

PROGRAMME



Acacia Family Support Conference

BAME PARENTS AND PERINATAL MENTAL HEALTH SERVICES

29 January 2020 / 9am to 1pm
Aston Villa Football Club



Welcome to our conference



On behalf of Acacia it is my pleasure to welcome you to our BAME conference. We are excited to provide this opportunity to expand the conversations regarding the

development of accessible perinatal mental health services for all communities in Birmingham and the West Midlands. It is our sincerest hope that today will provide you with many opportunities to network, learn from each other and move the conversation forward.

Birmingham is the UK's second largest city and is more ethnically diverse than London. It is therefore vital that we maintain a focus on the needs of BAME families to ensure that we get this right. We are really fortunate to have such a passionate, committed and ambitious perinatal mental health sector in our region in both the statutory and third sector. We are particularly thrilled to see such a broad range of disciplines, services and sectors represented here today.

We hope that you enjoy the day and participate fully as we share, discuss, debate and dissect our learning so far in the hope of achieving further progress in the area of perinatal mental health services development for BAME communities.

Georgina Dean
Chair of Acacia Trustees

Programme

-
- 9.30am **Registration and refreshments**
Stands and networking
-
- 9.40am **Chair's welcome**
Overview of the day and housekeeping.
-
- 9.50am **Dr Giles Berrisford**
National Specialty Advisor for Perinatal Mental Health with NHSE/I
BAME communities and perinatal mental health services – the national perspective.
-
- 10.00am **Jelena Jankovic**
Consultant perinatal psychiatrist
Improving the accessibility and suitability of services for BAME parents – research findings.
-
- 10.15am **Acacia Family Support**
Our experience of supporting BAME parents affected by postnatal depression and anxiety for over 10 years.
-
- 10.30am **Lived experience testimony**
-
- 10.45am **Break**
-
- 11.00am **SAMPAD's performance of 'No Bond So Strong'**
A ground-breaking piece of theatre exploring the theme of motherhood and mental illness from a South Asian mother's perspective. Commissioned for Birmingham's 2019 BEDLAM Arts and Mental Health Festival.
-
- 11.30am **Workshops**
Each session lasts 30 minutes. See pages 5-6 for details.
-
- 12.30pm **Group activity and discussions**
-
- 13.00pm **Concluding remarks and close**
-

Our key speakers today



Sobhia Mahmood

Nakesha Mahmood is a former Acacia service user, Lived Experience Champion and Acacia volunteer.



Nakesha Chambers

Nakesha Chambers is a Lived Experience Champion, Friends of the Mother and baby Unit volunteer.



Dr Giles Berrisford

Dr Berrisford is FRCPsych National Specialty Advisor for Perinatal Mental Health with NHSE/I and lead clinician for the Perinatal Mental Health Services covering the Black Country, Birmingham and Solihull. His clinical work is based predominantly on the ten bedded inpatient Mother and Baby Unit in Birmingham.

He is also the National Specialty Advisor for Perinatal Mental Health with NHS England & Innovation. Dr Berrisford is the vice-chair for the Perinatal Faculty of the Royal College of Psychiatrists. He is chair of the national charity Action on Postpartum Psychosis.



Dr Jelena Jankovic

Jelena Jankovic is a consultant perinatal psychiatrist, Clinical Lead, West Midlands Perinatal Mental Health Network.

She works as a Perinatal Consultant Psychiatrist in Birmingham. She is also a Clinical Lead for West Midlands Perinatal Mental Health Network and Honorary Senior Research Fellow with Queen Mary University of London. Her research interests include posttraumatic stress disorder, involvement of carers in mental health services and acceptability of perinatal mental health services for women and families from ethnic minority background.



Vicki Hook

Vicki Hook is Acacia's Business Director and has worked in the charitable women's sector for the past 17 years.

Vicki has lived experience of perinatal mental health issues and is a previous service user of Acacia's services. She joined Acacia 12 years ago as their first business manager and has helped grow the charity from a small self-help group to a city wide organisation with over 50 volunteers, 20 members of staff supporting over 500 families per year.



