What Peer Supporters felt they had gained from study

Peer supporters felt that they had learned more about depression, they had became more aware of their own triggers and when they needed to take action. “PND is more of a problem than you realise”.

Changes that Peer Supporters identified for the future

Peer supporters felt that it would been beneficial to talk to other peer supporters about issues that came up whilst supporting their mum. The research team are in the process of developing a “blog” on the Mums4Mums Webpage.

Final comments from Peer Supporters

A couple of final comments from peer supporters included “...it is a brilliant study, worthwhile and I am glad to be a part of it” and “I feel I am doing something constructive, helpful and positive”.

Preview of Initial findings

We have now recruited eleven mums in total. We would like to provide you with some of the comments from the early interviews; this is only a preview of the findings and full data analysis will be completed later in the year.

Peer Supporter Experiences

The peer supporters talked about their reasons for taking part in the study. They talked about wanting to be able to give something back to the community, being there for other mums and acknowledging the difficulties faced by mums in admitting that they are feeling depressed.

They described feeling a little anxious when making the first call to their mum, especially if it had been a while since the training, but realising that these feelings would disappear.

With regard to building a relationship with their mum, the peer supporters stated that they felt that the matching process was successful; “...it has felt like talking to a long time friend not someone you are supporting through a study” another said “I would like her generally”.

One peer supporter commented that she enjoyed making the phone calls, and said that there were many similarities in their experiences of PND. This felt reassuring for both the mum and peer supporter because it highlighted that they are not alone with these feelings. One mum said “...someone else felt exactly the same as I did”.

Another peer supporter said that “it was difficult early on when she felt really helpless” and worried that anything she said would sound like a token piece of advice. However, she discovered that her mum sometimes “just wanted to offload”.

What Mums found Most Helpful

Request to Health Visitors

Invitation to Picnic in the Park on 5th August

Researcher contact details
Mums Experiences

When the mums were asked if the study met the their expectations, a mum said “To be honest, I had the information given to me from my health visitor a long time before I actually contacted the researcher… I wasn’t expecting a lot and I was kind of expecting a peer, from my past experience who would respond the same way, that you need to get over it and you need to get on with things so it wasn’t what I expected, it was a lot better than what I expected”. Another mum commented “Yes, it was what I expected, I didn’t realise it would be as good as it was, just to know that she was there because it meant if I felt really awful, I could just phone her up”.

Peer supporter ability to relate to the mums experience

The mums felt it was important that the peer supporter had experienced PND themselves. One mum said “With my peer supporter it was someone who has been there and done that, so it wasn’t just I think this is how you feel, it was this is how I felt so I understand what you are going through”. Also “Just knowing that someone was there, someone had been in the same situation as me and had come out of it, they were the most important things for me really”.

What a mum found most helpful

One mum said “my peer supporter would always try and find some positive, no matter how down I felt, she would always find something positive out of what I could tell her and say well you need to look at things a different way”.

Finally I would like to conclude with this final comment from a mum “It was fantastic, I think looking back, I don’t know where I would be now if it hadn’t been for [Name], she was always there to help me out and it was a really really good service”.

Request to Health Visitors

I hope the feedback from both mums and peer supporters is helpful. We are continuing to recruit mums to the study and really need your help and support. We have created a new brief information sheet which is being distributed to health visitors. We have developed leaflets and posters to be displayed in the Children Centres. Finally we are just awaiting ethical approval to launch a Mums4Mums Webpage for mums to find out more information. Let me know if there is anything else I could do to help you with recruitment.

Peer Supporters Picnic in the Park

We would like to invite all peer supporters to come along to a picnic in the Park at War Memorial Park in Coventry on Thursday 5th August from 12-2pm.

Please let me know if you are able to attend and whether you require transport. Food will be provided and partners are welcome. (No dogs please)