

Mother's Peer Support Group

Facilitated by

Adina Moore - Peer Support worker

Carrie Scott - Occupational Therapist

Sam Lukeman – Volunteer

Jan 2025



Aim:

To improve access to Green spaces for the health and wellbeing of our clients and their families.

Initially funded by Cultivate London 2023. We further secured the green space, April 2024 at Hanwell DIG for half day per week in partnership with carer's corner, another NHS initiative.

Partners:

Cultivate London is an independent social enterprise and charity. They work to improve employment, education, health and wellbeing outcomes of communities in London by improving the natural environment, setting a standard for engaging communities in their green spaces and providing greater access and understanding of community and environmental needs.

Carer's Corner – Born of a CPN training with Florence nightingale project for sustainable futures. Site secure for half day to enable carers in west London to access green spaces, improving community connectedness and health outcomes. Funded by West London NHS charitable trust.



Overview:

- Running since summer 2023
- Based at The DIG, Hanwell
- Open to referrals for all 3 boroughs
- Runs once per week, 2 hours, 6-8 session (Term-time only)
- Holiday activities for family during the holidays (0-16yrs)
- Seasonal themes/activities – Mothers peer support group
- Introduction to Maternal journal Nov 2024



Seasonal group format:



Perinatal Summer club!

JOIN US FOR....

- Family time in a green space
- Light gardening and craft activities
- Preparing lunch together with herbal teas
- Story-telling and creative spaces

WEDNESDAY 16TH AUGUST
WEDNESDAY 23RD AUGUST
WEDNESDAY 30TH AUGUST
10:30AM-1PM

Open to the whole family
Spaces are limited
Please contact: 07749455721

The poster features illustrations of leaves at the top, a list of activities in a light orange circle, dates in green, and a family illustration at the bottom.



THE DIG
PERINATAL PEER SUPPORT GROUP

Please remember to dress for the weather and bring along any essentials you may need!

