



## Media Release

### **Family Action's Perinatal Support delivers wide range of benefits for women, their children and society at large**

An economic evaluation of Family Action's Perinatal Support Services by Pro Bono Economics estimates significant benefits across a range of indicators.

- Evaluations by Guys & St Thomas and the University of Warwick have shown that the interventions provided by Family Action are effective.
- This study draws on research and data linking reductions in postnatal depression to benefits in terms of improved health, employment and emotional state, which can be monetised
- The financial benefit is estimated to be £2,430 for each woman receiving support – and could rise to £4,383 when the monetisation of wellbeing is included. This exceeds the cost of delivering the service.

The report identifies beneficial outcomes in terms of increased chances of employment and higher earnings, increased physical and mental wellbeing - potentially reducing use of health and social care services, long term beneficial outcome for children, and beneficial impact on peer volunteer befrienders.

**David Holmes CBE, Family Action Chief Executive** said: *"We know how challenging the perinatal period can be for some mothers and families and our Impact Report clearly evidences the success of our Perinatal Support Services in terms of outcomes for the families. We are delighted the work of Pro Bono Economics confirms the model is also economically robust."*

Ends.



## **Notes to Editors:**

Read the full report here: [www.family-action.org.uk/perinatal](http://www.family-action.org.uk/perinatal)

Family Action's Perinatal Support Services are early intervention, low intensity services for those with low to moderate level diagnosed mental health issues or who are at risk of developing perinatal mental illness.

The services are led by a professional project co-ordinator, with an early years, health or social care background, and provided by team of volunteer befrienders who have experience of parenthood and sometimes have received help from the service themselves. We work with families from before the baby is born to at least one year after.

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## **About Family Action**

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Our work is wide-ranging and includes help for parents-to-be, the provision of many Children's Centres in local communities, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools and financial grants programmes.

[www.family-action.org.uk](http://www.family-action.org.uk)

## **About Pro Bono Economics**

Pro Bono Economics is a UK charity that matches volunteer economists with charities to address questions around measurement, results, impact and value.

[www.probonoeconomics.com](http://www.probonoeconomics.com)

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