

Maternal OCD

e-newsletter



Issue 2 - 2014

Funding and mentoring secured!



Maternal OCD has secured funding and mentoring from the Hertfordshire Training and Development Consortium!

The funding will focus on creating training videos to highlight the different symptoms of varying perinatal mental health conditions. This will then provide resources for health professionals to reduce the risk of perinatal OCD

being misdiagnosed. *'We have been told time and time again from health professionals that help is needed to identify the hidden signals of perinatal OCD, and therefore this resource will support achieving this'* Maria Bavetta, Co-founder Maternal OCD.

Maternal OCD has also secured free mentoring to look at the future direction of the organisation. This will be conducted with Amanda Rogers from 'The Ripple Effect' who is the

Project Lead for the HTDC Advice and Guidance Service. We have already started receiving mentoring and have further sessions planned - a big thank you to Amanda for her support.

HTDC provides workforce development and capacity-building for the voluntary sector and develops partnership working.

For further details regarding this training please email info@maternalocd.org

Great news!

HMRC has now recognised Maternal OCD as a charity!*

We have our own unique charity reference number which will help us with all governance related actions.

HMRC Maternal OCD Charity Reference number: EW02725

(*for tax purposes)

Early training to improve awareness

We recognise the importance of creating awareness at grass roots level, and with this in mind Diana has spoken at the following universities: Reading, Surrey, Nottingham Trent and Cambridge with great success!

'Diana is an outstanding speaker, who talked with enormous honesty and insight about perinatal OCD. As well as revealing a challenging but uplifting story of her own experience, she was able to speak with great authority from her experience in

helping other sufferers. I would highly recommend Diana as a speaker for medical professionals and students' **Jonathan Rogers President, Cambridge University Psychiatry Society**

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Reaching over 750 health professionals!

Maria and Diana have been all over the country raising the profile of Maternal OCD and since the launch, have now reached over 750 health professionals! This includes speaking at the Pan London Perinatal Mental Health Network Launch and having a stand at the Marcé Society for Perinatal Mental Health in the Autumn.

Maria spoke at the Royal College of Psychiatry Perinatal Conference in Manchester, highlighting her experiences of suffering and recovering

from OCD and the services that Maternal OCD can offer.

Diana spoke at the OCD Action 'Better together support group facilitator' day in Birmingham, about perinatal OCD support groups.

Maria also delivered a workshop for the Hertfordshire Partnership University NHS Foundation Trust, at their Recovery Conference on World Mental Health Day; this focused on methods of recovery for OCD.



We have also been asked to return to train social services and midwives too!

Diana Wilson
with Daniel
Nabarro at the
OCD Action
event



Support work in 2013/14

We have received funding from The Sainsbury Family Trust to run the first ever Maternal OCD Support Group. This has created a mixture of outcomes, as we have had varying attendance. The main outcome has been the increase in requests for skype support either one-to-one or even group skype. The main reasons for the success of this method is

'I receive calls, emails and skype requests more and more and different times of year provoke an influx of need' Diana Wilson

either lack of childcare provision or the inability for the mother to leave the house due to the severity of the

OCD. A huge thanks to the Mental Health Foundation for their support to help us make this happen. We also provide telephone support for mothers and their families. Maternal OCD Support Groups are held on the first Monday of every month 10am—12pm at the Mental Health Foundations offices at London Bridge. See www.maternalocd.org for further details. (until Aug 2014)



Department
of Health

Maternal OCD has worked with the Department of Health in the last year by supporting the inclusion of OCD case studies within the Health Visiting training programme. Maria has also been filmed describing her story and providing helpful guidance for health professionals when communicating with mothers

Department of Health & RCGP

who have perinatal OCD. We also supported filming with information on non-verbal listening skills for Health Visitors and we would like to thank the Department for distributing our information across the Health Visitors Lead Network.

