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Press release

Date: 4 September 2018

Vital perinatal support for Medway mums to continue, thanks to The Big Lottery Fund

The charity Family Action is delighted to announce that their Perinatal Support Project in Medway has been awarded funding for a further three years. Thanks to a grant from the Big Lottery Fund, the service will be able to continue to offer help and support to new mums affected by perinatal mental health issues and their families in the Medway area.

Family Action's Medway Perinatal Support Project is an early intervention service for pregnant women and new mums with low to moderate level diagnosed mental health issues and for those who are at risk of developing perinatal mental illness. We work with women and the wider family from before the baby is born to at least one year after. Family Action has similar services in a number of locations across England and Wales.

The Medway Perinatal Support Project is led by a team of professional workers who have early years, health or social care backgrounds. An amazing team of volunteer befrienders, who have experience of parenthood and sometimes have received help from the project themselves, also provide further one to one support. The service works closely with midwives, health visitors, GPs, Children's Centres and existing perinatal teams to enhance the local support available to families where mothers are suffering with mental health difficulties. Safeguarding, high quality training and regular supervision of volunteers are key features of this very well established project.

The new project will also offer support to dads, actively engaging any service user's partner and running a monthly Dads' group on a Saturday. We are also targeting vulnerable young parents with a group that we are co-facilitating with Health Visitors that will include running support groups for teenage parents.

David Holmes CBE, Chief Executive of Family Action said:

"I am personally delighted to see this fantastic Perinatal Support Project receive new funding to ensure that it can continue to serve new mums and families in Medway who are battling to overcome perinatal mental illness. The funding means we can continue to walk shoulder to shoulder with these women, and the women who will follow them over the next three years, and give them the support they need. Perinatal mental illness can be desperately difficult but with the right support, it can be overcome. We know that new mums, their babies, dads and the wider family all benefit hugely from this service. Family Action would like to say a sincere thank you to the Big Lottery Fund for recognising the value of this work and to the National Lottery players across the country who have made this grant possible."

ENDS



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For further information and interviews please contact:

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Notes to Editors:-

About Family Action

Family Action is a charity committed to building stronger families and brighter lives 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. Family Action is also recognised as a leading provider of training.

Registered Charity Number: 264 713

Website: www.family-action.org.uk

Twitter: [@family_action](https://twitter.com/family_action)

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About The Big Lottery Fund

The Big Lottery Fund uses money raised by National Lottery players to help communities achieve their ambitions. From small, local projects to UK-wide initiatives, our funding brings people together to make a difference to their health, wellbeing and environment. Since June 2004 we have awarded £9 billion to projects that improve the lives of millions of people.

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