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Spring 2010.

Hello Everyone.

Welcome to the Spring addition of the Mums 4 Mums newsletter.

The Coffee Morning Update

We met up with the existing peer supporters for our second coffee morning. We started with an update on the progress of the study. Recruitment has been very slow and we are currently supporting five mums.

The peer supporters that have not yet been matched with a mum commented, “It is about not taking it personally. The coffee mornings and study updates are useful as they highlight the difficulties of recruiting mums and demonstrate that it is not about the peer supporters not being unsuitable for the study”.

One peer supporter that has been matched felt it was a good match, “It was like talking to a best friend and there was a good click with my mum”. She said that more information about her mum may have been useful. At present only the name, telephone numbers and GP details are passed onto the peer supporter. The mum is told her peer supporters name and that she will call within 48 hours. No other information is given to avoid anxieties with what the other person has been told. We can look into what other information may possibly be of use in the study at a later date.

One peer supporter was also concerned that she was letting her mum down if she was not able to make contact or be there when they called. They were reassured that peer support is a mutual relationship and that both parties needs have to be met.

We then talked about texting or emailing mums if it was more convenient; especially to confirm when you are next available to be called. It was suggested that as long as peer supporters felt comfortable then it would be fine. One peer supporter pointed to the benefits of a mum being able to email at three in the morning. This could be the time when she needs to let off steam the most and it would be acceptable to reply to her in the morning. If it works then go for it.

The skills and procedure manuals are also a good resource and point of reference for the peer supporters to refer back to if they need to.
**Health Visitor Packs**

Five hundred ‘Mums 4 Mums’ study packs were handed out to health visitors at a recent conference resulting in the referral of two mums into the study. Please could all health visitors make sure the mums [contact details](#) are provided on the consent form so that they can be contacted by the researcher.

**Recruiting in Rugby**

We have extended to Rugby Primary Care Trust with an aim to broaden the demographics and increase the geographical area for recruitment purposes. Having attended their recent health visitor meeting which was very positive, the research team look forward to working closely with everyone.

**Feasibility Study**

We are now recruiting mums for the feasibility study. This means referrals will now be randomly allocated to a control group and an intervention group.

The peer supporters will provide telephone support for four months as in the pilot.

The mums allocated to the control group will have standard care. The mums taking part in the intervention group will have both standard care and the telephone peer support.

We would like to recruit a minimum of seventy mums for the feasibility study. This may sound a lot but it amounts to one referral per health visitor. Please let me know if I can help in any way by attending meetings or providing information.

I would like to thank the health visitors for all their help with recruitment so far.

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**Training sessions for new peer supporters**

We have recruited six new peer supporters and will be undertaking some more training sessions. These will be held at the Abbey Children Centre in Nuneaton, they will start at 9.45 am and last approximately 2 hours. The sessions will be held on the following dates:

- Monday 26th April—Confidence and self esteem.
- Monday 10th May—Empathy and skills.
- Monday 17th May—Feelings, behaviours and thoughts.
- Monday 14th June—Managing risk.

The current peer supporters are welcome to attend any of these session as part of a refresher module if they wish. Please could you let Sukhi know which session you would like to attend and whether you require a place in the crèche for your child.

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**Contacts Details**

Please contact us if you have any questions about the study.

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