience distorted thinking. These may be about a person, a situation or about a certain activity. You may become very frightened and believe that you may harm a member of your family, especially the baby. These fears are very common symptoms of depression and may or may not be accompanied by feelings of guilt.

## Key Perinatal Emotional Wellbeing Partnership contacts

### **Bluebell Care**

Contact: Ruth Jackson,  
Tel No.: 0117 922 0746  
Address: 2 Quay Street, Bristol, BS1 2JL  
Website: [www.bluebellcare.org](http://www.bluebellcare.org)  
Facebook: Bluebellsupportingfamilies - Bluebell Care  
Twitter: @bluebellcare Instagram: bluebellcare

### **Birth Reflections Service**

Tel. No. 01225 82 4662  
Email: [ruh-tr.birth.reflections@nhs.net](mailto:ruh-tr.birth.reflections@nhs.net)  
Facebook: Birth Reflections, Royal United Hospital  
- Message facility available

### **Make a Move**

Contact: Katie Monkshaw  
Tel. No.: 07592 103325  
Email: [katiemonkshaw@makeamove.org.uk](mailto:katiemonkshaw@makeamove.org.uk)  
Website: [www.makeamove.org.uk](http://www.makeamove.org.uk)

### **MyTime, MySpace**

Contact: Judith Parr  
Tel No.: 07530 263129 Main Hub: 01225 396660  
Email: [Judith\\_parr@bathnes.gov.uk](mailto:Judith_parr@bathnes.gov.uk)  
Address: Bright Start Children's Centre Services  
c/o Church Street, Radstock, BA3 3QG.  
Website: [www.creativityworks.org.uk/  
what-we-do/for-mental-health/my-time-my-space/  
www.bathnes.gov.uk/childrens-centres](http://www.creativityworks.org.uk/what-we-do/for-mental-health/my-time-my-space/)

### **Open Space**

Contact : Domini Barry  
Tel. No.: 01225 590841  
Address: Widcombe Room, Open House Centre,  
Manvers Street Baptist Church, Bath, BAI 1JW.  
Website: [www.dominibarry.com/postnatal-support-groups](http://www.dominibarry.com/postnatal-support-groups)

## Contact Details

## Health Visiting

### General Health Visiting Service

Ann-Marie Fitz-Johnson 07850 290479  
Shiela Willoughby 01225 831450

### Family Nurse Partnership

Jacqueline Hewitt 01225 838262

**Website:** [www.bathneshealthandcare.nhs.uk/health-visiting](http://www.bathneshealthandcare.nhs.uk/health-visiting)

## Children's Centre Hubs:

**Key Contacts:** Judith Parr 01225 396660 Mon-Wed  
Heidi Limbert 01225 395228 Mon-Fri

**Website:** [www.bathnes.gov.uk/childrens-centres](http://www.bathnes.gov.uk/childrens-centres)

**Email:** [brightstartcc@bathnes.gov.uk](mailto:brightstartcc@bathnes.gov.uk)

### **Bath East :** **Bright Start Children's Centre - Parkside Hub**

Charlotte Street , Bath, BA1 2NE  
Tel No.: 01225 396662

### **Somer Valley :** **Bright Start Children's Centre - Radstock Hub**

Church Street, Radstock, BA3 3QG  
Tel No.: 01225 396660

### **Keynsham/Chew:** **Bright Start Children's Centre - Keynsham**

65 West View Road, Keynsham, BS31 2UE  
Tel No.: 01225 395400

### **Bath West :** **Action For Children**

c/o Beaumonds, Padleigh Hill, Bath, BA2 9DW

**Key Contact:** Helen Stockwell 07715 232684

**Email:** [Bath@actionforchildren.org.uk](mailto:Bath@actionforchildren.org.uk)

### **Concentration**

You will probably find that you cannot focus on simple tasks, books, television programmes or even conversations. You may find that your memory is very poor and you may often feel very disorganised. You may find that you sit for long periods of time doing nothing, but thinking about how awful you feel.

### **Sleeping**

You might experience a change in your sleep patterns. You might stay awake until the early hours or not be able to sleep at all. You may sleep only a bit at a time and keep waking up. Many parents find the inability to sleep has a really negative impact on their ability to function and can be a very distressing aspect of the illness. A young baby's feeding needs can also present a big challenge in this respect.