Great news! The bid we supported

to the **RCGP (Royal College of General Practitioners)** to include perinatal mental health as one of their clinical priorities for 2014 - 2017 has been successful. Our colleague Dr Judy Shakespeare is the Clinical Champion - for further details please email: judy.shakespeare@virginmedia.com

Links across the UK and Europe

Mothers often struggle to explain their OCD concerns to health professionals, as well as health professionals often requiring more information. Therefore we have been focusing our attention on having national links with organisations where mothers and health professionals can access information:

This includes:

1. Working with netmums and having a support page on their site
2. Becoming an endorsement organisation for the NICE Postnatal Care Quality Standard
3. Working with the NHS Choices team to ensure we are linked to their website
4. Becoming a member of the MMHA and having our link on their site
5. The French WHO collaborating centre for mental health and WHO Europe have organised a congress in Lille, France about service users and carers' empowerment in mental health—Diana Wilson will be speaking at this event—more details to follow!



Maria Bavetta with Lis Jones at the launch of the Pan London Perinatal Mental Health Network

Thank you to our donors, fundraisers and volunteers!

In the last year we have received donations to keep us afloat and we would like to say a HUGE thank you to you all! Some have asked to remain anonymous however we still wanted to acknowledge you!

A big thanks goes to **Dr Eva Zysk** and her students for co-ordinating a cake sale for us and raising funds - truly wonderful! Of course without this generous support it is very difficult to maintain our services and

introduce new projects and ideas so if you would like to carry out any fundraising or kindly donate please contact us and we will support you with this!



We have also been graced with

some wonderful volunteers, again they would also like to remain anonymous however we still wanted to say thank you for all their support - we really do appreciate all their hard work! Thank you one and all!

We would also like to thank the following for their time, support and enthusiasm **Dr Liz Forrester, Dr David Veale, Dr Asmita Palmer, Dr Lynne Drummond and Dr Antonio Martins-Mourao.**

Additional roles

Both Maria and Diana have secured further roles in the last year. Diana now sits on the Perinatal Section Executive Committee for the Royal College of Psychiatrists as a service user representative. Diana has also been a service user representative

for UKCP and is part of a launch in parliament about the cost of poor mental health. Maria now works as the Campaign Communications Officer for the Maternal Mental Health Alliance Everyone's Business Campaign and also sits on the ESMI Service User Advisory Panel which is a

perinatal mental health research programme.

Maria is a member of the NICE Antenatal and Postnatal Mental Health Guideline Development Group and a member of the National Involvement Partnership with NSUN.



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Maternal OCD aims to raise the awareness of perinatal Obsessive Compulsive Disorder amongst mothers, health professionals and key decision-makers.

We support much needed research in this area and provide resources for accurate diagnosis, appropriate treatment and sustainable recovery

Maria Bavetta and Diana Wilson: Co-founders of Maternal OCD

Testimonials!

'Maternal OCD plays an essential role in the health and well being of mothers by working tirelessly to improve education and research into this debilitating condition. The organisation draws on an admirable combination of personal experience of the illness and professional acumen to ensure that the needs of mothers suffering from maternal OCD are understood and addressed. The ultimate aim of Maternal OCD is to ensure that no mother loses the joys of motherhood to OCD. We work closely with Maternal OCD to keep our clinical team abreast of the latest developments in formulation and treatment protocols and their insights are invaluable to our service'

Julie Sale, Director—Local Counselling Centre

'I would highly recommend Diana, Maria and Liz's talk about OCD. They kindly came to speak to my 2nd year cohort of student Midwives. We found the speakers to be very interesting. The teaching session was made very relevant as the students listened to Maria and Diana's personal stories. They also had the chance to assess their own knowledge on the subject with role play scenarios. In conclusion the session was very illuminating, sensitive and inspiring. Thank you for sharing your passion with us.'

**Penny Charles MSc BA RGN RM PGCEA
Kings College, London**

The talk was fascinating and I was unaware of the prevalence of OCD. I now feel better informed – thank you.' **Trainee Therapist**

'This training was very informative and raises awareness around OCD – fantastic presentation - I will think twice when talking to mothers' **Midwife**

Maternal OCD Medical Panel and Advisors

We understand the value of having a mixture of both service user and professional clinical expertise and experience.

We are incredibly lucky to have a great medical team to support us. We wanted to take this opportunity to say thank you for helping us make the difference.

Maternal OCD Patron:

Dr Fiona
Challacombe



Maternal OCD Advisory Panel:

Dr Stephanie
Fitzgerald



Dr Anne Perry



Dr Blake
Stobie



Maternal OCD consultants:

Dr Adam
Radomsky



Dr Liz
McDonald



Please visit www.maternalocd.org for further details about our professional support