

# Cambridgeshire and Peterborough

## Perinatal and Infant Mental Health Services Guide

*For Professionals*



*Compiled by the Healthy Child Programme*

*Cambridgeshire and Peterborough (CCS and CPFT)*

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## FOREWORD

This document was originally created as part of a larger presentation to staff within the Cambridgeshire and Peterborough Healthy Child Programme (HCP), with the aim of bringing information about local perinatal and infant mental health services and referral processes into one place. It was identified this could be useful for professionals in other contexts and services, and so has been adapted and shared with professionals across the region.

The perinatal and infant mental health service landscape is constantly evolving, so this document will quickly become out of date and inaccurate. This document will therefore be updated several times a year, as information changes and new details become known.

If you know of anything that is missing, or any updates/information changes, please email Dr. Susan Sadek (Clinical Psychologist, Healthy Child Programme) - [Susan.Sadek1@nhs.net](mailto:Susan.Sadek1@nhs.net).

This information was correct as of 13<sup>th</sup> February 2023 and has been checked with an individual representing each service.

# SERVICES BY GEOGRAPHICAL REGION

Click "Ctrl" and the service name to take you to the relevant page

## Fenland

### Peterborough

Early Years – Barnardo’s  
 Birth Reflections (Peterborough City Hospital or Hinchingsbrooke Hospital)  
 Sunflower Clinic (Peterborough City Hospital or Hinchingsbrooke Hospital)

CPSL MIND  
 Birth And Beyond Community Support

Early Years - Cambridgeshire  
 Early Years – Barnardo’s  
 Birth Reflections (Peterborough City Hospital or Hinchingsbrooke Hospital)  
 Time to Talk (Queen Elizabeth Hospital)

Sunflower Clinic (Peterborough City Hospital or Hinchingsbrooke Hospital)

### CPSL MIND

Birth And Beyond Community Support  
 Small Steps Together  
 Perinatal Wellbeing Group

Homestart Parent Infant Psychotherapy

### MPOWER

## East Cambridgeshire

Early Years - Cambridgeshire  
 Birth Afterthoughts (Rosie Hospital)

Maternal Wellbeing Clinic (Rosie Hospital)

Birth Choices

CPSL MIND

Birth And Beyond Community Support

Homestart Parent Infant Psychotherapy

Circle of Security Parenting Groups

## Cambridge City

Early Years - Cambridgeshire

Birth Afterthoughts (Rosie Hospital)

Maternal Wellbeing Clinic (Rosie Hospital)

Specialist Perinatal Mental Health Team

CPSL MIND

Homestart Parent Infant Psychotherapy

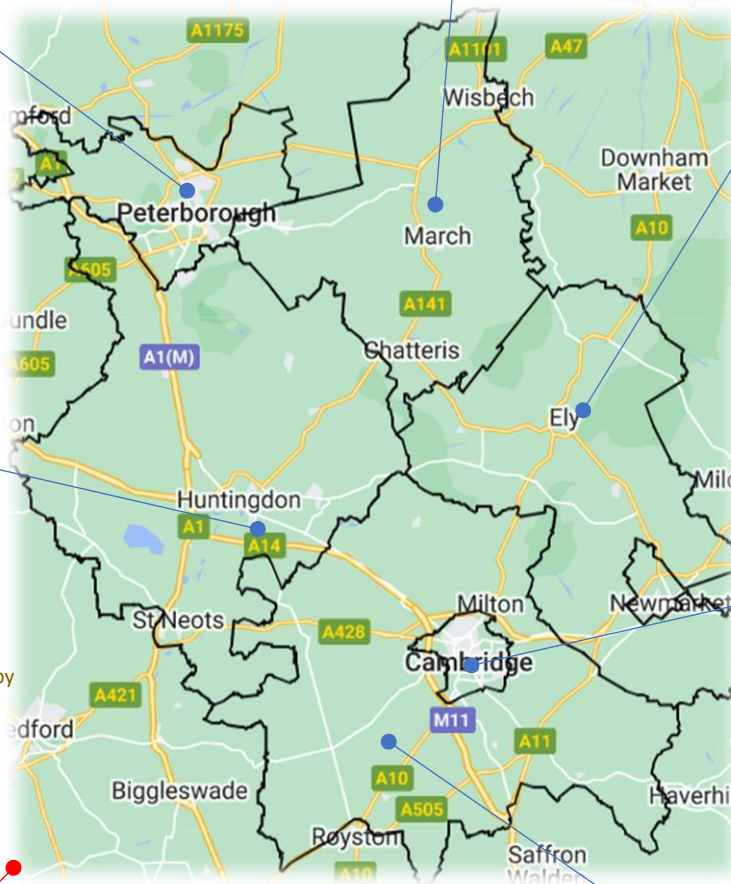
Circle of Security Parenting Groups

MPOWER

### Huntingdon

Early Years - Cambridgeshire  
 Birth Reflections (Peterborough City Hospital or Hinchingsbrooke Hospital)  
 Sunflower Clinic (Peterborough City Hospital or Hinchingsbrooke Hospital)

