

MBU Teddy Bears Picnic!

It's that time of year again, so grab those cooler bags, empty the snack cupboard and join us on Sunday 4th September 2022 between 11am and 1pm for Rosewoods Teddy Bear Picnic!



The Teddy Bears Picnic was first introduced in 2019 to celebrate the opening of the Mother and Baby Unit and after a years break due to Covid has since become an annual event! This event is by invitation only for mums/families who were under the care of the MBU in the last 12 months. Come join us for a day of fun and a great opportunity to share your experiences and stories with other mums and families!

PMHCS and the MBU would very much appreciate your feedback regarding your contact with us.

You can do this by scanning these QR codes;



PMHCS



MBU

Or if you would prefer to discuss your experiences please contact the service on 01622 722321 or speak with your care co-ordinator.

PATH Update (Perinatal mental Health)

A huge congratulations to Dr Bosky Nair, and Joanne Harrison, Peer Support Worker, for their continued efforts in promoting the PATH services and raising awareness for Perinatal Mental Health. Over the past few months Bosky and Joanne have both been seen, and heard through the waves appearing on news outlets such as Sky News, GB News, BBC Radio Devon, KMFM and KMTV! This had been predicted to have been seen/heard by over 3 million people!



Thank you Bosky and Joanne for all the work you do for not only the Perinatal Community Team but the PATH team, raising awareness and tackling stigma around mental health in the perinatal period!

Compliments

MBU:

Card received from Patient thanking staff for their support whilst being on the unit

PMHCS:

Email received from Consultant in another NHS trust praising the Admin staff for being so quick and efficient

Thrive:


Client working with the team expressed "would not be here had we not worked together". "I feel brave. I feel empowered".



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 **Recruitment** 

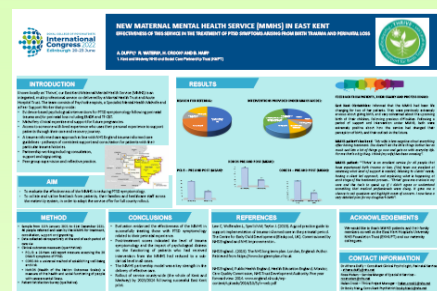
There are plenty of roles currently out for recruitment for specialist services. These range from Administration roles, to Clinical roles. If you are interested in applying or seeing what's out there, head over to the NHS Jobs website and search 'Perinatal'. Alternatively contact the PMHCS/THRIVE/MBU teams for more information!

We will soon be advertising roles for our Maternal Mental Health Service, known locally as 'Thrive – Psychological Support for Birth Trauma and Perinatal Loss'. The roles will be: Peer Support Workers, Psychological Therapists and Senior Psychological Therapists. Keep an eye on the NHS Jobs website:

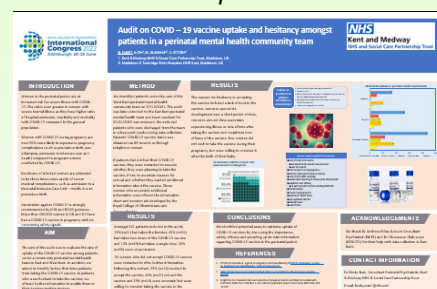
<https://www.jobs.nhs.uk/>

 **RCPsych Audits** 

PMHCS staff have recently been successful in being invited by the Royal College of Psychiatrists (RCPsych) to put forward audit/evaluation posters to the 2022 congress. These were shown, along with accompanying recorded videos to a very large number of attendees, increasing awareness of perinatal mental ill health, perinatal mental health services and of clinical audit and evaluation findings that can be reviewed by others for their own service development and future research. These projects:



'New Maternal Mental Health Service (MMHS) in East Kent: Effectiveness of this service in the treatment of PTSD symptoms arising from birth trauma and perinatal loss'.



'Audit on Covid-19 vaccination update and hesitancy amongst patients in a perinatal mental health community team'.



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