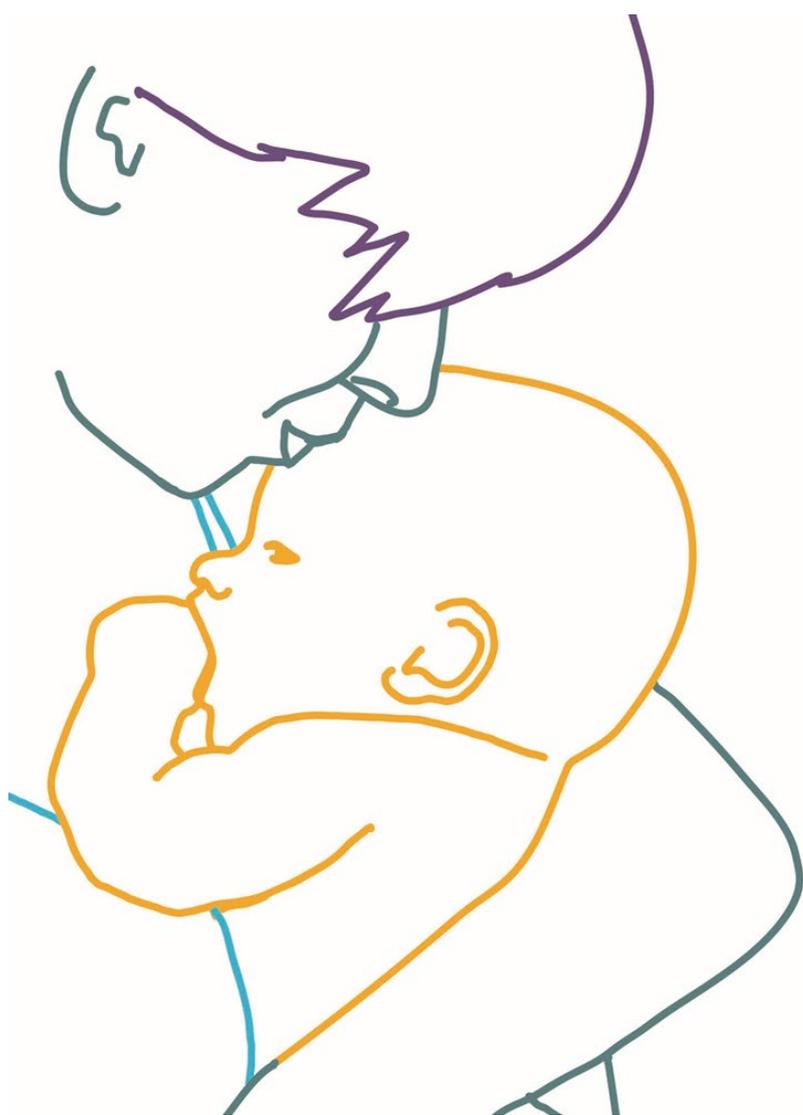


# Perinatal & Infant Mental Health Fund



**Funded  
services  
summary**

**August 2020**



## Funded services 2020 -2023

Aberlour Child Care Trust.....	3
Action for Children .....	3
Amma Birth Companions .....	3
Barnardo's.....	4
CrossReach.....	4
Healthy Valleys .....	4
Home-Start Glasgow North and North Lanarkshire.....	5
Home-Start Dunfermline.....	5
Home-Start East Highland, in partnership with Home-Start Caithness.....	5
Human Development Scotland .....	5
Maternal Mental Health Scotland .....	6
Midlothian Sure Start .....	6
PND Borders.....	6
Quarriers .....	7
Stepping Stones North Edinburgh .....	7

**Aberlour Child Care Trust** will continue delivery of community based support for women experiencing perinatal mental health difficulties, providing emotional and practical support through pregnancy and the first year of a baby's life. Delivered in Clackmannanshire, Falkirk and Stirling, new and expectant mums are matched with peer volunteer befrienders for regular non-judgemental support. This relationship-focussed support helps new and expectant mums to bond with their babies and reduces social isolation.



**Funded area(s) of operation: Clackmannanshire, Falkirk and Stirling**

**Action for Children's** non-clinical, community based parenting and peer support service provides support for women and families affected by or at risk of perinatal and mental health issues. Focussing particularly on young parents, lone parents, and other parents who have experienced trauma or lack support networks, the PIMH Fund grant will support delivery of services in Western Isles for three years and West Dunbartonshire for one year.



**Funded area(s) of operation: Western Isles, West Dunbartonshire\***



**Amma Birth Companions** supports vulnerable women who are facing significant adversity on their journey towards motherhood. This includes mothers who are refugees, asylum seekers and living in poverty. Amma's birth and mother companions support women before, during and after birth, providing trauma-informed emotional and practical support. Currently operating in Glasgow—with the aim to expand across the Greater Clyde area—Amma's service is intended to support the wellbeing and life chances of both mothers and infants.

**Funded area(s) of operation: East Dunbartonshire; East Renfrewshire; Glasgow City; Inverclyde; North Lanarkshire; Renfrewshire; South Lanarkshire; West Dunbartonshire**

**Barnardo's** services in Renfrewshire and Inverclyde support parents and infants from pregnancy to 3 years old who face a range of adversities that increase the risk of mental health problems. Adopting a whole-family approach, the 'Growing Together' programme offers a solution focused approach to supporting families with children under three years through parenting and peer support. 40 per cent of current service users are care experienced.