CPSL MIND  
 Homestart Parent Infant Psychotherapy  
 Circle of Security Parenting Groups



## South Cambridgeshire

Early Years - Cambridgeshire

Birth Afterthoughts (Rosie Hospital)

Birth Reflections (Peterborough City Hospital or Hinchingsbrooke Hospital)

Maternal Wellbeing Clinic (Rosie Hospital)

Birth Choices

CPSL MIND

Homestart Parent Infant Psychotherapy (excludes SG8 postcodes)

Circle of Security Parenting Groups

## COUNTYWIDE SERVICES

Healthy Child Programme

Young Parent Pathway (Part of the Healthy Child Programme)

Specialist Perinatal Mental Health Team

Psychological Wellbeing Service



First Response Service

# 1. SERVICES FOR ALL PARENTS AND INFANTS

## 1.1. Healthy Child Programme

<b>Website</b>	<a href="http://www.bit.ly/nhscambspboro-hcp">www.bit.ly/nhscambspboro-hcp</a>
<b>Location</b>	Cambridgeshire and Peterborough
<b>About</b>	<p>The team is made up of health visitors, nursery nurses and assistant practitioners, who support the health needs of infants and children aged 0-5, in the community.</p> <p>A member of the health visiting team will usually meet parents 10-14 days after the birth of their baby, when their baby is 6-8 weeks, at 9-12 months and 2-2.5 years. They will also meet some families antenatally (from 28 weeks). They can offer additional support to families, as required, on a variety of areas, including: infant feeding, introducing family foods, parenting support, sleep, and children's behaviour.</p>
<b>Who is the service for?</b>	Everyone with an infant or child under 5, living in Cambridgeshire and Peterborough.
<b>Referrals</b>	<p>The HCP are notified by local hospitals or community midwives, of the birth of all new babies. Once the family are open to the HCP, they will be offered all the mandatory contacts at the specified time points.</p> <p>For local discussions relating to Perinatal and Infant Mental Health, please contact the Health Child Programme Single Point of Access on 0300 029 50 50 or <a href="mailto:cambs.pboro.childrenshealth@nhs.net">cambs.pboro.childrenshealth@nhs.net</a>, and ask for your message to be sent to the PIMH champion in your area (North/South/Peterborough).</p> <p>Alternatively, contact the lead for PIMH, Susan Sadek, Clinical Psychologist (<a href="mailto:Susan.sadek1@nhs.net">Susan.sadek1@nhs.net</a>).</p>
<b>Service flyer</b>	N/A


## 1.2. Young Parent Pathway (Part of the Healthy Child Programme)

Website	<a href="http://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/cambridgeshire-0-19-healthy-child-programme/family-nurse-partnership">www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/cambridgeshire-0-19-healthy-child-programme/family-nurse-partnership</a>
Location	Cambridgeshire and Peterborough
About	<p>The Young Parent Pathway is for anyone having their first baby aged 19 or under at time of conception. The services within this pathway take a strengths-based approach. Staff work alongside clients to support them in a wide range of domains that relate to their pregnancy and parenthood, helping young parents to identify and make positive decisions about their lives and the life of their baby.</p>
Who is the service for?	<p>There are two offers within this pathway:</p> <ol style="list-style-type: none"> <li><b>1. Family Nurse Partnership (FNP):</b> For young parents with specialist needs, they are paired with a specially trained family nurse who visits them regularly, from the early stages of pregnancy until their child is between one and two. FNP can explore a wide range of topics with parents, including: life skills; health and wellbeing; looking after baby; infant development; safety and stability; connecting with baby; relationships; family and support networks; goals and aspirations.</li> <li><b>2. Enhanced Young Parent Pathway (EYPP):</b> Parents within the EYPP who are not eligible for FNP, receive all their usual contacts from Health Visitors within the Healthy Child Programme, and additionally receive 4 antenatal visits, 5 visits when their infant is aged 0-1, and can have a further 4 visits when the infant is aged between 1 and 2, if needed. Young Parent Nursery Nurses support young parents with topics such as infant feeding, safe sleep, supporting parent-infant relationships, and becoming a new mum.</li> </ol>
Referrals	<ul style="list-style-type: none"> <li>• For FNP: With the clients permission, if they meet the criteria on the eligibility form listed below, please complete the referral form and send to <a href="mailto:Cambs.pboro.childrenshealth@nhs.net">Cambs.pboro.childrenshealth@nhs.net</a>. Please mark the email FAO FNP. Anyone can make a referral.</li> <li>• For EYPP: Referrals not required - these will be arranged in conjunction with mandated Health Visitor antenatal contact.</li> </ul>
Service flyer	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>FNP local Leaflet.pdf</p> </div> <div style="text-align: center;">  <p>Eligibility form FNP.docx</p> </div> </div>

