



Women, partners, families & professionals working together

**Maternal Mental Health Scotland Annual Report.**

**Year ended 31<sup>st</sup> March 2020**

***Trustees' Annual Report for the financial year ended 31 March 2020***

The trustees have pleasure in presenting their annual report for the year ended 31 March 2020.

***Reference and Administrative Information***

***Registered name of charity:*** Maternal Mental Health Scotland

***Charity Number:*** SC044891

***Registered address:*** Studio 1015, Mile End Mill, Abbeymill Business Centre, Seedhill Road, Paisley. PA1 1TJ

***Background:***

Scottish Perinatal Mental Health Forum was established in 2009 by a group of health and social care professionals who at the time either worked directly with pregnant women or up to 12 months after the birth of their baby or had a particular interest in perinatal mental health. This like-minded group of individuals have over the years championed their local NHS Boards throughout Scotland over the provision of services for women and their families. At the AGM held in August 2015 it was agreed to change the organisations name to Maternal Mental Health Scotland. Scottish Perinatal Mental Health Forum (now MMHS) was registered as a Charitable Incorporated Organisation (SCIO) on 29 May 2014, with the Office of the Scottish Charity Regulator.

***Objectives of the charity:***

- i) The advancement of education, by the promotion of research and public and professional awareness in perinatal mental health.
- ii) The advancement of good perinatal mental health for women and families, by promoting service innovation and quality perinatal mental health care across the health and social care spectrum.
- iii) The saving of lives promoting best evidence for prevention, detection and timely treatment for women, who may experience serious mental illness during pregnancy and following childbirth.

***Trustees for year ending 31 March 2020:***

Helen Sloan,	Joint Chair
Susan McConachie,	Joint Chair
Dr Ashleigh Macaulay,	Clinical Lead
Sharon McMenemy,	Treasurer
Alan Douglas,	Secretary, Resigned December 2019
Dr Anna Wroblewska,	Secretary from January 2020
Dr Catherine Carver,	Resigned August 2019
Elaine Connell,	
Emma Currer	
Fenella Cowey,	Resigned January 2019
Angela Denholm,	Resigned August 2019
Michelle Miller,	Appointed October 2019
Yvonne Milne,	Resigned August 2019
Nikki O'Hara	
Dr Christine Puckering	
Jackie Walker	

## ***Chair's report***

### **COVID 19**

Historically the majority of Trustees have been located in the central belt with meetings held in Glasgow. In line with national and local restrictions no face to face Trustee meetings have taken place since February 2020. Meetings have continued via the Zoom platform. The meetings have been well attended allowing the Trustees to continue with the work of MMHS. In addition, it has highlighted an opportunity for members from all areas of Scotland to express interest in becoming a Trustee as geography is no longer a barrier.

The main negative impact of Covid – 19 on MMHS has been the cancellation of the annual conference and scheduled visit from Malawian visitors May 2020, which was providing the theme for the conference. It is hoped the conference can be rescheduled to 2021.

### **Annual Conference**

The annual conference is a main source of income for MMHS the impact of this in context of finances is laid out in the treasurer's report. The conference provides a platform to educate the needs for mums, dads, children and the wider family while raising public and political awareness of service provision around Scotland. In the absence of the conference there has been media attention on the impact of Covid – 19 during pregnancy and the early postnatal period, which has involved the Everyone's Business Co-ordinator and Change Agents.

### **Stakeholder engagement**

MMHS continues to work in partnership with various stakeholders.

### **Maternal Mental Health Alliance**

<https://maternalmentalhealthalliance.org/>

Monthly meetings with Maternal Mental Health Alliance continue to look a four nations approach bringing strength to campaigning for better services while recognising the unique needs of the devolved nations.

### **Everyone's Business Campaign Co-ordinator**

<https://maternalmentalhealthalliance.org/campaign/>

Joanne Smith Everyone's business campaign co- co-ordinator returned from maternity leave and has worked tirelessly campaigning for the needs of specialist community perinatal mental health services.

### **The Robertson Trust**

<https://www.therobertsontrust.org.uk/>

The Robertson Trust approached MMHS after identifying perinatal mental health as an area of work that it would be interested in funding. Representative Eve Dallas attended a trustee's meetings outlining the vision of MMHS acting as an umbrella organisation that could identify, represent, promote, and safeguard the interests of organisations working in the perinatal mental health field. The Robertson Trust indicated they would be interested in funding a worker who would act as a co-ordinator. At a further Trustees meeting Eve introduced Victoria Pearce from Community Enterprise.

### **Community Enterprise**

<https://communityenterprise.co.uk/>

Following this introduction and at the last face to face meeting in February 2020 where Victoria facilitated a session on MMHS aims and values the Community Enterprise has worked with to strengthen MMHS.