### **Bonding**

Some mothers with antenatal & postnatal anxiety and depression find it difficult to feel a bond with their baby. It can be a struggle to experience a connection, to hold or look at them.

### **Sex**

It is very common when experiencing anxiety and depression to lose interest in intimacy and / or sex. This may last for some time, and it is helpful if partners realise that this is a symptom of the illness and that sexual desire may return to normal once the depression lifts. It should be stressed that a return of sexual desire is often the last sign that a depression has lifted. A lot of patience is necessary if a relationship is going to be kept intact when a partner is experiencing antenatal or postnatal anxiety and depression.

### **Post-partum psychosis**

In a very tiny percentage of cases mothers may start to experience any of the following: delusions (false beliefs), hallucinations (hearing voices, seeing things that aren't there), extreme mood swings (from being superwoman to feeling suicidal). Symptoms often appear within the first 14 days after birth but can appear later on. If you feel you may be experiencing any of these extreme symptoms please contact a medical professional asap. The good news is that postpartum psychosis can be treated effectively.



All 'parents-to-be' are referred to a Midwife and offered support via your local Health Visiting team after, and sometimes prior to birth.



## Midwives

'Midwives are qualified registered practitioners who support pregnant women throughout pregnancy, labour and for a short time after the birth of the baby. You may be referred to a specialist team of Midwives called the 'Lotus team' who offer additional support to some women who may benefit from this. Some women who have more complicated pregnancies may need to see a specialist Doctor called an Obstetrician too.'

## Health Visitors



Health Visitors work universally alongside all families from around 28 weeks into pregnancy until a child starts school. They will visit new parents in their home both before the baby is born and afterwards giving them an opportunity to discuss how parents are feeling about their transition into parenthood. Health Visitors also offer an antenatal 'Hello Baby' parenting programme prior to birth and Baby & Toddler Hubs afterwards to support transition into parenthood.

It is recognised this may be a challenging time for many families and parents may feel overwhelmed with the demands of parenthood and emotions surrounding this. The Health Visitor will offer support and guidance around this. This may be through a package of '**listening visits**' with the family's named Health Visitor at home to give parents and family an opportunity to talk about thoughts, feelings and experiences of becoming a parent. They will also discuss other services that may be useful in supporting the family - including those described elsewhere within this leaflet. Additionally you may want to discuss your mood with your GP or access other one to one support.



## The Birth Reflections Service

The Birth Reflections Service is provided by midwives to allow women and their partners to explore their birth experience and clarify events surrounding their birth.

During the appointment, a Birth Reflections midwife will go through the maternity notes, step by step, to answer any questions and fill in any gaps in recollection.

Giving birth is a major life event and can be a time of fluctuating physical and psychological well-being. The midwives who deliver the service are experienced practitioners with a great understanding of the emotional impact birth can have.

The Birth Reflections midwives see women who have had a wide variety of experiences. Some choose to make an appointment when thinking about their next pregnancy, or when they are actually pregnant again. Others choose to wait much longer after their birth experience - there is no time limit for when the service can be accessed.

Birth Reflections helps many families to aid decision making and move forward in a way that contributes to how they plan for their next birth, and an understanding of the journey of the previous birth.

Women have clearly valued the opportunity to come to Birth Reflections when they feel ready and lots of positive feedback has been received about the service. Comments include:

- "Can't recommend this service highly enough."
- "Going through all my notes has really helped me understand/remember what really happened"
- "It helped me gain closure and confidence"
- "Was relaxed as well as very informative"
- "I can't put into words how much it has helped"

To see more comments visit:

the Facebook page - Birth Reflections, Royal United Hospital.

## Open Space



**Open Space** is an arts-based therapy group delivered by Domini Barry. Issues covered include pregnancy, birth, early motherhood, family dynamics and how relationships can change after childbirth. The sessions are particularly suitable for mothers who have experienced difficult or traumatic births and want a supportive space to work through their experience.

The sessions involve group discussions as well as creative activities to help mothers express thoughts and feelings from a new perspective.

