



# Fund Update

## Perinatal and Infant Mental Health Fund

JANUARY 2023



Scottish Government  
Riaghaltas na h-Alba  
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INSPIRING SCOTLAND

The period from conception to the end of the second year is a crucial one for the development of babies' brains and minds. Their later mental health and relationships are strongly influenced by what happens at this time and how well their parents and carers are coping with their arrival. It has been estimated that up to 20% of mums and up to 10% of dads are affected by poor mental health in the perinatal period. Almost 20% of babies and young children also experience mental health difficulties.

Since launching in October 2020, the Scottish Government's Perinatal and Infant Mental Health (PIMH) Fund has supported charities with delivering vital mental health services to support families across Scotland.

This report shares some of the work which has taken place as a result of PIMH funding and the difference it has made. It concludes with some reflections on the third sector's ways of working and the challenges which are currently of concern for organisations.

This report has been produced using a combination of charity progress reports, 1:1 conversations with funded charities and insight surveys (Funding and Referrals Survey Jan-Feb 22 and Cost of Living Survey Aug-Sept 22).

The Perinatal and Infant Mental Health Fund is a £2.5m investment over 2.5 years (Oct 20 - Mar 23). 16 charities were awarded with a main grant (Oct 20 - Mar 23) and 18 charities were awarded with a small grant (Oct 21 - Mar 23). A full list of funded organisations is included at the end of this report.

Individually, organisations use different methods of evaluation and the collective work of all funded charities contributes towards the fund's five outcomes. Charities receiving a main grant report on the impact of their work against the fund's five outcomes as shown on page five - Fund Impact.

This report uses the most up to date reporting information available. Charities receiving main grant awards report on their progress every six months (the latest main grant reports covers the period of Oct 21 - Mar 22). Charities receiving a small grant have reported at the half way point of the funding cycle (this report covers the nine month period of Oct 21 - Jul 22). Inspiring Scotland and Scottish Government would like to thank all organisations for their detailed reports. Learning and insight from these reports helps to inform policy and wider practice across Scotland.

Cover photos: Home-Start Glasgow North and North Lanarkshire (top right), Home-Start Levenmouth (bottom right and left) and Starcatchers (top left)

**£2.5m**

investment over 2.5 years

**34**

charities

**5,544**

people supported\*

## Main Grants Fund



**£2.3m over 2.5 years**



**16 charities funded**



**£58k per organisation  
per year on average**



**Types of support offered  
(some charities offer  
multiple types of support):**

- **Peer Support:**  
12 organisations



- **Counselling Support:**  
2 organisations



- **Parenting Support:**  
11 organisations



- **Training:**  
1 organisation



## Small Grants Fund



**£208k over 18 months**



**18 charities funded**



**£11.5k awarded per  
organisation on average**



**Types of support offered  
(some charities offer  
multiple types of support):**

- **Peer Support:**  
14 organisations



- **Counselling Support:**  
2 organisations



- **Parenting Support:**  
8 organisations



- **Training:**  
1 organisation



# Fund Locations

Perinatal & Infant  
Mental Health Fund

Dads Rock;  
Fathers Network Scotland;  
Held In Our Hearts;  
Human Development Scotland;  
Mellow Parenting;  
Parent and Infant Mental Health Scotland;  
LATNEM  
Nationwide / Multiple Local Authorities

Home-Start East Highland  
with Home-Start Caithness  
Highland

CrossReach  
Counselling:  
Moray Perinatal  
Service  
Moray

Home-Start Aberdeen;  
LATNEM  
Aberdeen

Action for Children  
West Dunbartonshire,  
Western Isles

Home-Start Dundee  
Dundee

Barnardo's;  
Home-Start Renfrewshire  
& Inverclyde;  
MindMosaic Counselling  
and Therapy  
Inverclyde and Renfrewshire

Aberlour Child Care Trust  
Clackmannanshire,  
Falkirk, Stirling

Home Start Dunfermline;  
Home-Start Levenmouth  
Starcatchers  
Fife

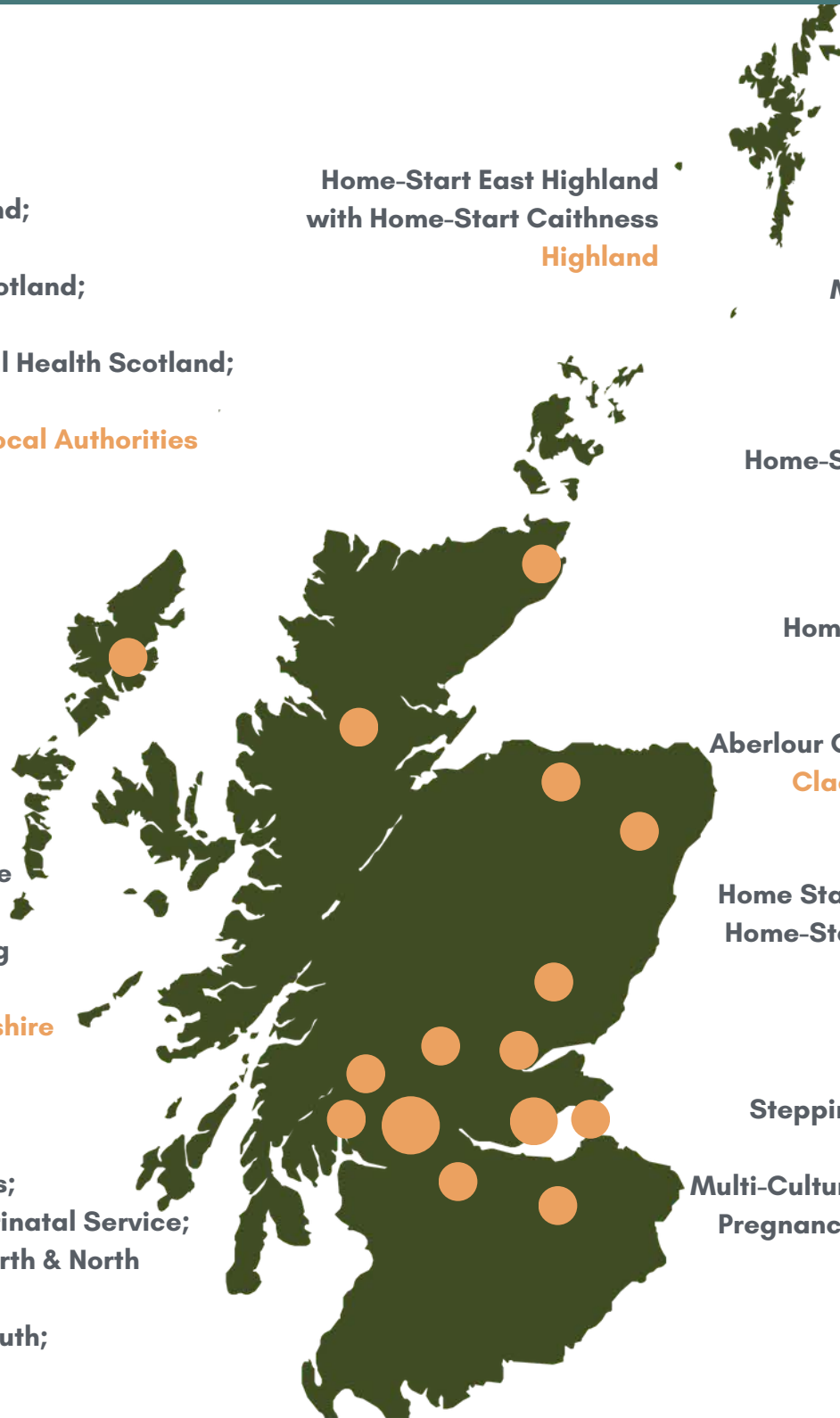
3D Drumchapel;  
Amma Birth Companions;  
CrossReach Bluebell Perinatal Service;  
Home-Start Glasgow North & North  
Lanarkshire;  
Home-Start Glasgow South;  
Quarriers;  
With Kids  
Glasgow and surrounding areas