### 1.3. Early Years - Cambridgeshire

<b>Website</b>	<p>Each Child and Family Centre has its own Facebook page:</p> <ul style="list-style-type: none"> <li>• <a href="#">South Cambridgeshire Child and Family Centres</a></li> <li>• <a href="#">East Cambs Child and Family Centres</a></li> <li>• <a href="#">Cambridge City Child and Family Centre</a></li> <li>• <a href="#">Wisbech Child &amp; Family Centres</a></li> <li>• <a href="#">Huntingdonshire Child and Family Centres</a></li> </ul> <p>Also: <a href="http://www.cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support/child-and-family-centres">www.cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support/child-and-family-centres</a></p> <p>And <a href="#">Directory of Services</a></p>
<b>Location</b>	<p>Cambridgeshire (excluding March, Chatteris, Whittlesey)</p>
<b>About</b>	<p>All the child and family centres offer similar services, with the centres being used by midwives &amp; health visitors for clinics and the council offering baby groups, Stay &amp; Play groups, young parents groups, self-weigh, and breastfeeding support groups.</p>
<b>Who is the service for?</b>	<p>All babies, infants parents, and carers.</p>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• No professional referral necessary – families can book themselves, but booking is essential for all sessions and spaces are limited.</li> <li>• Call 01954 284 672 or email <a href="mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk">ChildAndFamilyCentre.South@cambridgeshire.gov.uk</a>.</li> </ul>
<b>Service flyer</b>	<p>N/A – up to date information available on the Facebook pages.</p>

## 1.4. Early Years – Peterborough (Barnardo’s)

Website	<p>Each Child and Family Centre (C&amp;FC) has its own Facebook page:</p> <ul style="list-style-type: none"> <li>• <a href="#">East and First Steps C&amp;FCs - Central and East Peterborough</a></li> <li>• <a href="#">Honeyhill C&amp;FC – North West and Rural Peterborough</a></li> <li>• <a href="#">Orton C&amp;FC – South Peterborough</a></li> <li>• <a href="#">March, Chatteris &amp; Whittlesey C&amp;FCs – South Fenland</a></li> </ul>
Location	Peterborough and South Fenland (Whittlesey, March and Chatteris)
About	<p>Barnardo’s Child and Family centres offer a fun, friendly, safe space where mums, dads and parents-to-be, carers and children can learn and develop in a supportive environment. Every centre is different and aims to respond to the unique needs of each community, but all of them offer the opportunity to meet other parents and access a range of information and support.</p> <p>They offer baby groups, stay and play groups, self-weigh and breastfeeding support groups, access to fresh food for those struggling with costs of living, and offer more targeted support including young parents’ provision, parenting programmes, speech and language support, baby massage, antenatal and postnatal care, parenting advice, parent/child bonding and sensory play for children.</p> <p><i>They work closely with a range of services, and work in partnership with CPSL Mind to deliver three perinatal programmes (Mums Matter, Connecting Mums and Dads Matter), co-delivering these programmes.</i></p>
Who is the service for?	All babies, infants parents, and carers.
Referrals	<ul style="list-style-type: none"> <li>• No professional referral necessary for universal provision– many sessions are “turn up on the day” whilst others will require families to book themselves onto programmes via BookWhen. Please see Facebook links for further information.</li> <li>• For one to one family support please call Jo Lawrence, Family Support Team Manager on 07763578091 or email <a href="mailto:referral@barnardos.org.uk">referral@barnardos.org.uk</a></li> </ul>  <p>Barnardos Family Referral Form Oct 20</p> <ul style="list-style-type: none"> <li>• For more information or to book onto the jointly delivered CPSL Mind programmes, <a href="#">go to this section of the guide</a>.</li> </ul>
Service flyer	<ul style="list-style-type: none"> <li>• N/A – up to date information available on the Facebook pages.</li> </ul>




## 1.5. Services to review labours and births in hospital settings

### 1.5.1. Birth Afterthoughts (Rosie Hospital)

<b>Website</b>	<a href="http://www.cuh.nhs.uk/our-services/birth-afterthoughts/">www.cuh.nhs.uk/our-services/birth-afterthoughts/</a> -
<b>Location</b>	Families who have had a birth at the Rosie.
<b>About</b>	Birth Afterthoughts is a listening and debriefing service available to any woman and family who has given birth to their baby in the Rosie. It is a confidential service that provides an opportunity to discuss and understand what happened during labour and birth.
<b>Who is the service for?</b>	Birth Afterthoughts is helpful for exploring the step-by-step delivery experience. It does not address birth trauma.
<b>Referrals</b>	<ul style="list-style-type: none"><li>• Self referral by email or by leaving a message on the voicemail.</li><li>• A midwife aims to be in touch within 5 working days from point of contact.</li><li>• Suggested time of a 4-6 weeks wait after giving birth before requesting an appointment.</li><li>• Phone: 01223 217 882</li><li>• Email <a href="mailto:birthafterthoughtsservice@addenbrookes.nhs.uk">birthafterthoughtsservice@addenbrookes.nhs.uk</a> requesting an appointment.</li><li>• No referral form.</li></ul>
<b>Service flyers</b>	N/A

