

Perinatal Mental Health (PMH) and Parent Infant Relationship (PIR) support across Barnsley

Jess Clarke- Emotional Health and Wellbeing Lead- PMH/PIR

The First 1001 Days

(From conception, during pregnancy, and up to a child's 2nd Birthday)

< What happens here shapes the next 50 years of our lives



Cognitive



Emotional



Physical



Social

40% babies born will have an insecure attachment with a parent or carer, and 10% will have a 'disorganised' attachment style

(which is associated with the worst developmental outcomes)



Perinatal Mental Illnesses can cause significant and long lasting effects on parents, children, families, and society.

Costing the UK an estimated £8.1Million Yearly, with 72% of this cost relating to the impact on the child.



When a baby experiences consistent, and emotionally responsive care from at least one stable adult, they feel safe, connected, and ready to explore the world



Poor parental mental health can impact their ability to connect with their baby. We need to ensure parent needs are met, to enable them to give their children the best possible start in life.



Estimation of paternal PMI: 10%

National estimation of maternal PMI: 25.8%*

Barnsley's estimation of maternal PMI: 28.3%*

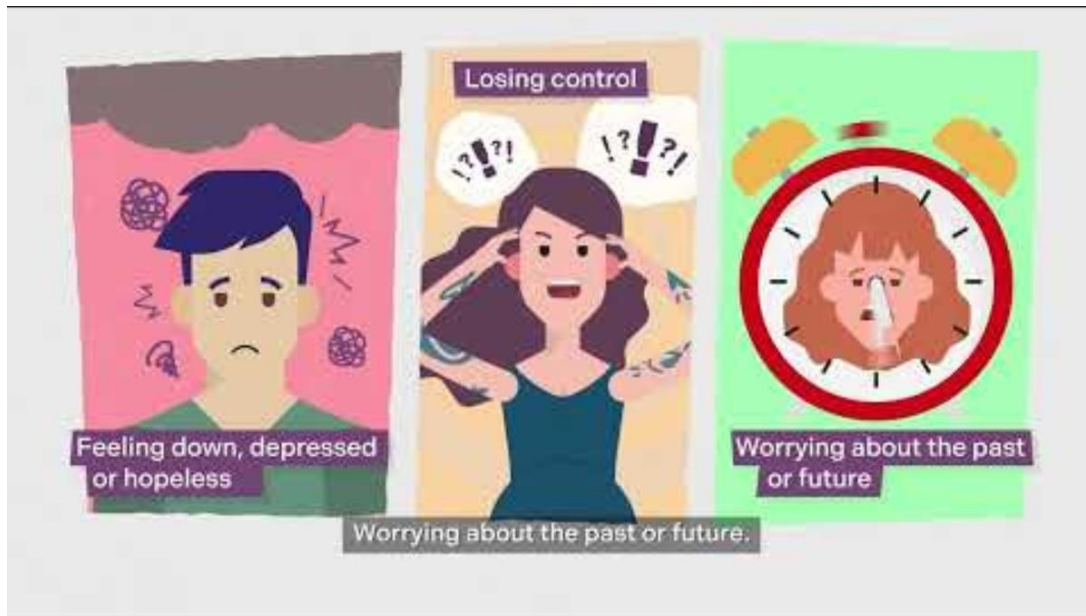


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Barnsley – the place of possibilities.

*DHSC Fingertips Public Health Profile

Watch Barnsley's Perinatal Mental Health Signs and Symptoms animation



Current support available across Barnsley:

Barnsley Family Hubs

- Barnsley has 6 Family Hubs, where families can access a range of advice, information, support, and activities all in one place from pregnancy to 19 (*25 for young people with SEND*)
- Information/Signposting is available at Family Hubs at Barnsley Market
- Key support areas include - *Becoming a parent, parenting, infant feeding, family relationships, mental health and wellbeing, school readiness, etc.*
- **Examples:** [Antenatal and Postnatal parenting programmes](#), [Online self- directed programmes and parenting phone apps](#), [Early Help Navigators](#), view the [what's on guide](#) to find activities across all Family Hub Buildings (Stay and Plays, Little Talkers, Play and Learn, etc)
- View the [Virtual Family Hub](#) for more information.