Stepping Stones North  
Edinburgh;  
Multi-Cultural Family Base;  
Pregnancy Counselling &  
Care;  
Starcatchers  
Edinburgh

Healthy Valleys  
South Lanarkshire

PND Borders;  
Nurture The Borders  
Borders

Midlothian Sure Start with  
East Lothian Council;  
Home-Start East Lothian  
East Lothian and Midlothian



## PIMH Fund Outcomes

## Charities have reported

1. Parents and carers with perinatal mental health issues have increased access to specialist care in the area where they live

**5,544**

People supported by main and small grant funding to date

2. Parents and carers with perinatal mental health issues feel less isolated and are better able to seek support from family, friends and their community

**86%**

Percentage of people feeding back that they are less isolated\*

3. Parents and carers feel better able to meet the needs of their infants and children (physical, social, emotional and cognitive)

**77%**

Percentage of people who feel better able to meet the needs of their infants and children\*

4. Parents and carers are better able to maintain a warm and secure relationship with their infant

**80%**

Number of parent / carers receiving training, information, support about securing a warm relationship with their infants\*

5. Infants at higher risk of mental health problems are better supported by parents and carers

**75%**

Percentage of parents showing improvement in supporting infants at higher risk of mental health problems\*

Below are a range of quotes from families who have benefited from third sector support.

"If I hadn't attended these sessions, I feel that I wouldn't have accessed as many other services that were available to me in the area. It basically opened the door to other support and made it easier to access. It was the offer of massage skills that attracted me to the sessions, but it has offered me and my baby much more than those skills. I think a wider variety of free courses provided by Midlothian Sure Start would be really useful to mums."

### Midlothian Sure Start

"I was very anxious to begin with. I am glad I attended the group for the weeks I did. I have actually kept in contact with one of the other mums and we plan to do things through the week as blank canvas is now finished."

### Home-Start Renfrewshire and Inverclyde

"the group really helped me to feel less alone in my struggles, and the calm friendly way you welcomed us all each Thursday morning set the tone to make it easy and comfortable to share experiences"

### MindMosaic

"When I reached out to Nurture I was suffering from anxiety and depression. I wasn't coping well following the birth of my second baby during the pandemic and having 2 dependent children needing me 24/7. I had very little support around. My GP prescribed me antidepressants but I felt I had no one to turn too that could help or wanted to listen. My health visitor gave me information about Nurture the Borders and I made a self-referral, this was the turning point for me. I really don't know where I would be without your support"

### Nurture the Borders

"It has helped me get over PND that I had before I started, by getting me out of the house and socialising with other adults. The children have loved coming to playgroup and making new friends."

### Home-Start Glasgow South

"I enjoyed spending time with the other Mums and their children. I was worried that my baby was not developing how he should but the reassurance I received from the staff and other Mums made me feel much more confident. I am looking forward to starting the post-natal group with the Mums I have met."

### Quarriers

"On my bad days the groups have been a life line, having somewhere to go and vent to people who "get it" and understand. It's nice to be able to open up in a safe and non judgmental environment"

### Home-Start Dundee

"I love seeing the baby announcement posts. It makes me think this could actually be me in a few months. It really gave me a boost when I was having a difficult day"

### Held in our Hearts

"Myself and Joe really enjoy this session. It is a great opportunity for Joe to interact with other babies but also for myself to meet some other mums and have some adult conversation/normality"

### 3D Drumchapel

"It was a great way to find and talk to new parents. I felt welcomed and loved each session. So did my son."

### Barnardo's

"LATNEM helped me get out of the house on a day I felt really depressed and allowed me time, away from children, to concentrate on something different. I felt cared for, and valued as a person and not just a mum"

### LATNEM

"My therapist was very warm, supportive and a great listener, she offered me a safe space to talk about and process my issues and feelings. I have managed to get my confidence back through the therapeutic journey with her."

### Pregnancy Counselling and Care

To show the breadth of funded work and different models of support, this section shares the work of some of the funded organisations and the impact on families.

## Aberlour - Perinatal Befriending Service

The impact of peer support in the perinatal period has been well documented. An Evidence Review by Scottish Government in 2020 found peer support to be a flexible and accessible form of support which can significantly reduce depressive symptoms for women who experience postnatal depression, improve self-efficacy, self esteem and parenting confidence, reduce isolation and act as a bridge to build trust with clinical services.

Aberlour's Perinatal Befriending Service follows a peer support model, with volunteer befrienders providing emotional and practical support for new and expectant mums throughout pregnancy and the first year of baby's life. Aberlour reported that befrienders have given between 1 and 3 hours a week regular support to mothers, mothers to be and their babies.

Volunteer befrienders are carefully matched with women supported, and a robust volunteer training programme and support and supervision structure is in place. Perinatal Coordinators provided support via distanced outdoor visits, distanced walks, telephone calls, Whatsapp video calls and by text for women who are finding talking or screens overwhelming due to their mental health.

Befrienders give invaluable emotional listening support which women have referred to as 'a lifeline each week'. Where there are concerns about families' financial circumstances, they are linked back to their Aberlour co-ordinator. This enables coordinators to provide practical support via an application to Aberlour's Urgent Assistance Fund to provide essential baby equipment, toiletries, food, nappies and fuel costs and to signpost families to financial advice agencies.

In the last reporting period (Oct 21 – Mar 22), Aberlour supported 54 women and 56 babies. Service outcome assessments showed that 95% of supported women experienced a significant improvement in their self-efficacy and 81% improvement in their mental health and wellbeing. The women whose anxiety remained higher shared that the ongoing effects of the COVID 19 pandemic were contributing to this, citing relationship breakdowns, poverty, isolation from friends and the fear of contacting the virus as key factors.



[Click here or the play button to watch Aishling's story.](#)



*"It was great going in, (to hospital) knowing they already knew what I needed and what may trigger me too" ...." I wouldn't have been able to tell anyone my story in the hospital, in labour"*

*"in some of my darkest times she has been there for me to talk and find a way forward. Fantastic people and service that I am truly going to miss"*

*"So supportive and adaptable to my situation. A truly invaluable listening ear."*

**- Quotes from women supported by Aberlour**

## CrossReach, Moray - Perinatal Counselling Service



CrossReach Counselling Scotland delivers perinatal services across three locations: Bluebell Perinatal Service in Glasgow, Perinatal East in Edinburgh and Moray Perinatal in Buckie, Moray. CrossReach also provides perinatal training and consultancy to organisations and individuals.

The organisation receives main grant funding to build on the Moray counselling service which launched in January 2019. CrossReach also received funding in the first year of the fund to implement and grow its distance counselling facility and develop PIMH skills based training, consultancy and clinical supervision.