Puja Chandegra

Puja Chandegra is Acacia's Coordinator for Perinatal Mental Health Project in Black, Asian & Minority Ethnic Communities.

She comes from a South Asian background, of an Indian origin. Puja is currently undergoing her Health Psychology Doctorate at the University of the West of England, focusing her thesis around perinatal mental health in birth mothers of adopted children. She has a keen interest in working with South Asian communities around mental health topics and in the past has worked with her local communities to raise awareness. Puja also supports a Hindu Women's organisation.



Rob Ewers

Rob Ewers is Operations Director for Acacia Family Support and a native of the Black Country in the West Midlands.

After qualifying as a general nurse in 1994 Rob has worked in a wide variety of hospital and community settings all over the UK, including four years working with the homeless in Liverpool. Before taking up his current post he lived and worked for ten years amongst the indigenous Maori community in New Zealand. Here he developed and led multi-award winning services, designed specifically to meet the needs of 'hard to reach' people groups.



No Bond So Strong

A play written by Olivia Winteringham

Commissioned by BEDLAM Arts & Mental Health Festival, supported by The John Feeney Trust and The Saintbury Trust.

A life-affirming show about motherhood and holding family together when you find yourself unravelling. A mother, a relative, a doctor; three voices come together to paint an intimate portrait of the hopeful experiences and the hopeless feelings of being a new parent.

No Bond So Strong is a show about reveling in the joys of parenthood but at the same time summoning every bit of energy not to fall apart for fear of losing it all. It's about taking baby steps, as your baby sleeps, to open up and talk about the highs and lows of parenthood when all you want to do is lock the door, draw the curtains and never get out of bed again.

Special thanks to all the brilliant women, families and medical staff who contributed their experiences to the creation of this play: Acacia Family Support, Birmingham & Solihull Mental Health Foundation Trust and the Birmingham Perinatal East Team.

No Bond So Strong toured to venues in Birmingham in Autumn 2019. Each performance is approximately 50 minutes long and is followed by a short discussion to enable audiences to share their thoughts and experiences.

We are currently exploring touring the show in 2020 and 2021 and would welcome enquiries. Further information and to see a short trailer, please visit:

