



# Workshop

# C





# Perinatal Peer Support Workers

**BIRMINGHAM AND SOLIHULL MENTAL HEALTH FOUNDATION TRUST**

**PERINATAL TEAM EAST**

# Peer Support Workers



# Agenda

- ▶ **Introduction to the model**
- ▶ **Successes – Discussion**
- ▶ **Challenges – Discussion**
- ▶ **Aspirations for the future**
- ▶ **Questions and Contacts**

# The Model

- ▶ Employed via third sector organisations
- ▶ Lived experience of PMH
- ▶ SLA with BSMHFT
- ▶ Honorary Contracts
- ▶ Supervision Structure

# Successes so far as a pilot at the East Team... Project Perspective and Case Studies

- ▶ Well integrated into both employing organisations and BSMHFT team
- ▶ Involvement in wider perinatal service community engagements events
- ▶ Involved in facilitating groups, including Pregnancy & Beyond delivered in BWH and community, and MOMI group with Perinatal South Team
- ▶ Have a start date for our own perinatal peer support group Nurturing Minds: Wed 5<sup>th</sup> February 2020
- ▶ Quality Improvement project to improve services – reduce DNA and improve access
- ▶ Presented at several perinatal events
- ▶ BAME PSW trained in BFT

## Impact of work on the individual

- ▶ Case study 1 – Safina
- ▶ Case study 2 – Ruphsana
- ▶ Case Study 3 – Safina

## Initial Feedback (verbal)

- ▶ Family member expressed thanks for involvement and explained that having someone with lived experience talk to their daughter was reassuring
- ▶ Continuity of care and familiarity was greatly appreciated by service user



# Challenges we faced...

## The Challenges

- ▶ Difference in pre-employment checks timescales
- ▶ Experiences in all aspects of role have potential to trigger emotions from own personal experiences
- ▶ Engaging mums can be a challenge once referred
- ▶ Need to be prepared (and patient) for length of time it takes to convert an idea into reality

## How we have addressed this/ what we could do differently?

- ▶ Delay start dates until all clearances have been authorised by NHS recruitment
- ▶ A supervision structure is in place to support PSW and the peers support each other. We had not considered the need for peer/peer support of each other and it is fortunate that all PSW get on and feel supported. May need to be more involved in recruitment process to ensure this occurs when employing again.
- ▶ Joint appointment with familiar practitioner prior to PSW contacting for 1-1 work

# Aspirations so far as a pilot at the East Team...

- ▶ **More of the same!!!**
- ▶ **Improving access to perinatal services from BAME communities**
- ▶ **Raise awareness of existing community services**
- ▶ **Reduce stigma and fears of services**
- ▶ **Continuity of care throughout Mum's recovery journey**
- ▶ **Facilitating a network of women who have previously used the service**
- ▶ **Challenge language barriers**
- ▶ **Tackle isolation**



# Questions and Contacts

## Peer Support Team

- ▶ **Anna Rees – Team Manager**  
[anna.rees2@nhs.net](mailto:anna.rees2@nhs.net)
- ▶ **Ruphsana Nahar-Qayyum – BAME PSW**  
[ruphsana.nahar-qayyum@nhs.net](mailto:ruphsana.nahar-qayyum@nhs.net)
- ▶ **Safina Amir – BAME PSW**  
[safina.amir@nhs.net](mailto:safina.amir@nhs.net)
- ▶ **Natalie Thompson – PSW**  
[natalie.thompson20@nhs.net](mailto:natalie.thompson20@nhs.net)

## Office details

### Perinatal East Team

Little Bromwich Centre

150 Hobmoor Road, Small Heath, B10 9JH

**Office hours** - Monday to Friday 9am-5pm. During this time, you can call us on **0121 301 0990** there will always be a Duty Worker available