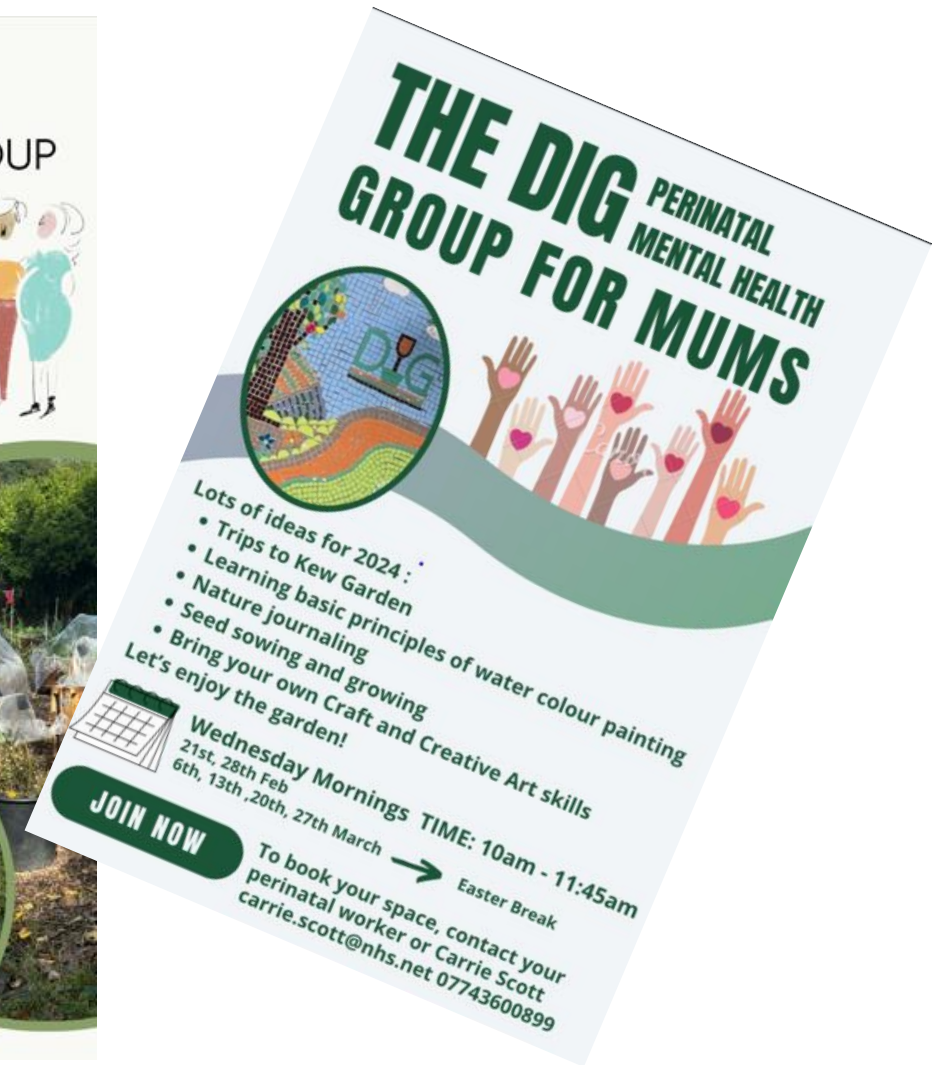
OUR SESSIONS

- Maternal Journal
- Mindfulness
- Crafts
- Trips to Kew Garden

Winter Term - Nov 6th - Dec 18th
Wednesday Morning's - 11am - 1pm
62 Green Lane, W7 2PB

Let's enjoy the garden!

The poster includes an illustration of five pregnant women, a paperclip graphic, and three circular photos of garden scenes: flowers, a mosaic sign, and a raised bed.



THE DIG PERINATAL MENTAL HEALTH
GROUP FOR MUMS

Lots of ideas for 2024 :

- Trips to Kew Garden
- Learning basic principles of water colour painting
- Nature journaling
- Seed sowing and growing
- Bring your own Craft and Creative Art skills

Let's enjoy the garden!

Wednesday Mornings TIME: 10am - 11:45am
21st, 28th Feb
6th, 13th, 20th, 27th March
→ Easter Break

JOIN NOW

To book your space, contact your perinatal worker or Carrie Scott
carrie.scott@nhs.net 07743600899

The poster features a circular mosaic illustration of a garden, a row of hands holding hearts, and a calendar icon.



Peer support:

Peer support brings people with shared experiences together, offering emotional, social, and practical support to one another. It fosters a strong sense of community, connection, understanding, and empowerment. A perinatal peer support group can be particularly beneficial for mothers navigating the challenges of early parenthood, providing a safe space to share experiences, reduce isolation, and build confidence while accessing advice and encouragement from those who truly understand their journey.

The DIG perinatal sessions are thoughtfully designed to create a sense of belonging, reduce social anxiety, and support personal growth through engaging activities such as crafting and hands-on experiences. A standout feature of the group is the incorporation of the Maternal Journal, which provides mothers with a creative outlet and encourages them to reflect on their journey while expressing their thoughts and emotions. This reflective practice not only promotes mindfulness and self-discovery but also creates opportunities for connection and shared understanding within the group. By embedding peer support into every aspect of the program, the DIG empowers mothers to grow together as a community, find joy in small achievements, and embrace the unique journey of motherhood.



Group Aims:

- For Mothers and their families to have access to green spaces, providing a therapeutic environment to explore their own health and well being.
- To develop a sense of self in the natural world and connectedness to the world around us through experiential learning, using the five senses; sight, sound, taste, hearing and touch.
- To develop social awareness and improve interpersonal communication.
- To develop a sense of belonging, reduce social anxiety and gain confidence in sharing ones own experiences.
- To experience a sense of achievement in craft, gardening etc.
- To enable access to local resources and develop community connection.
- To improve knowledge and confidence in using the local public transport

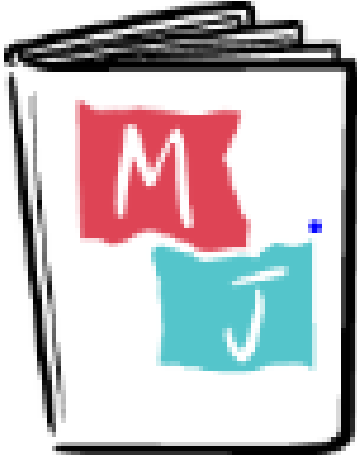


Activities:



Promoting hope & wellbeing **together**

Service development: Maternal Journal



<https://www.maternaljournal.org>



Promoting hope & wellbeing **together**

Group requirements:

- Referral criteria: mothers currently under PNMHS service. Settled in mental state, low risk.
- Postnatal – ‘babe-in-arms’ Child under 1 years old.
- Referrals received from MDT & other (email: OT)
- English 1st language (interpreters can be considered)
- Volunteer support to travel to the venue is available
- No previous art/crafts experience required.



Outcome & Feedback

11 families with 28 children attending over the 3 weeks.

Children Ages: 4 months to 16 years

11 Questionnaires Complete:
Over all excellent/good Garden, activity
and food

"lovely day, thank you."

The garden & fruit picking was great"

"very nice, lots of space to explore"

"lots to do and make memories"