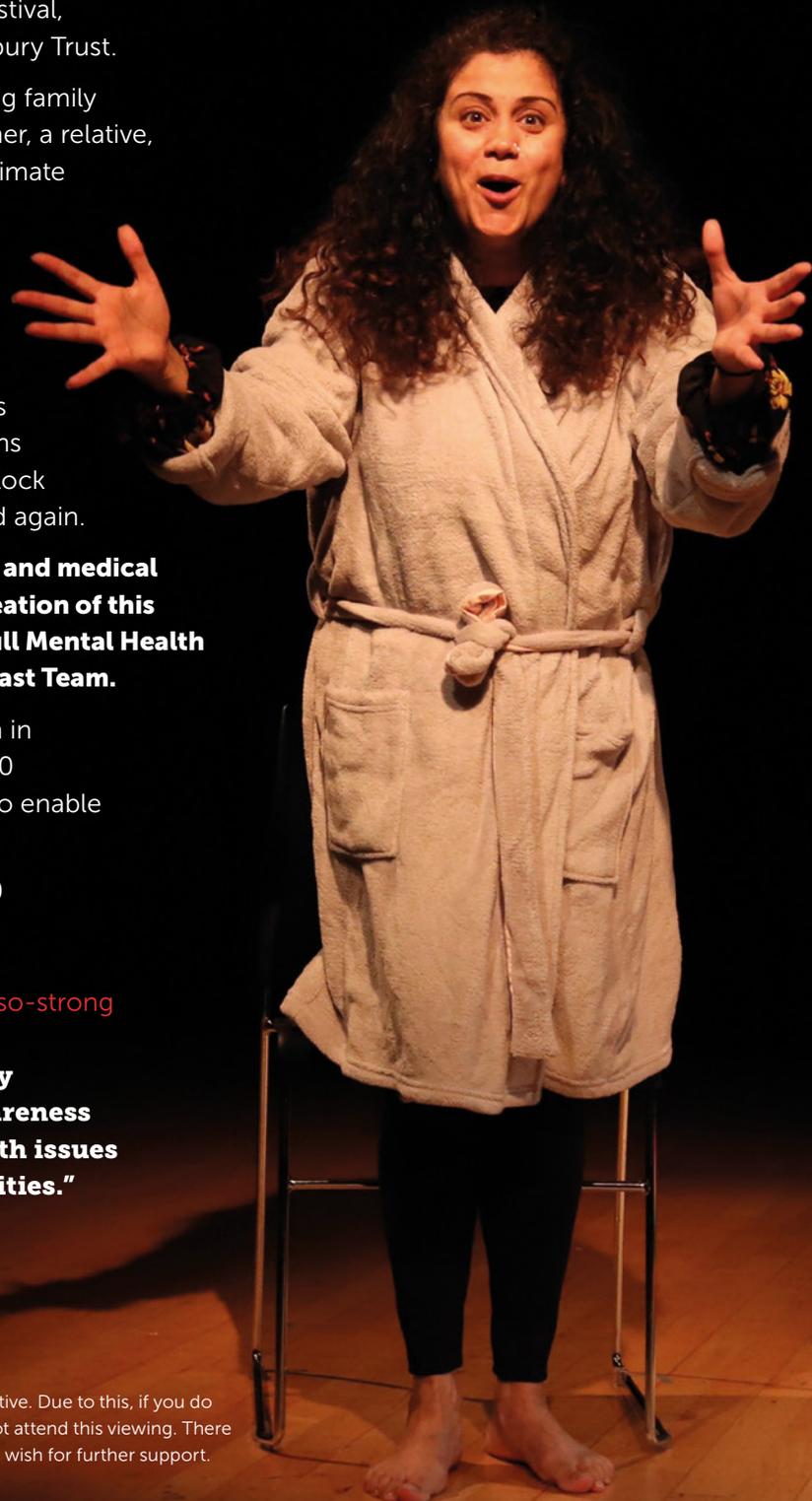
www.sampad.org.uk/project/2020-2021-no-bond-so-strong

"What a powerful and creative play, sensitively addressing stigma, stereotype and lack of awareness of postnatal depression and other mental health issues relating to women from South Asian communities."

"A beautifully honest and much needed exploration of perinatal mental health."

Warning

There are some scenes within the play which are highly emotive and sensitive. Due to this, if you do not feel comfortable watching, please feel free to leave the main hall or not attend this viewing. There will be Acacia staff and volunteers present to listen and speak to you if you wish for further support.



Workshops and speakers

Workshop A

Silent Trauma in South Asian Mothers

Dr Tina Mistry: HCPC registered clinical psychologist



Dr Tina Mistry is a HCPC registered clinical psychologist who works in private practice in Birmingham city centre. She has worked in

a variety of settings ranging from primary care to hospital settings, both in NHS, for charities and the private sector. Her specialist interests are exploring and healing trauma in the South Asian community. In addition to this she is developing safe spaces for aspiring and qualified South Asian therapists/psychologists to connect and develop their own practices.

Within many communities in the UK, there is a hidden aspect that often does not get spoken about, intergenerational trauma. There is a growing body of research that discusses and highlights the impact of generational histories.

In this workshop we will explore this issue within the context of South Asian communities living in the UK. We will aim to consider how hidden trauma can manifest and offer ways in which we can begin to inform our practice to consider the complexity of this issue.

Workshop B

A culturally adapted group psychological intervention for British South Asian families affected by perinatal mental health issues (The Positive Health Programme)

Farah Lunat: ROSHNI-2 Global Mental Health researcher



Farah is a Global Mental Health researcher with a keen interest in maternal mental health. She is employed by Lancashire and South Cumbria NHS Foundation Trust as the Deputy Trial Manager of ROSHNI-2, a NIHR funded multi-centre research study of post-natal depression in South Asian mothers.