CrossReach have established robust and secure protocols to enable the Counselling Teams to offer safe and effective support, reducing isolation, enabling parents and carers to better meet the needs of and maintain a warm and secure relationship with their children.

Throughout the pandemic, CrossReach evolved to offer a more flexible hybrid approach to delivering support. The majority of the work during this reporting period (Oct 21 - Mar 22) has been online counselling, via the secure NHS 'Near Me' video platform, with qualified cyber therapists. On the whole, clients have been looking for online appointments, and this trend continues.

In this reporting period (Oct 21 - Mar 22), CrossReach supported 37 clients, of which 21 clients were new referrals, for a total of 163 sessions. During these sessions, CrossReach helped clients move forward in their wellbeing and support them to maintain warm, secure relationships with their infants.

CrossReach has found that a key challenge for the perinatal service is meeting the increased client demand for services. The organisation have recently established telephone check-in calls to those on the waiting list. Interestingly, some of these recipients have not always transitioned to therapy. It appears that this early, focused intervention and signposting enabled the client to move on positively and having this contact may encourage them to return in the future should any issues arise.

The perinatal service within CrossReach's counselling service in Moray has established good relations with midwives and health visitors and close ties with local support groups and organisations. In the last six-month reporting period (Oct 21 - Mar 22), CrossReach Moray reported that 82% of parents felt less isolated, 71% felt better able to meet the needs of their infants and children and 82% showed an improved ability to maintain a warm and secure relationship with their infant.



*"I feel so much more at ease with my baby since I started my counselling journey. I am less worried about her milestones and the health visitors catch ups and I feel reassured that she will progress at her own time. This has helped me relax and feel more connected in my relationship with her."*

*"Counselling has equipped me with more coping skills. I now feel a stronger connection with my baby and am enjoying parenting much more."*

*"By being offered and then me being able to take up perinatal counselling support has been so much easier for me to get involved in than the idea of getting help from the NHS Mental Health Team that my health visitor had suggested at first. I felt scared at the thought of needing to get help from an NHS Mental Health Team. I just needed someone to talk through stuff with. I now recognise that in my head I felt the term mental health had a stigma but I am ok with that now and I think that stopped me getting help earlier".*



## Inclusive Support

Amma Birth Companions provides trauma-informed emotional and practical support to vulnerable women who would otherwise experience birth without a partner or against significant barriers to accessing perinatal care. Their clients are mostly refugees, asylum seekers and people living in poverty. Amma's service include birth and postnatal companionship, antenatal classes and peer support activities and aims to support the wellbeing and life chances of both mothers and fathers.

From October 21 to March 22, Amma supported 77 birthing parents. They spoke 15 different first languages and 43% spoke basic or no English. 84% were refugees or asylum seekers. At least 69% were new to Glasgow and at least 39% were survivors of trafficking. At least 58% faced barriers to understanding information about pregnancy and birth. 68% experienced delays in accessing maternity services.

"At a time when other support organisations were reducing or stopping their face to face work, we found ways to safely continue our in person support for our clients. Feedback from our clients shows that the very fact of having a birth/postnatal companion by their side despite all the complications and complexities of the pandemic made a profound difference to their pregnancy and birth experiences. "

- Amma Report Oct 21 -Mar 22

In 2021, Amma won the Tackling Health Inequalities Award at the Scottish Health Awards.



*"Everything was helpful but it was the most helpful when they went to the appointment and helped me get answers and clarifications from the doctor and helped explain things clearly. Without this, I would have felt confused. It was not a language issue, more of not being familiar with the hospital system in UK. The companion was used to this environment and was not panicking and worrying about her baby like I was!"*

*"It was amazing, the companion felt like the sister I never had. She always asked how I was feeling. They helped me rest, clean, organise, shop and told me it was OK to cry when I felt like it."*

*"I did not feel alone because she was there speaking the same language like family"*

**-Quotes from families supported by Amma**

Multi- Cultural Family Base (MCFB) are receiving a PIMH small grant which enables them to focus on the delivery of the Chinese Flower Group, which supports vulnerable and marginalised Chinese families with infants. Both English and Mandarin Chinese are used equally in groups. This allows those with limited english to be able to speak their first language in a culturally familiar environment. It also allows a safe, non-judgemental space for parents to practice their english and promotes inclusion.



Photo from MCFB

## Infant Mental Health

Development of Infant Mental Health services are still in a relatively early stage in Scotland and several PIMH small grants were allocated to services with an infant mental health focus.

An example of this is Starcatchers, an Arts and Early Years organisation that delivers a range of play based services that use the transformational power of the arts as a vehicle to improve outcomes for Scotland's youngest children and their grownups.

The organisation received £10,000 PIMH Small Grants funding to support the continuation of the Startcatchers' peer and parenting weekly support groups for young parents who are under 26 and their infants. Children and parents attend artist led sessions where together they engage in a variety of different art forms including visual art, music, performance and dance.



*"At the beginning he wouldn't go play or be near other bairns. He was always funny with them cause obviously in lockdown his whole life. He was sitting close to me and now as you can see he just happily goes away and plays with people and he doesn't need me there."*

*"Coming to this group has definitely made our lives better, I get to enjoy myself and my daughter. Thank you for making it better"*

*"I would say it's a down to earth group, they won't judge you. Everyone's welcome, you can chat about anything, the bairns run about and do anything they want. It's so good. It's just like a freedom group"*

*"This is why we come here for ideas, I can't wait to try stuff at home, it has shown me that all you need is a wee bit of imagination, not loads of stuff."*



### Quotes and photos from Starcatcher sessions

With Main Grant funding from the PIMH Fund, Human Development Scotland has been delivering a 6 week introductory course to Infant Mental Health. This course enhances the skills of the third sector to understand and promote infant mental health and development. The course is open to all third sector organisations and 24 people took part in the course in the reporting period (October 21 - March 22).

## Rural Support

Remote and rural services face their own unique challenges due to how geographically isolated some of the communities are. Charities have reported back that financially families are being hit harder by the cost of living crisis as the price of fuel and food are significantly higher in comparison to the central belt of Scotland.

The PIMH Fund supports delivery of Action for Children services in the Western Isles with a Main Grant award. They provide non-clinical, community based parenting and peer support service provides support for women and families affected by or at risk of perinatal and mental health issues. Focusing particularly on young parents, lone parents, and other parents who have experienced trauma or lack support networks.

Also supported with Main Grant funding, Home-Start East Highland in partnership with Home-Start Caithness provide a range of peer and parenting support services to socially and geographically isolated families in the perinatal period.

Both services have reported a lack of provision and support for families and are seen as lifelines in their communities.

Parent A was isolated as she lived in an extremely rural village with limited public transport and she could not drive. Parent A was referred to Blueprints [Action for Children's Perinatal Service] by her health visitor due to Parent A's mental health decreasing rapidly. Parent A refused a referral to Community Mental Health as she did not want her neighbours to think that she was not coping with parenting. Blueprints began home visits and listened to her fears and concerns. Fortnightly visits were carried out to build relationships and she was given support to attend Buggy Buddies for six weeks. By week three Parent A had grown in confidence so much that when she met her health visitor they were unable to recognise her; she was standing tall, smiling and having conversations with a number of other mums.