### 1.5.2. Birth Reflections (Peterborough City Hospital or Hinchingsbrooke Hospital)

<b>Website</b>	N/A
<b>Location</b>	Families who have had a birth at Peterborough City Hospital or Hinchingsbrooke Hospital.
<b>About</b>	Birth Reflections is a listening and debriefing service available to any woman who has given birth to their baby at Peterborough City Hospital or Hinchingsbrooke hospital. It is a confidential service that provides an opportunity to discuss and understand what happened during labour and birth.
<b>Who is the service for?</b>	Birth Reflections is helpful for exploring the step-by-step delivery experience. It does not address birth trauma
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Clinics are on a Tuesday afternoon at Hinchingsbrooke and all day Wednesday at Peterborough City Hospital.</li> <li>• Self-referral by email.</li> <li>• Email (for appointments at PCH): <a href="mailto:nwangliaft.PCHbirthreflections@nhs.net">nwangliaft.PCHbirthreflections@nhs.net</a></li> <li>• Email (for appointments at Hinchingsbrooke): <a href="mailto:nwangliaft.HHbirthreflections@nhs.net">nwangliaft.HHbirthreflections@nhs.net</a></li> <li>• Please include service user details and reason for referral.</li> </ul>
<b>Service flyers</b>	 <p>Birth Reflections Paper Referral V2.do</p>

### 1.5.3. Time to Talk (Queen Elizabeth Hospital)

<b>Website</b>	N/A
<b>Location</b>	Queen Elizabeth Hospital, Kings Lynn
<b>About</b>	Time to Talk is a chance to talk to a midwife about the families' pregnancy and/or birth experience. It is Midwife led service.
<b>Who is the service for?</b>	Families who have had a birth at Queen Elizabeth Hospital.
<b>Referrals</b>	<ul style="list-style-type: none"><li>• Appointments can be made by calling 01945 488060, with a view to arranging an appointment within the North Cambs Antenatal Clinic (9am-3pm).</li><li>• Please include service user details, preferred site to be seen, and reason for referral.</li></ul>
<b>Service flyers</b>	N/A

## 2. PERINATAL MENTAL HEALTH SUPPORT/SERVICES (NHS)

### 1.6. Hospital Based Maternity Clinics



#### 2.1.1. Maternal Wellbeing Clinic (Rosie Hospital)

<b>Website</b>	<a href="https://www.cuh.nhs.uk/rosie-hospital/maternity/maternal-wellbeing-and-mental-health/">https://www.cuh.nhs.uk/rosie-hospital/maternity/maternal-wellbeing-and-mental-health/</a>
<b>Location</b>	Rosie Hospital - for patients planning to birth there.
<b>About</b>	An obstetrician run clinic, that supports women antenatally with mental health concerns. Advice and support throughout pregnancy regarding mental health, by offering pre-birth planning meetings, supporting birth plans, and signposting to mental health services. This includes discussions around birth plans and giving advice about medication in pregnancy and breastfeeding.
<b>Who is the service for?</b>	Families planning on having their baby at the Rosie Hospital.
<b>Referrals</b>	Only midwives can refer into this clinic.
<b>Service flyers</b>	N/A

### 2.1.2. Sunflower Clinic (Peterborough City Hospital or Hinchingsbrooke Hospital)


<b>Website</b>	N/A
<b>Location</b>	Peterborough City Hospital or Hinchingsbrooke Hospital.
<b>About</b>	This clinic is for antenatal patients who are identified by their community midwives as having a serious mental health problem, or needing additional support with their mental health during pregnancy.
<b>Who is the service for?</b>	Families planning on having their baby at Peterborough City Hospital or Hinchingsbrooke Hospital.
<b>Referrals</b>	Only midwives can refer into this clinic.
<b>Service flyers</b>	N/A

## 2.2. Specialist Perinatal Mental Health Team

<b>Website</b>	<a href="http://www.cpft.nhs.uk/perinataalservice">www.cpft.nhs.uk/perinataalservice</a>
<b>Location</b>	Across Cambridgeshire and Peterborough
<b>About</b>	<p>A team of mental health specialists helping women with serious and complex mental health conditions during pregnancy and up to a year after birth.</p> <p>They work in hospital and community settings and also offer home visits. They are available between 9am and 5pm on weekdays and have a clinician on call every day to respond to advice and liaison requests from other professionals.</p> <p>They work with the mother, and the parent-infant relationship. Referral must be antenatally, or up until the infants first birthday.</p> <p>Routine assessments: within 2-3 weeks. Urgent assessments: within 5 working day (i.e. when there is risk of suicide or significant self-harm risk, clear risks to the baby or self, sudden onset of severe mental illness (such as psychotic symptoms), medication that may be unsafe in pregnancy). Note: sometimes gestation or age of baby may influence their decision about when to offer an urgent assessment.</p>
<b>Who is the service for?</b>	<p>Women with:</p> <ul style="list-style-type: none"> <li>• Bipolar disorder</li> <li>• Postpartum psychosis</li> <li>• Schizophrenia, schizoaffective disorder</li> <li>• Other non-organic psychotic illness</li> <li>• Severe depression or severe anxiety disorder</li> <li>• Severe OCD</li> <li>• Eating disorders</li> <li>• Complex mental health presentations (including personality disorder and safeguarding concerns)</li> </ul>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Completed referrals should be sent to <a href="mailto:PerinatalReferrals@cpft.nhs.uk">PerinatalReferrals@cpft.nhs.uk</a>.</li> <li>• If you send a referral through as urgent, please specify the reasons why.</li> <li>• If you wish to discuss referrals (clarify processes, to discuss whether these would be appropriate for the service, etc), call: 0800 952 0060.</li> <li>• Referral form: <ul style="list-style-type: none"> <li></li> <li>PMHT Referral Form.docx</li> </ul> </li> </ul>
<b>Service flyer</b>	<ul style="list-style-type: none"> <li></li> <li>CPFT_Perinatal A5 leaflet.pdf</li> </ul>