**Funded area(s) of operation: Renfrewshire and Inverclyde**

**CROSSREACH** providing a caring future **CrossReach** provide direct counselling support to parents affected by mental health illness in the perinatal period. CrossReach will build on their existing counselling service in Moray to meet increased demand. Their Perinatal Services have been providing specialist perinatal support to parents and families for over 30 years. Counselling sessions are free and delivered by trained and resistered psychotherapists or art therapists. CrossReach accepts referrals via the NHS and parents can also self-refer for support.

**Funded area(s) of operation: Moray**

**Healthy Valleys** promote positive health and wellbeing, and support isolated families living in disadvantaged communities in rural South Lanarkshire. Funding from the PIMH Fund will enable Healthy Valleys to continue delivery of a programme of ante and perinatal one-to-one and peer support, parenting and mental health improvement groups as well as outreach to local families who are pregnant and/or have children under the age of 3.



**Funded area(s) of operation: South Lanarkshire**

### **Home-Start Glasgow North and North**

**Lanarkshire** support families in North Glasgow and North Lanarkshire in the perinatal period through a range of services. Intensive one-to-one support for families is provided by a perinatal family support worker and home-visiting peer supporters. Home-Start Glasgow North and North Lanarkshire also facilitates successful peer support groups, including a drop-in café, and will develop more support for Dads at home, as well as peer support groups for Dads to support mental wellbeing.



**Glasgow North and  
North Lanarkshire**

**Funded area(s) of operation: Glasgow City, North Lanarkshire**

**Home-Start Dunfermline** offer one-to-one, personalised support for parents with infants and young children who may be lonely, struggling to cope with day to day routines, or at risk of social exclusion. Services include baby massage and family group sessions and a new baby café that has been successfully piloted in other areas. During these group sessions, staff and trained volunteers provide peer and parenting support.

**Funded area(s) of operation: Fife**

### **Home-Start East Highland, in partnership with Home-Start**

**Caithness**, deliver peer and parenting support services to socially and geographically isolated families in the Highland region. A range of support is available for families in the perinatal period and up to age three, including one-to-one personalised support delivered by staff and volunteers, parenting groups, a Baby Cafe, and structured play sessions. The partners currently operate in Caithness, Easter Ross, Inverness and Nairn and will extend their services to additional areas across Highland.

**Funded area(s) of operation: Highland**

**Human Development Scotland** aim to improve mental health and emotional wellbeing through professional training, CPD and provision of counselling and psychotherapy. Funding from the PIMH Fund will contribute to the development and delivery of observational infant mental health training for staff of third sector organisations working closely with families and

infants. The training aim is to teach workers to take a child-focussed approach and help parents understand the needs of their children.

**Funded area(s) of operation: National**

**Maternal Mental Health Scotland** is a membership body that aims to improve the provision of perinatal mental health services throughout Scotland. The Perinatal and Infant Mental Health Fund will support 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.



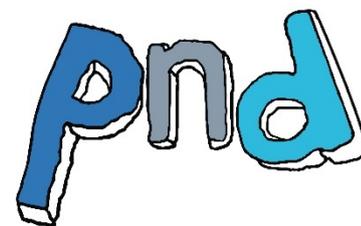
**Funded area(s) of operation: National**

**Midlothian Sure Start's** 'A Good Start' (AGS) prevention programme has been developed in co-production with parents over 15 years, providing valuable peer and parenting support to vulnerable families in Midlothian. In partnership with East Lothian Council, the programme will be expanded to provide support to new families in East Lothian, training local volunteers, health and third sector staff. The service will expand to provide more antenatal programmes for vulnerable parents and drop-in sessions for parents with infants under one year.



**Funded area(s) of operation: Midlothian and East Lothian**

**PND Borders** provide a therapeutic service that reaches out to families affected by ante and post-natal depression and anxiety across the Scottish Borders to improve outcomes for mothers, babies and the family as a whole. Counsellors provide long-term Person Centred and Psychodynamic Counselling and Art Therapy, as well as training in infant massage, among other services. Support groups supplement core services and a creche is offered to support women to access the service.

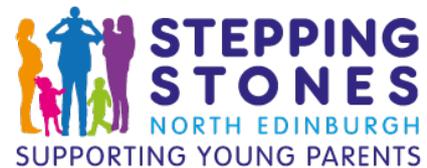


**Funded area(s) of operation: Scottish Borders**

**Quarriers'** Maternal Wellbeing Service based in North East Glasgow provides support for families experiencing mild to moderate perinatal and infant mental health issues from conception to 3 years following birth. A range of services support families, counselling and psychological support, and one-to-one parenting support from trained Family Practitioners, providing a safe space and encouraging bonding and attachment with infants. Other services include a weekly antenatal support group, a postnatal support group for mothers experiencing post-natal depression, an international women's group and a group for Fathers.

**Funded area(s) of operation: Glasgow City**

**Stepping Stones North Edinburgh** support the wellbeing of women and families during pregnancy and the early post natal months. The Bump Start programme provides intensive one-to-one and group support to help establish the foundations for secure parent-infant relationships. Stepping Stones North Edinburgh will develop a new partnership with Juno (Perinatal Mental Health Support) to deliver weekly peer support groups in the local community led by volunteers with lived experience.



**Funded area(s) of operation: Edinburgh**