- Case Study from Action for Children's six month report, Oct 21- March 22

*"this is the first group I have been to where I don't feel judged, people are understanding of my child's needs as well as mine"*

Text message sent to a Home-Start Caithness support worker

*"I had had clinical interventions but they weren't for long enough. I needed reassurance in being a new parent. I was brought up by a parent with mental health problems and I knew the impact that had on me and didn't want that for my daughter"*

Quotes from women supported by Action for Children

*"Blueprints help you in so many ways. Over the past six months I went from having regular anxiety attacks and afraid to go outside, to going on long walks and having more fun days out with the kids. It's given me the courage to confide in friends and family I trust which has also built up our relationships. Blueprints is there to help in anyway [they] can."*

## Dads Support

Over the years, there has been a greater understanding and awareness of the importance of supporting dads throughout the perinatal period. We now know that up to 10% of dads are affected by poor mental health in the perinatal period.

Dads Rock aim to improve outcomes for children in Scotland, many of whom are at risk of marginalisation. The organisation works in deprived areas to help families in most need of support. The focus is on supporting dads who are often excluded from current parenting services.

£9,387 in PIMH small grants funding was given to Dads Rock to develop a new online peer support service for dads. In the first 9 months of this project, 10 volunteers have been recruited and trained. There was a great response to advertising for referrals on social media and 14 dads are now being supported (exceeding the initial target of supporting 12 dads). Referrals include those from mother and baby units, council justice service, third sector and breastfeeding support.

"Once a referral is received the coordinator makes contact to find out their needs and situation and then matches them to a suitable peer support volunteer. For example, one Dad in his mid 40s had been through IVF and wanted to connect to a similar person; a student who was struggling with juggling studying with being a new Dad, we were able to match to a lecturer; an Army veteran we were able to match to another army veteran. The volunteer then makes contact and sets up weekly calls with the Dad needing support."

Dads Rock report (Oct 21 - Jul 22)

"The PS Dads Rock service has helped Dads be able to safely talk about their mental health. Most Dads we worked with have said how important it is that the volunteer they speak to is outside of their immediate support bubble. This has allowed them to be honest about how they are coping without placing that emotional burden on their partners, many of whom are also struggling or have struggled with their own mental health. Three Dads who have gone through the full programme have given feedback on feeling that the service has improved their mental health, levels of anxiety and attachment with their child. Two of the Dads have spoken about how they feel less isolated as a Dad, they have joined our other groups and now feel less alone."

Dads Rock report (Oct 21 - Jul 22)

**Fathers Network Scotland have also been awarded Small Grants Funding, delivering training on Father Inclusive Practice and Support, to NHS professionals. In this reporting period (Oct 21 - July 22), 8 sessions were delivered to over 56 participants.**



Through the PIMH Fund, charities have played a critical role in providing emotional, social, and practical support, to families. This section of the report identifies how the way that the third sector works enables groups to meaningfully support families.

## Trusted Relationships and Flexible Support

Whether an organisation offers counselling, peer support or parenting support, strong and trusted relationships between families and charity employees and volunteers are at the heart of third sector support.

Feedback and evidence points to stigma preventing parents and carers from seeking help in the perinatal period. With an impartial, compassionate and flexible approach, charity employees and volunteers create a safe space for families, to listen to and really understand their needs.

When trust is built, open and honest conversations can take place. This puts charities in the important position of understanding the real and complex pressures faced by families and what support is needed.

*Offering a flexible approach and having the time to talk and build relationships with PNIMH families has meant that families are trusting of our services and staff which then gives families the greater freedom to be honest with their needs. This means that they have felt safe and supported to do so. Networking with referrers (MW, HV, FNP etc) with family consent means that more opportunities for support are captured. HV referral of a family meant that mum has some support whilst awaiting a referral to Psychiatry which was adding to her anxiety. With support from Home-Start she was prepared and supported to get the initial assessment completed and stated that Home-Start had been 'the only service to be able to provide flexibility with support and time and that she looked forward to visits' and this enabled her to move forward and cope with new services.*

### Home-Start East Highland and Home-Start Caithness

*Our support is bespoke, flexible and voluntary. We work with families on their terms and at their pace. We agree an action plan with each family based on what they tell us they want help with. Our whole-family and strength-based approach means that we achieve high levels of engagement and good outcomes for families.*

### Home-Start Aberdeen

**Throughout the pandemic, charities have had to innovate to deliver support online, offline or via telephone support and different ways of accessing services has continued for many organisations.**

*With Covid restrictions lifting we carefully considered our service delivery models, taking account of the needs and the preferences of our families. Most people we support prefer face-to-face service delivery, while a small group remain very anxious about return to this. The hybrid delivery of virtual / face to face ensures we are responding to all needs and remaining flexible in our approach.*

### Barnardos



## Lived Experience

Having someone's own experience and recovery journey to support others is powerful in building relationships, reducing stigma and highlighting the gaps in mental health support.

Many of the funded organisations have staff and volunteers with lived experience and all organisations show lived experience in the design and development of services.

LATNEM, supported by the Small Grants Fund, is fully designed and delivered by volunteers with lived experience. The organisation aims to promote and protect the mental health of women, birthing people and their families by providing a free, comprehensive peer support service, which is a safe, judgment free space for people to seek support with their mental health when they need it. Small grant funding contributes towards the running of a weekly online peer support group and in person peer support groups in Moray, Aberdeen City and Aberdeenshire.

In this reporting period (Oct 21 - Jul 22), LATNEM have reported that 92% of parents and carers with perinatal mental health issues feel less isolated and better able to seek support for family, friends and their community as a result of their support. Having lived experience at the heart of the delivery of peer support is invaluable for the LATNEM service.

*LATNEM helped me when I was at my lowest and made me realise that my feelings were all valid and it's okay to have these feelings. Being part of a group of ladies that are so supporting and understanding is amazing. The best support and help*

**Mum supported by LATNEM**

Held in Our Hearts are an Edinburgh based charity that receive small grant support. PIMH funding enables the peer support programme to support parents and families who are pregnant after experiencing baby loss. Many of the staff and volunteers at Held in Our Hearts are bereaved parents themselves, helping to build trust and understanding with the families who are supported.

*When pregnant after a loss, it is usual for the parents not to tell many people until they are much further along in the pregnancy, so often, their Peer Supporter is the only other person who knows, and they have felt that this is often the only person that they can be completely honest with about how they are feeling.*

**Held In Our Hearts**

# Working Together

The third sector works closely with statutory services and, as a result, are an important part of the delivery of perinatal mental health care in Scotland. A survey carried out with funded charities by Inspiring Scotland in January and February 2022, showed that out of the 24 organisations who responded, 70% of perinatal referrals to the third sector come from statutory services.

Due to the focus on preventative support, the third sector reduces the likelihood that parents and carers will need to access statutory support, working closely with midwife and health visiting teams.

If statutory service support is needed, relationships with third sector organisations can be the bridge to accessing services or act as 'wrap around' care, for example while a mother is in a mother and baby unit or where social work may be involved because of concern over the welfare of infants.

In some areas, third sector support is the only support available for women and families, due to lack of specialist mental health services or lack of capacity in overstretched statutory services. This has been more notable in remote and rural areas.