1001 Days Team

- Team of 5 Advanced Early Help Support Workers based within Barnsley Family Hubs
- Work with mums, dads, parents and carers who are expecting a child, pregnant, or have a child under 2 years.
- Provide 1:1 additional support on the 4 areas listed >
- Provide delivery of relational interventions: ***Triple P Baby, Video Interaction Guidance, Circle of Security, Gro Brain***

To refer:

- Complete a [Barnsley Children's Services Request for Service form](#) and write '1001 days team' under 'Service Requested'
- Return to Earlyhelpmash@barnsley.gov.uk
- Contact 1001 Days Team Manager Lorna for queries/ professional consultation : LornaCarr@barnsley.gov.uk



Are you **pregnant, expecting a baby** or have a baby **under 2 years old**?

The 1001 Days Team can help you with:



-  Growing your relationship and connection with your baby.
-  Boosting your confidence and wellbeing as you adjust to life with your baby.
-  Supporting your baby's learning and development through interaction and play.
-  Coping strategies to support you as a new parent.

We can work with you if you are a mum, dad or carer on a one to one basis through this exciting and sometimes challenging time

BEST START IN LIFE

SCAN ME



How do you get support from the 1001 Days team?

Speak to your local family hub, midwife, health visitor, GP, someone you are working with or contact us on 0800 0345340 option 2

Pregnancy in Mind

- A virtual 8-week group programme for **expectant parents between 12-26 weeks of pregnancy**
- Experiencing or at risk of mild to moderate anxiety or depression
- No formal diagnosis is required
- Professional and Self referrals are accepted



Pregnancy in Mind

Expecting a baby can cause complicated feelings. Pregnancy in Mind can help.



Find space for you.
Please call the North East, Yorkshire and The Humber Hub on 01274 381440



What is it?

You can join Pregnancy in Mind (PiM) for free group support.
PiM typically meets once a week for eight weeks.
Sessions are for either parent. You can come on your own or bring a support person.
Some PiM groups meet face to face while others meet online.

We'll explore:

- Coping strategies.
- How to understand your mental health.
- Mindfulness and ways to boost your mood.
- Relaxation.
- Connecting with your baby.

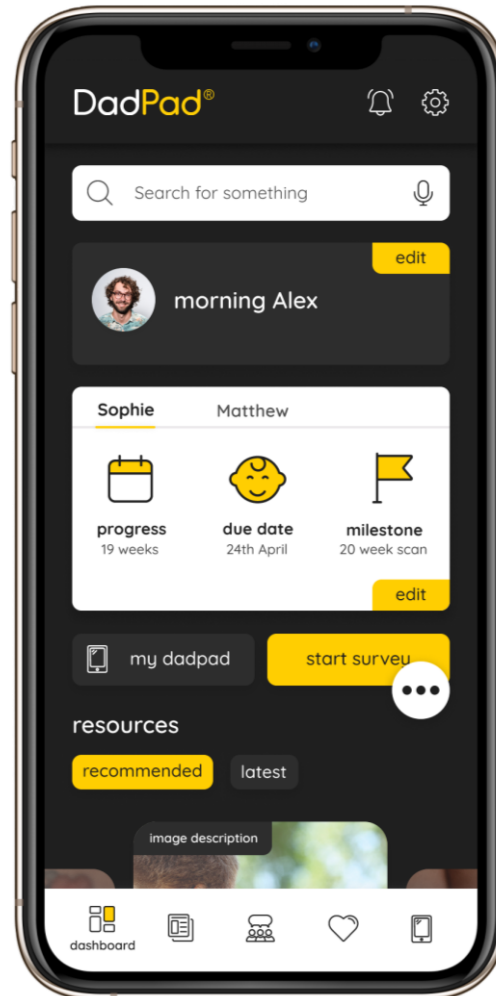
Each week, there's a 1-2-1 chat about your wellbeing. You'll be able to highlight any concerns you have. Following each session we'll share resources you can use in your own time.
Once your baby has arrived, there'll be an opportunity for you to meet with the practitioner who runs your group individually to chat and check in on your wellbeing.
You can manage difficult feelings you're experiencing with support from Pregnancy in Mind.

