The Nelson Trust – Perinatal Emotional Wellbeing Pilot

The Nelson Trust supports women in the community with multiple and complex needs.

We accept referrals from any professional or women may self-refer. Every woman is offered a detailed individual assessment of their needs across nine pathways:

* accommodation
* physical and mental health
* drugs and alcohol
* finance and benefits
* family and relationships
* domestic abuse
* sex working
* education and training
* attitudes, thinking and behaviour

This service aims to provide support to women with a low/moderate perinatal mental health support need and any additional identified unmet support needs across the 9 pathways.

The perinatal mental health pilot has been funded by NHS CCG and aims to bridge the gap for women and alleviate the difficulties that professionals may have in supporting with women in the perinatal period with multiple and complex needs.

Often these women are referred to as ‘non-engaging’ with statutory services. Working in a trauma-informed way allows us to open conversations and find strengths in difficult times. Women co-create their support plans alongside their keyworkers – empowering the women in identifying the areas they would like support. The Nelson Trust is a place where the client can build trust, develop choices, work closely with others, and ultimately make their own decisions.

We work closely with other agencies and promote a multi-agency approach in the care and support of these women. With consent, we can act as a point of contact for other professionals that may not be experiencing the same level of engagement from these women. With that built relationship – we have seen across our pathways that the engagement with other services often improves. This can alleviate the pressures on services in minimising missed appointments, reduction of crisis and a multi-agency approach brings a better understanding on what is going on for that woman at that time in their lives. We can also signpost to the relevant agencies and refer onwards if necessary e.g. safeguarding concerns.

Working together we can strive for the best possible outcomes with and for the women that we support.

The key outcomes of this project are: -

1: Identify the health and mental acuity for women during Perinatal period-

                    reduce impacts of COVID-19

Indicators:   % of women engaged in targeted DV/SV Health interventions

                   Reduction in pressures in the system

                   Reduction in  women reaching crisis point

                   % of women engaged in wrap around support

                   % of women engaged in peer support

2: Increase in number of staff/community skilled to identify PIMH and feel better equipped to provide advice, support and signpost

Indicators:  Increase in appropriate new referrals into the service

                  Reduction in pressure in existing pathway

Women reporting feeling better supported by the system as a whole

                  Uptake and feedback from training

3: Develop a sustainable PIMH peer support programme

Indicators:  % of women peer support trained

                   % of women developing into peer leadership roles

Additional benefits are:

* Reduce the need for crisis intervention further upstream
* Encourage joint-working/collaboration across agencies delivering the PIMH pathway
* Sustainability beyond funded period/value for money

Key work 1-1 sessions

Women will be allocated a keyworker. The keyworker will work in collaboration with the woman to co-create a support plan, triage and risk assessment. The keyworker can offer sessions and support around the needs identified by the woman. The keyworker can provide advocacy and signpost or refer the woman to the appropriate services if necessary. The key worker can provide a point of contact for other professionals and women.

Groups

Women who are accessing The Nelson Trust service can access many already established open groups from the Women’s Centre. They will also be able to access groups that are created for women on the perinatal mental health pilot – this will include a group for the woman with a focus around mental health and wellbeing for themselves and their children. We have a fantastic space at the Centre which we hope to use for other ad-hoc groups led by external professionals such as yoga, first aid, providing opportunities to try different activities that may not be easily accessible for the women we support. We also plan for there to be a group which women and their infants can attend together to build bonding and improve mental health, and fundamentally meet peers they can relate to and build a support system.

The opportunity of a free creche on site run by a qualified childcare practitioner will be available to women whilst accessing groups or attending key working sessions.

Outreach

Keyworkers are able to provide outreach to women in their homes or in community. This could be for key working sessions or supporting at appointments.

Peer Mentors

The Nelson Trust offers opportunities for women who have accessed our services to become peer mentors. The peer mentors are trained and can run groups and offer support to clients who have requested a peer mentor. Peer mentors can offer a wealth of knowledge and empathy from lived experience.

Meet The Team

Currently working on the pilot

Team Lead – Yasmin Hunt – [Yasmin.hunt@nelsontrust.com](mailto:Yasmin.hunt@nelsontrust.com)

Yasmin has worked at The Nelson Trust for 2 years as a domestic abuse safety keyworker and as an outreach worker on the Sex Worker Outreach Project. Yasmin has experience in working with women who have experienced or at risk of exploitation and multiple complex needs. Before joining the trust Yasmin studied and worked within maternity services and is passionate about providing support to women in the perinatal period.

Senior Keyworker – Sandy Mitchell - [sandy.mitchell@nelsontrust.com](mailto:sandy.mitchell@nelsontrust.com)

Sandy has led the liaison and diversion pathway within The Nelson Trust for the past 2 and a half years. This role involved managing her team and seeing women at point of arrest and assessing their mental wellbeing and suitability to engage with our service.

If it was felt that the lady needed professional support for her mental health Sandy would refer into the custody mental health team who she worked closely with as part of the project.

Sandy has a background in childcare and worked as a family support worker in the stroud children and families social care team for 4 years before joining the Nelson Trust in 2019. Sandy has a deep interest in psychology and trauma and the effects on mental health

Referral process

We mainly receive referrals into The Nelson Trust services from other professionals e.g. health professionals, social care and criminal justice. These are just a few examples and the referrers are not limited to only these. We welcome referrals from any professional with the woman’s consent and women can also self-refer. The self-referrals normally tend to come from a professional mentioning The Nelson Trust or through word of mouth and knowing other women who access our services.

If the referral meets the criteria to the project then the woman will be contacted and triaged to assess the level of support that woman needs across the 9 pathways. All referrals are considered on an individual basis.

Referral forms can be found online [www.nelsontrust.com/referrals/the-process/](http://www.nelsontrust.com/referrals/the-process/) under Women’s Community Services.

Any further information please contact us and we will be happy to answer any questions

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