



Perinatal Newsletter

Issue 1

Your feedback matters

What was good about our service?

"Extremely understanding, great levels of empathy".

"Friendly staff, no judgement, very supportive helpful, caring and professional".

What would make our service better?

"Nothing, I have felt fully supported since I made the decision to get help".

"The need to let more people know about the service"

Health Education England

Members of staff within MIMHS have recently been sent a congratulatory message from health Education England (HEE) mental health programme for their participation in recent work to support the development of the perinatal mental health workforce.



Inspiring practice during Covid-19 pandemic

MIMHS peer support workers and nursery nurses have developed creative ways to continue engaging mums under the MIMHS service during the pandemic.

Webinar

On 5th June 2020 MIMHS (Peer support workers and nursery nurses) presented at a virtual national perinatal webinar regarding support being provided to mums under the care of the MIMHS service during Covid-19.

MIMHS Massage groups:

MIMHS has set up in all localities Baby massage groups enabling mum, partners and babies the opportunity to learn how to massage and soothe their babies. The MIMHS team has purchased baby massage therapy dolls for demonstration purposes.

For Dads and Partners

MIMHS have created a new partner/carer pack which explains the importance of partners, caring adults and family. How they can take care of themselves and enable them to take care of the mum. Things to look out for within themselves, what they can do, and where they can go for support providing all contact details for additional support services. For a copy or more information please ask your care co-ordinator for details or call MIMHS on 01622 722321



MIMHS & the MBU would very much appreciate your feedback regarding your contact with us.

You can do this by scanning this QR code or via this link:
<https://www.snapsurveys.com/wh/s.asp?k=150478556711>

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

Brilliant care through brilliant people



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