### 2.3. Psychological Wellbeing Service

<b>Website</b>	<a href="http://www.cpft.nhs.uk/psychological-wellbeing-service">www.cpft.nhs.uk/psychological-wellbeing-service</a>
<b>Location</b>	Cambridgeshire and Peterborough
<b>About</b>	<p>A primary care mental health service. They prioritise mums, and dads and partners with mild to moderate (<i>not chronic/severe</i>) mental health difficulties antenatally, through to the child being age 2.</p> <p>They offer Cognitive Behavioural Therapy (CBT) for people who are experiencing psychological distress as a result of a common mental health condition.</p> <p>Two levels of service are offered:</p> <ul style="list-style-type: none"> <li>• Psychological Wellbeing Practitioners (PWP) offer up to 6 sessions of guided self-help .</li> <li>• High Intensity Therapists (HI) normally up to 12 sessions of CBT.</li> </ul> <p>They aim to assess 2 weeks after referral, and priority list wait time is up to 3 months.</p> <p>They have 6 Perinatal Champions across C&amp;P.</p>
<b>Who is the service for?</b>	<p>People with "mild" needs</p> <ul style="list-style-type: none"> <li>• Mild depression</li> <li>• Mild anxiety</li> <li>• Recent onset panic disorder</li> <li>• Mild, recent onset OCD</li> <li>• Simple phobias</li> <li>• Sleep hygiene</li> <li>• Any of the above associated with a long-term physical health condition</li> </ul> <p>People with "moderate" needs</p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Generalised anxiety disorder</li> <li>• Health or social anxiety</li> <li>• Panic disorder</li> <li>• OCD</li> <li>• Body Dysmorphic Disorder (BDD)</li> <li>• Post Traumatic Stress Disorder (single trauma NOT multiple complex traumas)</li> <li>• Any of the above associated with a long-term physical health condition</li> </ul>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Self referral: <a href="http://www.cpft.nhs.uk/self-refer-here">www.cpft.nhs.uk/self-refer-here</a></li> </ul>

	<ul style="list-style-type: none"><li>• If the parent prefers you to refer, completed referrals should be sent to: <a href="mailto:CPFTIAPTSPA@cpft.nhs.uk">CPFTIAPTSPA@cpft.nhs.uk</a>.</li></ul>  <p>PWS Professional Referral Form- Oct 2:</p>
<b>Service flyer</b>	Online flyer - <a href="https://www.cpft.nhs.uk/treatments-we-offer">https://www.cpft.nhs.uk/treatments-we-offer</a>



## 2.4. First Response Service


<b>Website</b>	<a href="http://www.cpft.nhs.uk/service-detail/service/first-response-service-frs-21/">www.cpft.nhs.uk/service-detail/service/first-response-service-frs-21/</a>
<b>Location</b>	Cambridgeshire and Peterborough
<b>About</b>	The First Response Service supports people directly who are experiencing a mental health crisis. The First Response Service provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice, support and treatment. By calling 111, and selecting option 2, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs.
<b>Who is the service for?</b>	<p><u>Anyone</u> who lives in Cambridgeshire and Peterborough who feels they need urgent mental health care.</p> <p>Service users contact this service directly. They do not have to have used any mental health services before.</p>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Anyone in Cambridgeshire and Peterborough can use this service.</li> <li>• There is no referral form.</li> <li>• To access this service, call 111, and select option 2.</li> <li>• (People in Wisbech do not have option 2 available, but can access the service via dialling 111. The call handler will then transfer them direct to the First Response Service service.)</li> <li>• They will be put through to a member of FRS who will speak to them and will then discuss with them their current mental health needs.</li> </ul>
<b>Service flyer</b>	 <p>First Response Leaflet.pdf</p>