*We were supporting a number of first time pregnant mums who were feeling anxious and unprepared for their babies arrival, due to living in remote locations they also reported feeling very isolated. The NHS face to face antenatal classes had stopped due to COVID and not yet returned. We consulted with a number of pregnant mums and also mums with newborn babies finding out what content would be most useful in an antenatal group. The findings allowed us to put together a 6 week Antenatal Programme, the programme was created in partnership with NHS Lanarkshire staff."*

## Healthy Valleys

The third sector continues to be a mobiliser across Scotland for national programmes of work. Whether this is strategic support using the insight gained by charities or operational support on the ground, the third sector is attuned to the needs of families and able to respond as a collective.

*We have been working very closely with Home-Start UK on The Promise and recently undertook 2 Tests of Change. One was for dads support; speaking with dads to understand what support they need and the best way to execute this. The other was around Stigma, consulting with our families and stakeholders to evaluate our current promotional material to establish if our language is appropriate and does it produce barriers for families accessing our services.*

## Home-Start Glasgow North and North Lanarkshire



At the time of writing - through reports, conversations and surveys - charities have voiced significant challenges and concerns facing the sector.

## Cost of Living Crisis

Charities are reporting significant concerns over the cost of living crisis. This is in relation to family support, staff morale, operating costs and financial uncertainty. The data and quotes below have been taken from Inspiring Scotland's Cost of Living Survey (August 22 - September 22), which had responses from 22 funded organisations:

On a scale of 1 (not concerned) to 5 (very concerned), how concerned are you about the cost of living for:

- Families that you support? **On average, charities responded 4.8 out of 5**
- Your staff? **On average, charities responded 4.2 out of 5**
- Your volunteers? **On average, charities responded 4 out of 5**
- Your organisation? **On average, charities responded 4.4 out of 5**

How many families that you support will be strongly impacted by increases to the cost of living crisis? **On average, charities responded 82.4%**

*A family we work with, who have not previously reported worrying about finances are now very concerned, they both work, but have no idea what to do as their energy provider wants to increase their monthly DD from £120 to £380 and they just have no idea where the money is going to come from for that.*

*Last week a heavily pregnant mum said she had to cancel an antenatal hospital appointment because she couldn't afford the fuel for the car to make the journey (she has several young children and going on the bus would have been daunting for her.)*

*As an organisation we are concerned that the costs associated with providing the support services we provide are going up significantly, this will potentially result in us having to reduce what we offer unless we can find additional funding. At the same time demand for support is high and we predict it will remain high as families find themselves struggling which in turn is impacting on their mental health. We are also concerned about the impact on our staff and volunteers as they struggle to meet rising costs of living and how this will impact on their mental and emotional wellbeing. We are not currently in a position to increase staff wages or staff and volunteer travel expenses. We are concerned we may lose volunteers as they may have to return to/take on additional work.*



## Ongoing Impact of COVID 19

**The mental health impact of COVID 19 has been widely documented and charities are reporting the continued impact on families and the resulting increased demand for services.**

*We are continuing to see the severe impacts of the pandemic on families who were already finding it hard to cope. These include: increased poverty Increased isolation and loneliness, lack of opportunity for children, increased mental health problems and reduced family resilience. We know how important our networks and partnerships are to ensure we can connect families with the support they need*

**Home Start Aberdeen report (Oct 21 - Jul 22)**

**Several organisations have reported an increase in the complexity of mental health issues facing families. This has required some charities to work more intensively with fewer families and some have had to re-evaluate their model of volunteer led or staff led support.**

*The deterioration of the mental health of the family unit has been particularly noticeable... After two years of restrictions, many families are feeling isolated, their mental health has deteriorated and other issues have multiplied*

**Home-Start Glasgow South report (Oct 21 - Jul 22)**

*"We continue to receive increasing numbers of referrals for people whose situations are very complex in terms of physical and mental health, destitution, levels of vulnerability, risks to parent and child, and more. The support required by these clients is far beyond the scope of what we can ask our volunteers to offer, and is more suited to a more specialist and intensive service, which people should be paid for. Linked to this, a volunteer led model of service delivery carries a risk around organisational capacity, ensuring service reliability and ensuring continuity of care for clients. We are continually exploring ways in which we can make our service more robust by using paid staff to take the lead on cases with support and collaborative working from volunteers. Increased funding has enabled us to restructure our staff and develop the new role of Perinatal Team Leaders, whose remit is to lead a team of volunteers and provide support to clients who are in more complex situations. This role is deliberately differentiated from the volunteer role so as to clearly set a boundary between paid and volunteer companions."*

**Amma Birth Companions report (Oct 21 - Jul 22)**

**Charities are also still navigating the logistical and resourcing challenges of operating safely in person with COVID 19, particularly those delivering services for pregnant women and those feeling health related anxiety after baby has been born.**

*"We had hoped this group would return to face to face as Covid restrictions eased... ladies who are already anxious about their pregnancy may feel that meeting with others is still too big a risk for them"*

**Held in Our Hearts report (Oct 21 - Jul 22)**

*Whilst we continued to deliver all aspects [of our PIMH support], additional consideration was given to the fact that many of our young people were anxious about attending groups as restrictions were lifting. In one of our buildings the lack of ventilation in our group room meant small numbers and staff then having to deliver more groups to reach everyone - making it very resource intensive.*

**Barnardos report (Oct 21 - Jul 22)**

# Resourcing and Funding

While recruitment and retention has been a long standing issue in the third sector, there has been an increase in charities sharing challenges on resourcing.

With COVID related absences affecting the workplace and teams operating (sometimes on skeletal staff) to ensure continuity of services, organisations are reporting challenges around staff morale and burn out.

Short term contracts linked to short term funding cycles creates an ongoing challenge for the third sector across the board. Charities want to continue to invest in and upskill their workforce, however risk losing valued and skilled staff members for permanent positions elsewhere.

Given that relationships are a critical component of perinatal and infant mental health support, staff leaving the sector brings a potential risk for service delivery.

Many organisations are also reliant on volunteers and have reported challenges in recruiting volunteers through the pandemic and retaining volunteers with the rising cost of living.

*"Recruitment of volunteers is proving difficult, this is something we are hearing from colleagues in the third sector across Grampian. COVID-19 coupled with the cost of living crisis is having a huge impact on people's ability to provide face to face time volunteering."*

LATNEM

Funding continues to be a key challenge and concern facing third sector organisations.

A survey with funded charities carried out in January and February 2022 showed that out of the 24 organisations who responded, despite 70% of referrals coming from statutory services, 67% of the organisations reported receiving no health or local authority funding. Services have also reported that local health and social care funding may only be smaller amounts and short term funding. This means the third sector are heavily reliant on trusts, foundations and self generated income.

*"The Grants market continues to be extremely competitive. We noted that during 2020 - 2022 there was a variety of funds available in response to Covid 19 (2020/2021). Funders such as The National Lottery Community Fund, are still supporting 3-year projects e.g., but at a lower level."*

Home-Start Glasgow South

One of the services who received funding in Year 1 and Year 2 of the fund could not find replacement funding at the end of the funding cycle and unfortunately had to close.

*"Our biggest challenge was in finding funding to continue, which sadly we were unable to do"*

Action for Children, West Dunbartonshire



Inspiring Scotland deliver the Perinatal and Infant Mental Health Fund on behalf of Scottish Government. In addition to fund management, Inspiring Scotland has been supporting the development of the Perinatal and Infant Mental Health Sector.

