

WORKING TOGETHER IN PARTNERSHIP

The Mums Wellness Project is an early-stage intervention project for expectant mums & mums with a baby up to 1 year who are experiencing emotional health & wellbeing difficulties.

The project aims to meet the maternal mental health needs at this perinatal stage & reduce need for referral to statutory adult community mental health services.

The project works in partnership with the local Family Support Hub, healthcare professionals including GPs, Health Visitors, Midwives & other community/voluntary groups.

The project is funded by Comic Relief and is delivered by Mindwise.



GET IN TOUCH

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Visit the Mums Wellness Project website:

<https://www.parentingni.org/family-wellness-project/mums-wellness-project/>

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MindWise is the operating name of Mind Wise New Vision a company limited by guarantee and recognised by HM Revenue and Customs as a charity for tax purposes.

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**SUPPORTING THE
MATERNAL MENTAL
HEALTH NEEDS
OF EXPECTANT MUMS
AND
MUMS WITH A BABY
UP TO ONE YEAR
AND THEIR FAMILIES**

“Very useful programme. I loved how the Child & Family Support Worker visited me in my own home where I was safe & felt like I could open up.”

Parent comment after taking part in the Mums Wellness Project

WHAT DOES THE MUMS WELLNESS PROJECT DO?

- ✓ On a one-to-one basis supports expectant mums & mums with a baby up to one year who are experiencing emotional health & wellbeing difficulties to develop a Wellness Recovery Action Plan (WRAP)
- ✓ Offers support to expectant mums & to mum’s family, including partner & other children aged under 12

For more info on WRAP visit:

<http://mentalhealthrecovery.com>

- ✓ Facilitates peer support groups in local communities
- ✓ Signposts to other relevant services if needed

Signs and Symptoms

These are some of the signs & symptoms that a mum or expectant mum may be experiencing emotional health & wellbeing difficulties (this is not an exhaustive list):

Sadness/ Tearfulness

No energy/ Feeling exhausted all the time

Difficulty waking up / Wanting to sleep a lot

Difficulty sleeping

Racing mind

Feeling overwhelmed

Feeling isolated

Anxious

Poor concentration / foggy head

Irritable

Feelings of guilt

Loss of self-confidence

Negative thinking



“We have a service we can offer the mums that will meet their needs.”

Health Visitor comment about Mums Wellness Project

When & Where?

The project supports women in the first year of their baby’s life or during pregnancy, across the Fermanagh area.

A Child & Family Support Worker will aim to meet with a mum or expectant mum on a weekly or fortnightly basis for approximately 12 sessions. Sessions last approximately 1 hour and can take place in the home or a community venue.

HOW TO MAKE A REFERRAL?

Mums & expectant mums can contact the Child & Family Services Manager (contact details overleaf) or their local Family Support Hub to self-refer.

Professionals should contact their local Family Support Hub to make a referral (Fermanagh Family Support Hub Co-ordinator 028 6632 4181).

For more info on Family Support Hubs visit:

<http://www.familysupportni.org.uk/>

or

<http://www.cypsp.org/family-support-hubs/>