## 2.5. Birth Choices

<b>Website</b>	<a href="http://www.cuh.nhs.uk/clinics/rosie-birth-choices-clinic">www.cuh.nhs.uk/clinics/rosie-birth-choices-clinic</a>
<b>Location</b>	Families having a birth at the Rosie.  There is currently no clinic for families who have a birth at an NWAFT hospital.
<b>About</b>	This service is designed to support families to have a birth experience that is as personalised and safe as possible, based on previous experiences, personal preferences and professional advice based on local and national guidance.
<b>Who is the service for?</b>	Anyone who is planning on giving birth at the Rosie.  Useful for women who are considering care which is outside of recommended guidance, who have risk factors in their pregnancy and want to know their full range of options, or have specific anxieties about labour and birth and want help to devise a plan that is right for them.
<b>Referrals</b>	<ul style="list-style-type: none"><li>• Self referral and professional referrals accepted.</li><li>• No referral form, just email <a href="mailto:RosieBirthChoices@addenbrookes.nhs.uk">RosieBirthChoices@addenbrookes.nhs.uk</a> requesting an appointment.</li><li>• The clinic email address is only checked weekly, so should not be used for urgent advice.</li></ul>
<b>Service flyer</b>	N/A

### 3. PERINATAL SUPPORT (THIRD SECTOR)

#### 3.1. CPSL MIND Groups

<b>Website</b>	<a href="http://www.cpslmind.org.uk/how-we-help/supporting-new-mums/">www.cpslmind.org.uk/how-we-help/supporting-new-mums/</a>
<b>Location</b>	Cambridgeshire and Peterborough.
<b>About</b>	<p>A wide range of groups for parents with perinatal mental health difficulties.</p> <p><b>Connecting Mums</b></p> <ul style="list-style-type: none"> <li>• Six-week course for expecting or new mums, particularly those who feel isolated</li> <li>• Focuses on keeping learning, staying connected, taking notice of your baby and the world, giving to yourself and others and being active.</li> <li>• Can bring child along to the session.</li> </ul> <p><b>Mums Matter and Dads Matter</b></p> <ul style="list-style-type: none"> <li>• Eight-week course for mums, or dads, who are experiencing mental health challenges in the perinatal period</li> <li>• Creche may be available.</li> </ul> <p><b>Mindful Mums</b></p> <ul style="list-style-type: none"> <li>• Sharing wellbeing skills, friendship and support</li> <li>• Carried out in child and family centres, with space for children to play .</li> </ul> <p><b>Muslim Mama Meetups (Peterborough Only)</b></p> <ul style="list-style-type: none"> <li>• Comprises: a mixture of the above groups, for Muslim mums.</li> </ul> <p><b>Dads Peer Support Group</b></p> <ul style="list-style-type: none"> <li>• Online peer support.</li> </ul>
<b>Who is the service for?</b>	Any expectant mum, or any new mum or dad, who are experiencing mental health problems in the perinatal <a href="#">period</a> (infant up to the age of 2 years).
<b>Referrals</b>	<p>Men/women aged 18 or over, living in Cambridgeshire or Peterborough</p> <ul style="list-style-type: none"> <li>• Referrals can be made by any <b>professional</b> supporting pregnant women and new mum, or via <b>self referral</b>.</li> <li>• Email form to: <a href="mailto:perinatalervices@cpslmind.org.uk">perinatalervices@cpslmind.org.uk</a></li> <li>• To discuss referrals over the phone: 0300 303 4363</li> <li>• Referral form (can also be downloaded <a href="#">from their website</a>):</li> </ul> <p> CPSL-Mind-Referral -Form-Supporting-N</p>
<b>Service flyers</b>	<b>General</b>



CPSL Mind Perinatal  
Groups and Services.