### Course details

<b>Frequency</b>	3 times a year
<b>Location</b>	Open House Centre, Manvers Street, Bath BA1 1JW
<b>Duration</b>	1.5 hours per week Each group runs for 12 weeks, and mothers attend the sessions with their babies if they are under 7 months old. Babies over 7 months need alternative childcare. Unfortunately, we do not provide a crèche.

### Programme Dates

Courses start in September, January and April each year.

### Referrals:

please email Domini at [dominibarry@btopenworld.com](mailto:dominibarry@btopenworld.com)



## Bluebell Care



### Bluebell Buddy - Peer Support, BANES

Bluebell Care is a charity based in Bristol that has been delivering support for perinatal mental health since 2010. Support is provided in the community in Bristol, South Gloucestershire and Devon and at Bluebell Place, a wellbeing hub in the centre of Bristol.

The Bluebell Buddy service offer a free, weekday, confidential, peer support service for mothers experiencing anxiety and depression during pregnancy and up to two years after birth.

**Bluebell Buddies** have first-hand experience of perinatal mental health difficulties and are trained to provide up to 5 supportive listening visits, either in the home or at another convenient local place. Buddies can signpost and support mothers who might otherwise find it hard to engage with other relevant service provision, helping them to navigate local services.

Bluebell Buddies are trained peer support workers and will liaise closely with local health care professionals, agencies and children's centres who are also supporting families affected by perinatal mental health difficulties in Bath and North East Somerset. A key part of their role will be to link mums in with local group provision for perinatal mental health provided in the area including:

'Moving On Up', 'Open Space' and 'My Time, My Space'.

### Referrals

- Referrals can be made by health professionals, agencies and by parents themselves, using the referral form which is downloadable from [www.bluebellcare.org](http://www.bluebellcare.org) and posted back to: Bluebell Place, 2 Quay Street, Bristol, BS1 2JL. These can be found in the 'How to Refer' section of the web site along with Bluebell's referral guidelines, which outline the criteria for the support offered. On receiving a referral form, a mother or health professional will receive a call within one week to discuss next steps.

### To find out more :

Call: Bluebell Place on: 0117 922 0746  
Email: [info@bluebellcare.org](mailto:info@bluebellcare.org)  
See back page for further details



## My Time, My Space

**My Time, My Space** - is an art's based group co-ordinated by your local Children's Centre Service and delivered as a partnership between 'Creativity Works' and your local Children's Centre and Health Visiting teams. It is for women to have 'time and space' for themselves, alongside other mothers feeling the same and safe in the knowledge that their babies are being well-cared for nearby.

### Course details

<b>Frequency</b>	5 times a year,
<b>Location</b>	in Children's Centres across the area
<b>Duration</b>	2 hours per week 12 weeks - (8 weeks include a dedicated Children's Group to care for the children; 4 weeks involve parent and child together)
<b>Aims</b>	To learn new creative skills, whilst having time to 'just be yourself' No experience or artistic ability is needed!
<b>Facilitated by</b>	An experienced artist, supported by a local Health Visitor or Children's Centre worker

### Programme Dates

Programmes run regularly across Bath and North East Somerset. Please contact your local Children's Centre for details of next course available.  
See page 10 for contact details.



## 'Make a Move - Moving on Up'

Via its **Moving on Up! programme**, Make a Move offers therapeutic sessions for exploring emotions and finding solutions to facing the challenges of family life with young children. By using movement, talking, and therapeutic strategies, psychotherapists guide mothers in a safe environment towards understanding anxiety, low mood and depression and finding manageable solutions i.e. ability to cope, relationships with partners, family and children, self-awareness, self-worth, friendships, physical well-being, and improved mood.

### Course details

<b>Frequency</b>	8 times per year
<b>Location</b>	Children's Centres & Community buildings across the area
<b>Duration:</b>	2 hours per week for 7 weeks
<b>Details</b>	Limited to 10 women per course A Children's Group provides simultaneous, parallel on-site nurturing play and care for babies and children up to school age while their mothers attend 'Moving on Up!' sessions. Mothers have access to their children at all times.

### Programme Dates

Programmes run regularly across Bath and North East Somerset. Please contact Make a Move for details of next course available.  
See page 11 for contact details.