- **COVID 19 Intense Support:** At the beginning of the pandemic, Inspiring Scotland brought perinatal and infant mental health charities together virtually on a weekly basis – providing an important peer support network for sector leaders
- The creation of a third sector service directory, showing over 100 organisations who continued to offer support throughout the pandemic: <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>
- 1:1 meetings with funded organisations, giving space for charity leaders to talk through opportunities, concerns and challenges faced by the sector
- Quarterly portfolio events to bring funded organisations together, to share best practice and connect with each other for advice, inspiration, and support
- Support for organisational development through Inspiring Scotland's Specialist Volunteer Network, offering free access to professional services advice and support. Since the beginning of the PIMH Fund (October 2020), 109 hours (£21,200) of support has been accessed.
- Design and delivery of the PIMH Peer Support Scotland event, with 140 attendees from peer support organisation in Scotland. The second Peer Support event is currently being planned and will take place in March 2023.
- Supporting the delivery of Supporting Women, Reducing Harm, an online event with over 300 attendees, focused on what action can be taken to support families affected by substance use in the perinatal period
- Monthly newsletter on third sector opportunities, news and events.



**PIMH Fund Portfolio Event - August 22**

*"We would like to say that Inspiring Scotland have been one of the most supportive and flexible funders we have ever worked with. We are so grateful for your support and collaboration in making this project all that it can be."*

**With Kids**

*"We feel the support we have received from the team at Inspiring Scotland has been excellent. It has been an incredibly positive experience and we have enjoyed attending organized online events. We found the Peer Support portfolio events beneficial and a wonderful opportunity to join up to meet and hold discussions with colleagues working across Scotland. It is always interesting and helpful to hear about all the diverse services being delivered in the sector. We look forward to attending future events. Thank you".*

**Home-Start Levenmouth**

*"Sam was utterly fantastic and single handedly created a Marketing Strategy for Mellow Parenting. He talked us through all the steps, what would work best for us, held our hands and generally made it all sound achievable."*

**Feedback from Mellow Parenting following Specialist Volunteer Network Support**

# Concluding Remarks

**A tangible difference has been made by the third sector through the Perinatal and Infant Mental Health Fund.**

- The Perinatal and Infant Mental Health Fund has had a huge impact on families across Scotland, with **5,544 people supported by small and main grants funding to date**
- The third sector is uniquely placed to deliver **non stigmatising, tailored, holistic and flexible support**
- Charities work hand in hand with statutory services and are a **critical component of PIMH care in Scotland**
- In addition to maternal mental health support, **increases in whole family support, support for dads and awareness and action to improve infant mental health continues to grow in the third sector**
- The **increased cost of living and the ongoing impact of the COVID 19 pandemic are key challenges facing the sector. This is anticipated to bring increased demand, an increase in complexity and severity of mental health support needed and put financial pressure on organisations**
- Inspiring Scotland are in discussion with funded charities about how we, as a funder, can support with challenges facing the sector through the remainder of the PIMH Fund



**Cafe Stork, Home-Start Glasgow North and North Lanarkshire**

*"If not for Home-Start, I don't know how my life would be. You're a Godsend. My mood was so low before your support. Now I have people to talk to and you link me with whatever I need. Even when I still feel a little low, my mood always feels high again after each time my volunteer calls. From the bottom of my heart .... you're amazing!!"*

**Parent supported by Home-Start Glasgow North and North Lanarkshire**

**Inspiring Scotland and Scottish Government would like to thank everyone involved in delivering the PIMH Fund. The passion, dedication, energy, commitment and hard work of those who work in and with the third sector continues to be a driving factor in changing the lives of families across Scotland.**

## Main Grants

### Aberlour Child Care Trust

**Location:** Clackmannanshire, Falkirk and Stirling

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £213,333

Aberlour Child Care Trust have continued to deliver community based support for women experiencing perinatal mental health difficulties, providing emotional and practical support through pregnancy and the first year of a baby's life. Delivered in Clackmannanshire, Falkirk and Stirling, new and expectant mums are matched with peer volunteer befrienders for regular non-judgemental support. This relationship-focused support helps new and expectant mums to bond with their babies and reduce social isolation.

**Website or twitter:** <https://www.aberlour.org.uk/> <https://twitter.com/aberlourcct>



### Action for Children

**Location:** West Dunbartonshire and Western Isles

**Type of Support:** Peer Support and Parenting Support

**Amount Funded:** £154,638

Action for Children's non-clinical, community based parenting and peer support service provides support for women and families affected by or at risk of perinatal and mental health issues. Focussing particularly on young parents, lone parents, and other parents who have experienced trauma or lack support networks, the PIMH Fund grant supports delivery of services in Western Isles for three years and has supported West Dunbartonshire for one year.

**Website or twitter:** <https://www.actionforchildren.org.uk/>



### Amma Birth Companions

**Location:** Glasgow

**Type of Support:** Peer Support

**Amount Funded:** £213,000

Amma Birth Companions provides trauma-informed emotional and practical support to vulnerable women who would otherwise experience birth without a partner or against significant barriers to accessing perinatal care. Their clients are mostly refugees, asylum seekers and people living in poverty. Amma's service include birth and postnatal companionship, antenatal classes and peer support activities and aims to support the wellbeing and life chances of both mothers and infants.

**Website or twitter:** <https://ammabirthcompanions.org/> <https://twitter.com/AmmaBirth>



## Barnardo's

**Location:** Inverclyde, Renfrewshire

**Type of Support:** Peer Support and Parenting Support

**Amount Funded:** £195,336

Barnardo's services in Renfrewshire and Inverclyde support parents and infants from pregnancy to 3 years old who face a range of adversities that increase the risk of mental health problems. Adopting a whole-family approach, the 'Growing Together' programme offers a solution focused approach to supporting families with children under three years through parenting and peer support. 40 per cent of current service users are care experienced.

**Website or Twitter:** <https://www.barnardos.org.uk/>



## CrossReach

**Location:** Moray; East Lothian; East Renfrewshire; Edinburgh City; Glasgow City; North Lanarkshire; South Lanarkshire; Online (national)

**Type of Support:** Counselling

**Amount Funded:** £128,624

CrossReach provide direct counselling support to parents affected by mental health illness in the perinatal period. CrossReach will build on their existing counselling service in Moray to meet increased demand. Counselling sessions are free and delivered by trained and registered psychotherapists or art therapists. Funding in year one contributed to implementing and growing CrossReach's distance counselling facility to new areas and to developing PIMH skills based training, consultancy and clinical supervision for other organisations supporting perinatal mental health.

**Website or Twitter:** <https://www.crossreach.org.uk/>



## Healthy Valleys

**Location:** South Lanarkshire

**Type of Support:** Peer Support, Parenting Support, Counselling

**Amount Funded:** £150,624

Healthy Valleys promote positive health, wellbeing and support isolated families living in disadvantaged communities in rural South Lanarkshire. Funding from the PIMH Fund enables Healthy Valleys to continue delivery of a programme of ante and perinatal peer support, parenting and group support as well as outreach to local families.