### **Dads Peer Support**



Dads Peer Support  
Group.pdf

### **Dads Matter**



Dads Matter - No  
dates.pdf

### **Mums Matter**



Mums matter.pdf

### **Connecting Mums**



Connecting Mums  
Poster.pdf

### **Mindful Mums**



Mindful Mums  
Group Poster - HuntiGroup



Poster - FenlaGroup



Poster - CamtGroup



Poster - Peter

### **Muslim Mama Meetups**






Supporting Muslim  
Mums.pdf




Muslim Mama  
Meetups.pdf


### 3.2. Birth And Beyond Community Support

<b>Website</b>	<a href="http://www.nct.org.uk/bbcs">www.nct.org.uk/bbcs</a>
<b>Location</b>	Peterborough, Fenland & East Cambridgeshire.
<b>About</b>	<p>Birth And Beyond Community Support (BBCS) is part of NCT. This is a free service to mothers during the all-important first 1,000 days, with the aim of making social connections and reducing isolation, improving emotional wellbeing and increasing access to local services.</p> <p>They train local women to become volunteer peer supporters. They offer a wide range of practical and emotional support; they are not an advice giving/therapeutic service. All of their volunteers complete a certified training programme which enables them to support parents.</p> <p>Volunteers provide the following support:</p> <ul style="list-style-type: none"> <li>• Weekly 1-2-1 peer support in a public place or via the telephone.</li> <li>• Providing information about the local area.</li> <li>• Signposting to local and national services.</li> <li>• Accompanying to local groups and/or appointments.</li> <li>• Meetings take place in public places or at appropriate groups.</li> </ul>
<b>Who is the service for?</b>	<p>Different groups available for different needs, but essentially any expectant mum, or any new mum or dad, who are experiencing mental health difficulties in the perinatal period.</p> <p>If you know of a mother needing perinatal support, but the above is not quite right, please get in contact with the service, to have an informal chat.</p>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Online referrals can be made here: <a href="http://www.nct.org.uk/bbcs">www.nct.org.uk/bbcs</a> or an email can be sent directly to the service (<a href="mailto:birthandbeyondeast@nct.org.uk">birthandbeyondeast@nct.org.uk</a>), using the referral form below.</li> <li>• If you are unsure about whether the service can help, or want to ask a question, contact Kerry Smith on the above email, directly.</li> <li>• Once BBCS have received the referral, they will make contact with the mother to establish her needs and explain what the service can offer, and match with a volunteer Community Supporter, as appropriate.</li> <li>• Referral form</li> </ul> <p> BBCS_Referral_Info_March2022.docx</p>
<b>Service flyers</b>	<p> BBCS Service.pdf       BBCS_Information_March2022.docx</p>


### 3.3. Small Steps Together

<b>Website</b>	<a href="http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/small-steps-together/">http://www.ormiston.org/what-we-do/mental-health-and-wellbeing/small-steps-together/</a>
<b>Location</b>	Fenland
<b>About</b>	<p>Staff and volunteers consist of specialist perinatal mental health workers with both lived experience and professional expertise.</p> <p>A ‘think family’ ethos is embedded throughout the service which ensures they involve partners and other family members in the mother’s care.</p> <p>The team offers:</p> <ul style="list-style-type: none"> <li>• Video Interactive Guidance (VIG) both antenatally and postnatally, available to mums and dads.</li> <li>• 1-1 Counselling sessions.</li> <li>• Physical activities to improve fitness/maintain well-being and to aid children’s development.</li> <li>• Help to access community services.</li> </ul>
<b>Who is the service for?</b>	The service is open to mums and mums to be who have low to moderate mental health needs during pregnancy and up to 2 years after birth.
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Self referral and professional referrals accepted.</li> <li>• Email referrals to: <a href="mailto:louise.garner@ormistonfamilies.org.uk">louise.garner@ormistonfamilies.org.uk</a></li> <li>• For more information or for queries about their services, contact Louise Garner: 07867 385136</li> <li>• Referral form: <ul style="list-style-type: none"> <li></li> <li>Small Steps Referral form.doc</li> </ul> </li> </ul>
<b>Service flyers</b>	N/A

### 3.4. Raham Project

<b>Website</b>	<a href="https://rahamproject.org.uk/">https://rahamproject.org.uk/</a>
<b>Location</b>	Peterborough
<b>About</b>	<p>The Raham Project is dedicated to all things related to pregnancy, childbirth and the post birth period - with an emphasis on maintaining and improving maternal mental well being. The Raham Project is founded by Peterborough-based midwife Faiza Rehman.</p> <p>The Raham Project provides:</p> <ul style="list-style-type: none"> <li>• Ethnic minority maternal support network.</li> <li>• A non judgemental space for mums and partners to discuss all things related to pregnancy.</li> <li>• Education and awareness around perinatal mental health</li> <li>• They offer support via social media (Website, facebook, Instagram and twitter)</li> <li>• Monthly Listening Sessions to talk about people's birth experiences</li> <li>• Online Coffee and Chai for the mothers in our private support group.</li> </ul> <p>They also create digital media content that uses imagery representative of diverse families, whilst sharing vital information around the perinatal period</p>
<b>Who is the service for?</b>	The Raham Project is for mothers and their partners of ethnic minority backgrounds.
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• The below can be shared so anyone can scan the code in the flyer below to find resources and the support group.</li> <li>• The group can be accessed directly by going to: <a href="https://www.facebook.com/Rahamproject/">https://www.facebook.com/Rahamproject/</a>.</li> <li>• For specific queries, contact <a href="mailto:rahamproject@gmail.com">rahamproject@gmail.com</a> or 07517890211.</li> </ul>
<b>Service flyers</b>	 <p>Raham project.pdf</p>



### 3.5. Perinatal Wellbeing Group

<b>Website</b>	N/A
<b>Location</b>	Wisbech and surrounding areas
<b>About</b>	<p>The Wellbeing group is a seven-week program for parents with babies 6 months or under. The course is designed to give parents the tools to manage their emotional wellbeing and mental health to enable them to enjoy and meet the demands of caring for a baby. For those first-time parents it will help with the transition into parenthood.</p> <p>All sessions are face to face and limited to ten parents.</p> <p>Sessions are held at the Oasis Child and Family Centre Wisbech.</p>
<b>Who is the service for?</b>	Any new parents with a baby under 6 months old, and parents expecting a baby. The only criteria is that parents are not under the support of Perinatal Mental Health Service.
<b>Referrals</b>	If you think a family, you are working with will benefit please email <a href="mailto:jill.worral@cabridgeshire.gov.uk">jill.worral@cabridgeshire.gov.uk</a> or telephone Oasis child and family Centre on 01945 428664.
<b>Service flyers</b>	 <p>Perinatal wellbeing course.pdf</p>