Farah is a member of the Global Mental Health Research Group at the University of Manchester and through this supervises and supports mental health research in low and middle income countries. Her research focus is on raising awareness of mental health, reducing ethnic disparities, tackling stigma and adapting psychological therapies to meet the needs of ethnic minorities.

Also here today...

Raj Bilku (BBC Asian Network)



Raj is a broadcast journalist for the BBC Asian Network News. Raj will be available for the course of the conference and is creating a piece about the issues covered by the workshop. Please feel free to have a chat with her.



Workshop C

BAME peer support and perinatal mental health services: initial findings and impact from a new NHS and third sector partnership

Anna Rees, Safina Amir & Ruphsana Nahar-Qayyum: Peer Support & Specialist Community Perinatal Mental Health Team



Anna Rees is Team Manager for Perinatal Team East, a Specialist Community Perinatal Mental Health Team based in

Birmingham. Anna is a mental health nurse, with experience of working in acute mental health services, addictions, secure services and perinatal mental health services.



Ruphsana Nahar-Qayyum (left) Safina Amir (right) and are two of three peer support workers working within the Perinatal

Team East. They were recruited to provide focussed BAME peer support to the team. They have lived experience of perinatal mental health and have been employed via third sector organisations Acacia and Approachable Parenting, agencies with established links with BAME communities.

Anna, Safina and Ruphsana will be sharing their experiences of establishing the peer support worker role within the Perinatal Team East, and the concept leading to recruiting the Peers through third sector organisations. They will look at the impact that the peer support workers have had on the service, share their experiences of the challenges of this model of working, and discuss lessons that have been learnt along the way.

Workshop D

Educating and supporting BAME mothers affected by perinatal mental health issues: experiential lessons from MAMTA – FWT in Coventry

Noreen Bukhari & Surinder Nagra: FWT – A Centre for Women



Noreen (pictured) is an experienced Manager with a demonstrated history of working in the third sector. She is skilled

at public speaking, project management, strategy, training and early intervention and has expertise in BAME women's health and integration. Noreen is a strong professional with a bachelors BSc and was winner of British Muslim Award for Services to the Third Sector in 2018. She has won numerous other awards for projects and working with the statutory sector and has participated in leading research projects with Coventry University.

The Perinatal Mental Health BME Peer Support Programme was launched in June 2019 and is run by FWT – a Centre for Women. The peer support worker works alongside the MAMTA Programme (a child and maternal health programme) and the Perinatal Mental Health Service, which is part of the Coventry & Warwickshire Partnership Trust (CWPT). The aim of the project is to educate and support BAME women in Coventry through antenatal and postnatal period around their emotional wellbeing.

The presentation will capture general health issues for BAME women, the national context on perinatal mental health and barriers for BAME women experiencing perinatal mental health. The workshop will also focus on the impact of FGM on communities. Information on the FWT's Perinatal Mental Health BME Peer Support programme will also be shared including the aims of the project, offer and outcomes.



Inside By a recent BAME mother and Acacia service user

Guilt, shame
all but to name a few
walking with this cloud over me
feels like the rain will gush through

Can't express myself enough
to share how I really feel
After all, everyone has their own problems
So mine are no big deal

Keep it locked in? Or open up?
I feel I lose either way
If kept in I'll drown, if opened up they'll frown
I'm confused in what to say

It's hard to get out of it
When you don't know how to climb
And all you can do is keep telling yourself
That you will be just fine

A face with a million smiles on the outside
So noone would ever know
For what's on the inside only I can see
That part I will never show.

But something had to give
that's why I couldn't give in
we only get one life
and only one life to live

Sometimes life weighs us down
And dare we even share?
But the right people are out there somewhere
who really and truly care

I know this for myself
But I didn't know before
when I felt routes has closed down on me.
There was an open door.



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