**Website or Twitter:** <https://www.healthyvalleys.org.uk/> <https://twitter.com/HealthyValleys>



## Home-Start Dunfermline

**Location:** Fife

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £52,847

Home-Start Dunfermline offer one-to-one, personalised support for parents with infants and young children who may be lonely, struggling to cope with day to day routines, or at risk of social exclusion. Services include baby massage and family group sessions and a new baby café that has been successfully piloted in other areas. During these group sessions, staff and trained volunteers provide peer and parenting support.

**Website or Twitter:** <https://twitter.com/HSDunfermline>; <https://www.home-start-dunfermline.org.uk/>

## Home-Start East Highland in partnership with Home-Start Caithness

**Location:** Highland

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £213,330

Home-Start East Highland, in partnership with Home-Start Caithness, deliver a range of peer and parenting support services to socially and geographically isolated families in the Highland region. A range of support is available for families in the perinatal period and up to age three, including one-to-one personalised support delivered by staff and volunteers, parenting groups, a Baby Cafe, and structured play sessions. The partners currently operate in Caithness, Easter Ross and Inverness and Nairn and will extend their services to additional areas across Highland.

**Website or Twitter:** <https://twitter.com/HSCaithness>; <https://www.homestartcaithness.org.uk/>;  
<https://home-starteasthighland.org.uk/>

## Home-Start Glasgow North and North Lanarkshire

**Location:** Glasgow North and North Lanarkshire

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £205,417

Home-Start Glasgow North and North Lanarkshire support families in North Glasgow and North Lanarkshire in the perinatal period through a range of services. Intensive one-to-one support for families is provided by a perinatal family support worker and home-visiting peer supporters. Home-Start Glasgow North and North Lanarkshire also facilitates successful peer support groups, including a drop-in café, and will develop more support for Dads at home, as well as peer support groups for Dads to support mental wellbeing.

**Website or Twitter:** <https://twitter.com/HomeStartGN>; <https://homestartglasgownorth.org.uk/>

## Human Development Scotland

**Location:** National

**Type of Support:** Training

**Amount Funded:** £98,624

Human Development Scotland aim to improve mental health and emotional wellbeing through professional training, CPD and provision of counselling and psychotherapy. Funding from the PIMH Fund contributes to the development and delivery of observational infant mental health training for staff of third sector organisations working closely with families and infants. The training aim is to help to take a child-focused approach and help parents understand the needs of their children.

**Website or Twitter:** <https://www.hds.scot/>



## Midlothian Sure Start in partnership with East Lothian Council

**Location:** East Lothian, Midlothian

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £212,012

Midlothian Sure Start's 'A Good Start' (AGS) prevention programme has been developed in co-production with parents over 15 years, providing valuable peer and parenting support to vulnerable families in Midlothian. In partnership with East Lothian Council, the programme has been expanded to provide support to new families in East Lothian, training local volunteers, health and third sector staff. The service expands to provide more antenatal programmes for vulnerable parents and drop-in sessions for parents with infants under one year.

**Website or Twitter:** <http://www.midlothiansurestart.org.uk/>; <https://twitter.com/MidSureStart>



## PND Borders

**Location:** Scottish Borders

**Type of Support:** Parenting Support, Counselling

**Amount Funded:** £118,000

PND Borders provide a therapeutic service that reaches out to families affected by ante and post-natal depression and anxiety across the Scottish Borders to improve outcomes for mothers, babies and the family as a whole. Counsellors provide long-term Person Centred and Psychodynamic Counselling and art therapy, as well as training in infant massage, among other services. Support groups supplement core services and a creche is offered to support women to access the service.

**Website or Twitter:** <https://pndborders.org.uk/>





### Quarriers

**Location:** Glasgow

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £210,528

Quarriers' Maternal Wellbeing Service based in North East Glasgow provides support for families experiencing mild to moderate perinatal and infant mental health issues from conception to 3 years following birth. A range of services support families, counselling and psychological support, and one-to-one parenting support from trained Family Practitioners, providing a safe space and encouraging bonding and attachment with infants. Other services include a weekly antenatal support group, a postnatal support group for mothers experiencing post-natal depression, an international women's group and a group for Fathers.

**Website or Twitter:** <https://www.quarriers.org.uk/>; <https://twitter.com/quarriers>



### Stepping Stones North Edinburgh

**Location:** Edinburgh

**Type of Support:** Peer Support, Parenting Support

**Amount Funded:** £140,896

Stepping Stones North Edinburgh support the wellbeing of women and families during pregnancy and the early post natal months. The Bump Start programme provides intensive one-to-one and group support to help establish the foundations for secure parent-infant relationships. Stepping Stones North Edinburgh will develop a new partnership with Juno (Perinatal Mental Health Support) to deliver weekly peer support groups in the local community led by volunteers with lived experience.

**Website or Twitter:** <https://www.steppingstonesnorthedinburgh.co.uk/>; <https://twitter.com/SSNorthEd>



## Small Grants

### 3D Drumchapel

**Location:** Glasgow City

**Type of support:** Parenting and Peer Support

**Amount funded:** £12,000

3D Drumchapel is a family support charity based in Drumchapel, who are committed to making a difference in the lives of children and their families in Drumchapel, Yoker & Knightswood by providing support, strengthening relationships and empowering families to make positive changes. PIMH funding supports the building of family relationships through 3D Drumchapel's established perinatal support services.

**Website or twitter:** <https://www.3ddrumchapel.org.uk/>; <https://twitter.com/3DDrumchapel>



### Dads Rock

**Location:** Clackmannanshire, East Lothian, Falkirk and Stirling

**Type of support:** Peer and Parenting Support

**Amount funded:** £9,387

Dads Rock aim to improve outcomes for Children in Scotland, many of whom are at risk of marginalisation. The organisation works in deprived areas to help families in most need of support. The focus is on supporting dads who are often excluded from current parenting services. PIMH funding supports Dads Rock to develop a new online peer support service for dads.

**Website or twitter:** <https://www.dadsrock.org.uk/>; <https://twitter.com/DadsRockOrg>



### Fathers Network Scotland

**Location:** Fife, Glasgow, Lothians

**Type of support:** Peer Support and Training

**Amount funded:** £12,000

Fathers Network Scotland (FNS) envision a safe and compassionate Scotland where children, families and communities are enriched by the full and welcome involvement of fathers, father figures and partners. PIMH funding supports training for statutory and third sector providers on how to better support fathers in the perinatal period.

**Website or twitter:** <https://www.fathersnetwork.org.uk/>; <https://twitter.com/FathersNetScot>





## Home-Start Aberdeen

**Location:** Aberdeen City

**Type of support:** Parenting and Peer Support

**Amount funded:** £12,000

Established for over 30 years, Home-Start Aberdeen supports vulnerable families who have at least one child under 5. The service is family-led and strengths-based. Bespoke emotional and practical support is provided by trained home-visiting volunteers. PIMH funding helps to expand this important service to reach more vulnerable families.

**Website or twitter:** <https://twitter.com/homestartabdn>; <https://www.homestartaberdeen.org.uk/>

## Home-Start Dundee

**Location:** Dundee City

**Type of support:** Parenting and Peer Support

**Amount funded:** £12,000

Home-Start Dundee is a local charity that works in partnership with local parents who have at least one child aged 5 years or younger. Offering support to parents/carers and their families within the city of Dundee for over 35 years, funding supports the development of specialist PIMH provision, groups and training.