## 4. PARENT-INFANT RELATIONSHIP SUPPORT (THIRD SECTOR)

### 4.1. Homestart Parent Infant Psychotherapy




<b>Website</b>	<a href="http://www.homestartcambridgeshire.co.uk/about-us/">www.homestartcambridgeshire.co.uk/about-us/</a>
<b>Location</b>	Cambridgeshire (excluding SG8 postcodes and Peterborough).
<b>About</b>	<p>Parent infant psychotherapy helps parents to better understand and meet the emotional needs of their young children. It involves parents talking about their feelings, hopes and fears, and detailed observations of the gestures and communications of infants and children.</p> <p>(More generally, Homestart works with families who have a wide range of additional needs/complexities. Their volunteers offer one to one support to families experiences challenges including mental and physical health needs and financial difficulties.)</p>
<b>Who is the service for?</b>	The only criteria to refer into the service is the family have to have at least one child under 5.
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• If you think a family you are working with could find this helpful, please contact Emma Sadler, Senior Co-ordinator, on <a href="mailto:office@homestartcambridgeshire.co.uk">office@homestartcambridgeshire.co.uk</a> to discuss a possible referral.</li> <li>• There are some face to face and some online sessions available.</li> </ul>
<b>Service flyer</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               Parent Infant              Psychotherapy leaflet         </div> <div style="text-align: center;">               General Leaflet.pdf         </div> </div>

## 4.2. Circle of Security Parenting Groups

<b>Website</b>	<a href="http://www.connectedlives.org.uk/cambridgeshire-hub">www.connectedlives.org.uk/cambridgeshire-hub</a>
<b>Location</b>	Cambridge
<b>About</b>	<p>Circle of Security Parenting® is an attachment based, early intervention programme designed to enhance attachment security between parents and children. The approach gives parents and carers a map to understand their babies' and children's emotional needs and space to reflect on how and why they struggle to meet these legitimate needs. The approach is trauma informed, easy to understand, respectful and non-shaming.</p>
<b>Who is the service for?</b>	<p>Any parent (able to function in a group) can benefit from the space and insight on offer. Although the programme was specifically designed to support parents with children aged 4 months to 5 years, because the principles of attachment theory apply to all relationships, parents/carers of any age child/young person can benefit.</p> <p>It is accessible to participants from different cultures, socio-economic backgrounds and family structures.</p>
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• If you would like to find out more about the approach, or refer a parent to a COS-P group run at a Connected Lives Hub, go to the website or call Kate on 07503 629620 or Helen on 07458 387 934</li> <li>• Completed referral forms can be sent to: katie.logan@connectedlives.org.uk.</li> </ul> <div style="text-align: center;">  <p>E-referral form for COS-P - Cambridges</p> </div>
<b>Service flyer</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>COS-P booklet for professionals .pdf</p> </div> <div style="text-align: center;">  <p>COS-P flyer for parents and carers.p</p> </div> </div>

## 5. OTHER SERVICES FOR PARENTS (THIRD SECTOR)

### 5.1. MPOWER

<b>Website</b>	<a href="https://www.ormiston.org/what-we-do/working-with-communities/youcanbe-and-mpower/">https://www.ormiston.org/what-we-do/working-with-communities/youcanbe-and-mpower/</a>
<b>Location</b>	North Cambridgeshire and Cambridge City.
<b>About</b>	<p>This service supports women whose child/ren have been removed into care, including those currently in care proceedings. Work is one-to-one, goal-oriented, trauma-informed and non-time limited, and focuses on sexual health, previous removals, healthy relationships, accessing services and developing resilience</p> <p>Mpower supports women to access a range of services, including:</p> <ul style="list-style-type: none"> <li>• Sexual health and contraception choices</li> <li>• Housing provision support</li> <li>• Mental health services</li> <li>• Debt and budgeting support</li> <li>• Training and education</li> <li>• Healthy living activities.</li> </ul>
<b>Who is the service for?</b>	Any woman who has had one or more children removed from her care.
<b>Referrals</b>	<ul style="list-style-type: none"> <li>• Referrals made on an Ormiston Families referral form (<a href="#">downloadable here</a>) should be emailed to: <a href="mailto:mpower@ormistonfamilies.org.uk">mpower@ormistonfamilies.org.uk</a>.</li> <li>• For enquiries and referral consultations, call Emma Davies on 07790 369 850.</li> </ul>
<b>Service flyer</b>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               Ormiston - Mpower              A6 flyer.pdf         </div> <div style="text-align: center;">               Ormiston - Mpower              &amp; YouCanBe service         </div> <div style="text-align: center;">               Ormiston - Mpower              Fenland spec.pdf         </div> </div>

## VERSION CONTROL

This document will be updated as and when new information become available. Please see below for a list of dates of previously versions of this document.

V2: February 2023

V1: November 2022