To sign up, speak to your midwife or please call the North East, Yorkshire and The Humber Hub on 01274 381440

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The Dad Pad App

***Barnsley dad's
and male carers
can download the
app for FREE using
their Barnsley
postcode***



DadPad®

Essential guide for new dads



Developed with the NHS, the DadPad gives new dads the knowledge and practical skills necessary to be able to support themselves and their partner, and give their baby the best possible start in life.

Follow us on:



@dadpaduk

For more information on DadPad:
thedadpad.co.uk



BARNSELY
Metropolitan Borough Council

0-19 Public Health Nursing Service

- Delivery of The Healthy Child Programme (*mandated antenatal and postnatal contacts*)
- Perinatal Mental Health screening (*GAD7/PHQ9*)
- Universal delivery of Newborn Behavioural Observations (*<12 Weeks postnatally*)
- Currently planning Ready to Relate implementation
- Future PMH/PIR developments in progress

Newborn Behavioural Observations (NBO)

NBO is a strengths based tool that helps practitioners and parents observe and understand a baby's unique behaviour, cues and communication, strengthening responsive caregiving and parent infant relationships from birth to 3 months.



Ready to Relate

Ready to relate tool cards provide accessible information and discussion prompts on neurodevelopment, infant cues, relationships, attachment, and self-care, helping parents better understand and strengthen parent-infant relationships.



MUMs Group

Mums Understanding Mums



Free peer support group for new and expectant parents



Sometimes parenting isn't always easy. You may be feeling lonely, isolated, lacking in confidence or anxious about getting it just right. It is important to know that you are not alone. Being a mum can bring worry, stress, tiredness or strong emotions.

Our MUMs group provides:

- A warm welcome and a free drink
- A listening ear if you want to talk
- Bonding with your bump/baby
- Maternal Journaling
- Preparing for parenthood
- Support around sleep, weaning and more.

When & where?

Wednesdays
10am - 12pm
Library @ the Lightbox
Event Room, Level 3



Who are we?

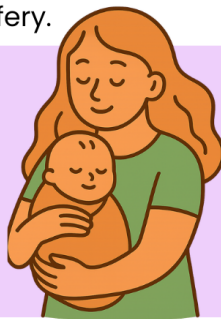
The group is led by 0-19 Public Health Nursing Service and supported by Family Hubs and Midwifery.

Who can come?

Any mums living in Barnsley who are pregnant or have a baby up to the age of 6 months old.

To find out more:

- Visit our Facebook page @Barnsley 0-19 Public Health Nursing Service
- Call our SPA team on 01226 774411



0-19 Public Health Nursing Service

Mums Understanding Mums – weekly peer support group

BHNFT

- Mental Wellbeing Midwife: Specialist assessment, support, and care coordination for women experiencing complex mental health needs during pregnancy
- Birth in Mind: A Maternity and Psychology service available for women to talk about their birth experiences.

See the [BHNFT webpage](#) for more information/ referrals

NHS Barnsley Talking Therapies (SWYFT)

- Evidence based talking therapies (silver cloud, CBT, Counselling, etc) aiming to improve overall mental wellbeing.
- Primary carers in the perinatal period receive an expedited assessment within two weeks
- *Barnsley Family Hubs and Talking Therapies offer a joint [Postnatal mental health and wellbeing Workshop](#)*

Perinatal Mental Health Team (SWYFT)

- Specialise in the assessment, diagnosis, and treatment of women affected by **moderate-severe** perinatal mental health difficulties.
- Offer specialist advice about the use of mental health medication during pregnancy/breastfeeding.
- Offer pre-conception advice to women planning a pregnancy with mental health concerns.

See the [Perinatal Mental Health Team](#) webpage for referral information

Who are we?

We are a team of mental health nurses, occupational therapists, consultant psychiatrists, psychologists, peer support worker and team secretary.

Who is the service for?

The service is for women of all ages who are pregnant, have given birth or experienced stillbirth in the last year who have concerns about their mental health.

Future developments, and any Questions?