**Website or twitter:** <https://twitter.com/HomeStartDundee> ; <https://www.homestart-dundee.org.uk/>

## Home-Start East Lothian

**Location:** East Lothian

**Type of support:** Peer and Parenting Support

**Amount funded:** £12,000

Home-Start East Lothian recruits and trains volunteers to universally work with families, with at least one child under the age of 5, at home across East Lothian. PIMH funding contributes to the running and expansion of the Healthy Minds Happy Babies programme in Dunbar, Tranent and Haddington.

**Website or twitter:** <https://homestarteastlothian.co.uk/>



## Home-Start Glasgow South

**Location:** Glasgow City South

**Type of support:** Peer and Parenting Support

**Amount funded:** £12,000

Established in 2000, Home-Start Glasgow South is a family support charity, based in and operating across the Southside of Glasgow. The organisation offers dedicated one-to-one support, antenatal and perinatal support, intensive family support as well as various weekly family support groups – including baby massage, dads antenatal workshops and perinatal groups. PIMH funding helps to expand this support for the local community.

**Website or twitter:** <https://www.homestartglasgowsouth.org.uk/home-2/>; <https://twitter.com/HomeStartGS>

## Home-Start Levenmouth

**Location:** Fife

**Type of support:** Peer and Parenting Support

**Amount funded:** £10,900

Home-Start Levenmouth is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age. Volunteer mentors offer regular support, friendship and practical help to families in their own homes to prevent family crisis and breakdown. PIMH funding supports one-to-one and group support offered to parents in the Levenmouth area.

**Website or twitter:** <https://www.homestartlevenmouth.org.uk/>

## Home-Start Renfrewshire and Inverclyde

**Location:** Inverclyde and Renfrewshire

**Type of support:** Peer and Parenting Support

**Amount funded:** £11,039.33

Home-Start Renfrewshire and Inverclyde (HSRI) supports families with young children during pregnancy and up to five years of age. PIMH funding contributes to the costs of perinatal services including the weekly Stork Café peer support group and train the trainer sessions for the Blank Canvas Perinatal Peer Support Programme.

**Website or twitter:** <https://www.home-start-renfrewshire.org.uk/>

## Held in Our Hearts

**Location:** East Lothian; Edinburgh City; Highland; Midlothian; West Lothian

**Type of support:** Peer and Parenting Support

**Amount funded:** £12,000

Held In Our Hearts provide baby loss counselling and support to bereaved families. PIMH funding enables the peer support programme to support parents and families who are pregnant after having experienced baby loss.

**Website or twitter:** <https://twitter.com/heldinourhearts>; <https://heldinourhearts.org.uk/>



## Lets Talk North East Mums (LATNEM)

**Location:** Aberdeen City, Aberdeenshire and Moray

**Type of support:** Peer Support

**Amount funded:** £11,991

LATNEM aim to promote and protect the mental health of women, birthing people and their families by providing a free, comprehensive peer support service, which is a safe, judgement free space to seek support with their mental health when they need it. PIMH funding enables the delivery of peer support meetings in Moray, Aberdeenshire and Aberdeen City, Mindful 'Crafternoon' sessions and training for volunteers to run Creative Journaling.

**Website or twitter:** <https://latnem.org/>; <https://twitter.com/latnem7>

LATNEM



## Mellow Parenting

**Location:** National

**Type of support:** Training, Peer Support and Parenting Support

**Amount funded:** £11,410

Mellow Parenting is a small registered charity with a global reach; researching, developing and implementing parenting programmes for the more vulnerable families in our society, and training / supporting others to deliver directly to families. PIMH funding enables the delivery of online Mellow Groups by Mellow Parenting - Mellow Bumps and Mellow Babies - which support and promote maternal, paternal and infant mental health.

**Website or twitter:** <https://www.mellowparenting.org/>; <https://twitter.com/MellowParenting>



## MindMosaic Counselling and Therapy

**Location:** Inverclyde

**Type of support:** Peer Support and Counselling

**Amount funded:** £12,000

The vision of MindMosaic is investing in people to support positive mental wellbeing and the mission is to provide high quality therapeutic services across Inverclyde and beyond. PIMH funding supports the delivery of counselling and therapy for parents and carers.

**Website or twitter:** <https://mindmosaic.co.uk/>; <https://twitter.com/ChildMindMosaic>



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COUNSELLING & THERAPY

## Multi-Cultural Family Base

**Location:** Edinburgh City

**Type of support:** Peer and Parenting Support

**Amount funded:** £12,000

Multi-Cultural Family Base (MCFB) aims to promote the well-being and life opportunities of vulnerable, disadvantaged and marginalised children, young people and their families. MCFB specifically focuses on the needs of families from Black, Asian and Minority Ethnic (BAME) communities in the City of Edinburgh. PIMH funding enables the delivery of the Chinese Flower Group, which supports vulnerable and marginalised Chinese families with infants / young children.

**Website or twitter:** <https://www.mcfb.org.uk/>; <https://twitter.com/MCFB1>



## Nurture the Borders

**Location:** Scottish Borders

**Type of support:** Peer Support

**Amount funded:** £11,621

Nurture The Borders aims to promote and protect the physical and mental health of women, their infants and families affected by or at threat of developing a perinatal mental health condition. PIMH funding supports The Cherish Project - a community outreach project that provides support, education and advocacy to women during pregnancy and up to two years after birth.

**Website or twitter:** <https://www.nurturetheborders.com/>; <https://twitter.com/NurtureBorders>



## Pregnancy Counselling and Care (Scotland)

**Location:** Edinburgh City

**Type of support:** Counselling Support

**Amount funded:** £12,000

The aim of Pregnancy Counselling and Care is to provide care and assistance to anyone suffering during pregnancy and childbirth or as a result from the loss of a baby or infertility; and to supply material aid via our Baby Bank Service to families in need. PIMH funding helps build on the organisation's experience from lockdown to support the development of a new 'hybrid' working model and improved service referral pathway.

**Website or twitter:** <https://counsellingandcare.co.uk/>; <https://twitter.com/pccscot>



## Starcatchers Productions Ltd

**Location:** Edinburgh City and Fife

**Type of support:** Peer and Parenting Support

**Amount funded:** £12,000

Starcatchers is Scotland's Arts and Early Years organisation, delivering a range of play-based services that use the transformational power of the arts as a vehicle to improve outcomes for Scotland's youngest children and their grown-ups. PIMH funding supports the continuation of Starcatchers' peer and parenting weekly support groups for young parents (under 26) and their infants.

**Website or twitter:** <https://starcatchers.org.uk/>; <https://twitter.com/StarcatchersUK>



## With Kids

**Location:** Glasgow City

**Type of support:** Peer, Parenting and Counselling Support

**Amount funded:** £11,880

With Kids is a children's mental health charity which offers a range of therapeutic services to children and parents/carers aimed at improving emotional and mental well-being. This is delivered through therapeutic interventions aimed at helping children work through difficult emotions, joint parent/child work, individual parent support and a variety of family, group and parent/carer activities and sessions. PIMH funding enables the organisation to build on the relationship formed with new parents via the 'Meemaws' Facebook Group during lockdown with parenting support sessions, baby massage and dyadic therapy Watch Wait and Wonder programme.

**Website or twitter:** <https://withkids.org.uk/>; <https://twitter.com/withkidsscot>

