









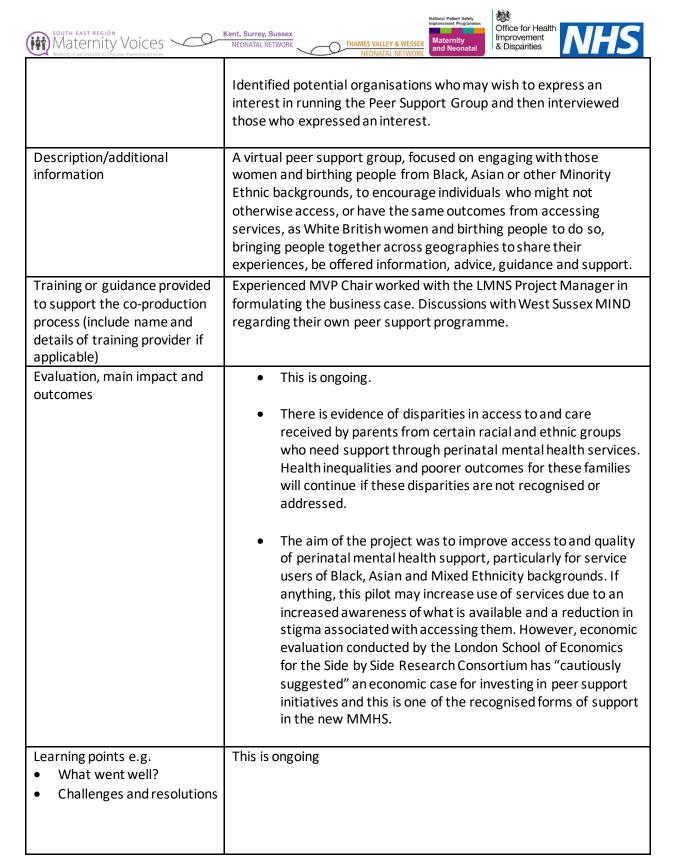
## Co-production good or promising practice example – projects & programmes

This template has been designed to help you share co-production learning and practice. It may also be used where evidence of co-production is required to be submitted e.g. Maternity Incentive Scheme safety action 7 (CNST), Ockenden immediate and essential actions from the interim report 2-Listening to women & families and 7-Informed Consent, Perinatal Equity action plans.

| Title of project/programme or                                                                                    | Peer Support in Sussex for pregnant women and people who are                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| service area                                                                                                     | Black, Asian or from another ethnic minority group                                                                                                                                                                                                                                         |
| Aims and objectives                                                                                              | • Filling a gap by providing a service that helps to meet the needs of those suffering from mild to moderate perinatal mental health (PNMH) issues (estimated to be approximately 20% of birthing parents, but potentially more during the pandemic and for those of BAME background);     |
|                                                                                                                  | <ul> <li>Raising awareness and understanding of perinatal mental<br/>health issues and removing the stigma associated with this for a<br/>specific cohort of maternity service users;</li> </ul>                                                                                           |
|                                                                                                                  | <ul> <li>Increasing awareness of and access to other services, e.g.</li> <li>SPMHS, IAPT, for a specific cohort of maternity service users who are potentially more at risk of perinatal mental health issues; and</li> <li>Mitigating the risk of PNMH issues going undetected</li> </ul> |
|                                                                                                                  | amongst Black, Asian and Mixed Ethnicity parents or of the services that are accessed not providing those parents with the appropriate or necessary support.                                                                                                                               |
| Scope and target audience                                                                                        | Ethnic diversity varies across Sussex with relatively small numbers of BAME maternity service users in East Sussex and parts of coastal West Sussex, but much more significant numbers in North Sussex (Crawley) and Brighton & Hove (PHE Fingertips data used).                           |
| Date commenced                                                                                                   | July 2020 – EOI invited March 2021 – Started June 2021                                                                                                                                                                                                                                     |
| Date completed                                                                                                   | Due to be evaluated and reviewed in June 2022                                                                                                                                                                                                                                              |
| <ul><li>Stakeholders e.g.</li><li>Who? (include equality, diversity and inclusion (EDI) best practice)</li></ul> | Chair of MVP - Strategic Lead Commissioner from personalised care, maternity and mental health Project manager at LMNS Clinical Lead for PNMH Clinical Network and MH Trust Lead Obstetrician for PNMH                                                                                     |
| <ul><li>How identified?</li><li>How involved?</li></ul>                                                          | Better Births Lead Midwife<br>Specialist PNMH Midwife and Health Visitors                                                                                                                                                                                                                  |
|                                                                                                                  | Community groups, voluntary organisations working within this area  Initial discussions, formulation of business case, presentation to  LMNS Programme Board, Personalisation team, PNMH Clinical  Network and Disparities Group of ICS                                                    |

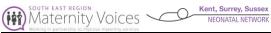
Co-production good practice example – Sussex LMNS

Peer Support for pregnant women and people who are Black, Asian or from another ethnic minority group



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## Future plans e.g.

- Learning and practice presented where and to whom? e.g. Trust, LMNS website, FutureNHS platform
- Review (e.g. after 12 months)
- Maintaining relationships
- New areas of work identified

## Key data to collect during the pilot will be:

- Numbers and demographics of those accessing the peer support group - ethnic group, location, maternity provider;
- Emotional health and wellbeing before/after accessing peer support;
- Routes of referral how did they come to access the service
- Has it led to an improvement in access to PNMH services from women and birthing people from black, Asian or other minority ethnic groups
- Feedback from service users, peer supporters, midwives and health visitors
- Provide insight into the value of peer support to inform any future service developments around peer support in the field of Perinatal Mental Health.