A skills analysis was undertaken by all trustees, a small working group was established to look at increasing membership which resulted in an online survey 72 responses, a stakeholders group with Everyone Business Campaign Co-Ordinator via teams 21 participants from all over Scotland from statutory/third sector providers and experts with lived experience. With the evidence from the work completed Victoria developed a three-year operational and strategic plan to drive forward MMHS in the 21<sup>st</sup> century.

### **Royal Foundation**

<https://royalfoundation.com/>

Anna Wroblewska diligently pursued contact with the Royal Foundation. This led to a successful meeting at the Mellow Parenting offices with representatives of the Royal Foundation, MMHS, and representatives from a number of organisations including the Scottish Government.

MMHS helped to promote the Big 5 campaign that was run by the Royal Foundation January 2020. MMHS were invited to launch of the findings being presented by the Duchess of Cambridge in London MMHS, unfortunately the event was cancelled due to Covid- 19. A virtual launch with MMHS representation has been scheduled for November 25<sup>th</sup>, 2020.

Anna Wroblewska and Elaine Connell approached the foundation for input into the blank canvas colouring book project, but no response was received.

### **Other Stakeholders**

The trustees acknowledge the need to future proof MMHS into the political and policy landscape by ensuring ongoing strands of work such as 1001 days, The Parent Infant Foundation, The Wave Trust, and IMHUK have a Scottish perspective.

## **Malawi Partnership**

<https://aammh.org>

Maternal Mental Health Scotland have developed a partnership with St John of God Hospital in Lilongwe. 3 members of MMHS participated in an exchange trip to Malawi in November 2019 with a planned return visit to be arranged for May/June 20. During their trip to Malawi Hlen Sloan (Chair) Sharon McMenemey (Treasurer) and Laura Bennsion expert by experience met with staff and patients at St John of God and also the national state funded hospital in Zomba. MMHS were able to share the skills knowledge and experience of maternal mental health provision in Scotland and also facilitate teaching sessions at both Hospital sites. The group met with Malawi representatives of the African Alliance for Mental Health and visited a community health clinic in the Countries capital of Lilongwe. Laura Bennsion led a session on peer support and they met with a group of former patients of St John's of God some who had travelled many hours to participate in the discussions on how these women can support each other, raise awareness and address stigma within their own communities, these women were very keen to explore ideas in how they could income generate to sustain the group and also alleviate the poverty they experience within their families and communities. The group were struck by the resilience of the women and the professionalism of the staff who were determined to improve resources and outcomes for women and families experiencing Maternal Mental Health. During a brief period of R&R the group were fortunate enough to visit the Malawi National Park and experience the full Safari experience sleeping out in the jungle besides with all the countries creatures and creepy crawlies for company this was truly a memorable experience. The following day the group travelled down to Lake Malawi which borders eastern Malawi, western Mozambique and southern Tanzania despite the poor visibility it was easy to see why so many travellers' fall in love with the vibrant scenery and culture.

Unfortunately due to Covid 19 the cohort of visitors from Malawi were unable to travel for their anticipated return visit to Scotland however we have been able to maintain the partnerships with Webinar sessions on Scotland's Covid response and Dr Christine Puckering delivered an excellent session on Infant mental Health, there are further sessions planned covering various subjects including Medication Management. MMHS treasurer was instrumental in renegotiating the terms of the THET grant to allow a reapportion of the remaining grant funds which will see the purchase of IT equipment to maintain the links with MMHS and Scotland. Money will also be allocated to create a baby friendly environment within St John of God for the Women and their guardians who support the infants and families during women's admission. Money will also be allocated to the peer support group (Mobile phones) to facilitate community participation.

## **Perinatal and Infant Mental Health Programme Board**

<https://www.pmhn.scot.nhs.uk/perinatal-infant-mental-health-programme-board/>

MMHS are represented by Helen Sloan Co-Chair together with some other relevant 3<sup>rd</sup> sector organisations participate at the Scottish Government Perinatal and Infant Mental Health Programme Board meetings. At this forum 3<sup>rd</sup> sector organisations are able to

influence the strategic direction, investment and service provision for Perinatal and Infant Mental Health in Scotland.

### **Perinatal and Infant Fund**

Elaine Connell MMHS Trustee and founder of Blank Canvas was awarded monies from the Perinatal and Infant Mental Health fund to host a series of six art sessions to garner from women their experience of the care they received. The artwork produced will be exhibited in public forums and explore themes such as language, barriers, stigma and identity in an attempt to raise awareness and understanding of perinatal mental health and improve services available to families.

*Helen Sloan*

Helen Sloan, Co-Chair

*Susan McConachie*

Susan McConachie, Co-Chair

*Anna Wroblewska*

Anna Wroblewska, Secretary & Trustee