

Alison Navarro
Community Action Sutton

Dear Alison,

We are delighted to attach our most recent report that has looked at the mental wellbeing of people who are pregnant or have had a baby in the last 2 years (perinatal period). We have also included their partners in our research.

Over 300 people completed the survey that now gives us a great evidence-base to look at how we can help to improve support for the mental health of people who fall within the perinatal period and their partners.

We would encourage you to circulate this report to anyone who has an interest in this field.

We have analysed the feedback we received and used the key findings to develop six recommendations that we are looking to take forward.

We would welcome any feedback, ideas, action or support that Community Action Sutton or the wider voluntary and community sector.

The following organisations have also received a letter asking for a response to the report:

- South West London and St Georges Mental Health NHS Trust
- Epsom and St Helier University Hospitals NHS Trust
- Sutton Health and Care Alliance
- Sutton Council
- Sutton Clinical Commissioning Group
- Sutton GP Services (GP Federation)

We would be very willing to come and present the findings at any groups or committees that you feel might benefit from hearing about this work and may be able to help us to identify ways that we can support this group of people.

An action plan is being created that amalgamates all the actions across the organisations involved. This is being monitored through the multi-organisational Sutton Perinatal and Infant Mental Health Early Help Network that has supported this project since its inception.

We would like to take this opportunity to say that we are very grateful of the staff from the voluntary and community sector that supported this project. We would like to offer your organisation any practical support that will enable actions in response to these recommendations to be taken.

We look forward to hearing from you and working with your organisation in the future.

If you have any questions, please don't hesitate to contact Pete Flavell on 020 8641 9540 or pete@communityactionsutton.org.uk.

Yours sincerely,

Two handwritten signatures are shown side-by-side. The signature on the left is 'Pete Flavell' and the signature on the right is 'David Williams'.

Pete Flavell
Healthwatch Sutton Manager

David Williams
Chair – Healthwatch Sutton

Cc Judith Armstrong – Homestart
Cc Carol Jacques - SMHF