

Family Action Perinatal Peer Support Service in Numbers

This document explores a range of statistics related to the implementation of the Family Action Perinatal Peer Support Service between January 2016 and December 2022. In some cases meaningful data only exists since 2018/19 and this is noted on relevant sections of the document.

Women Supported



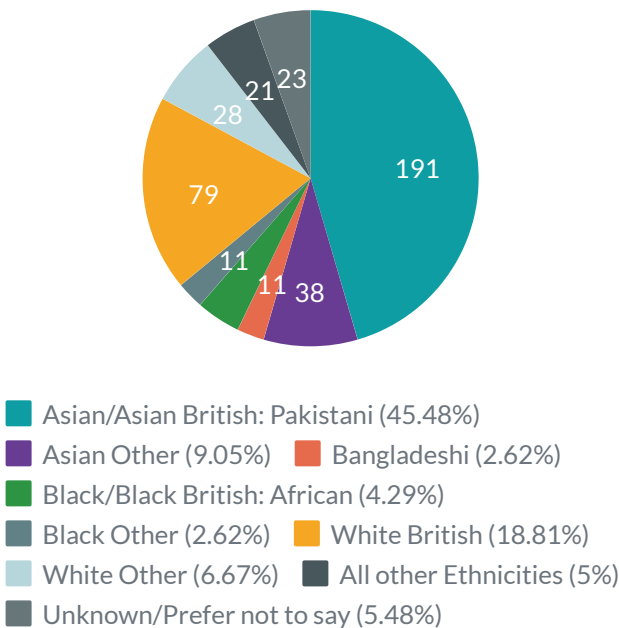
419
Women
Supported

Between January 2016 and December 2022 the project completed initial assessment with 419 women offering support through peer support, *My Baby and Me* group sessions, and since late 2022 *Recovery* model mentoring.

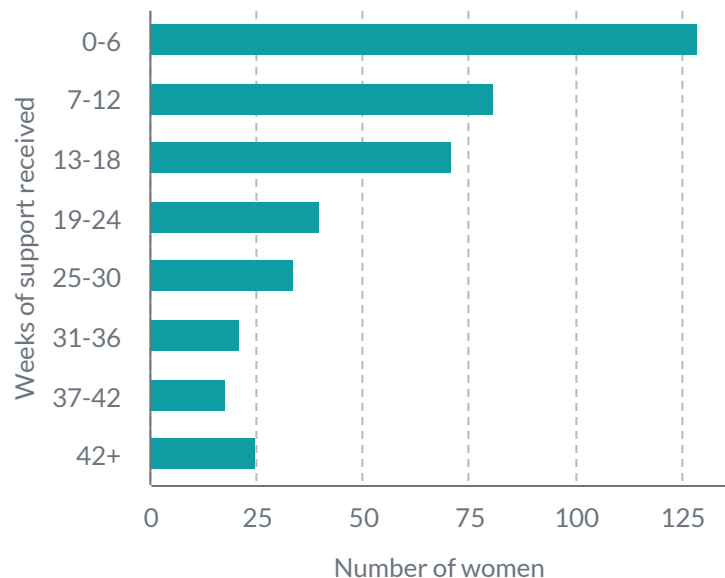
Peer support was provided by trained volunteers who typically worked with one to two women per year having been matched by a staff member. Group sessions and *Recovery* mentoring were delivered by staff working for Family Action.

Support is tailored to the needs and wants of the women, with her choosing the which aspects of the services she accesses with guidance from the staff.

Women supported by ethnicity

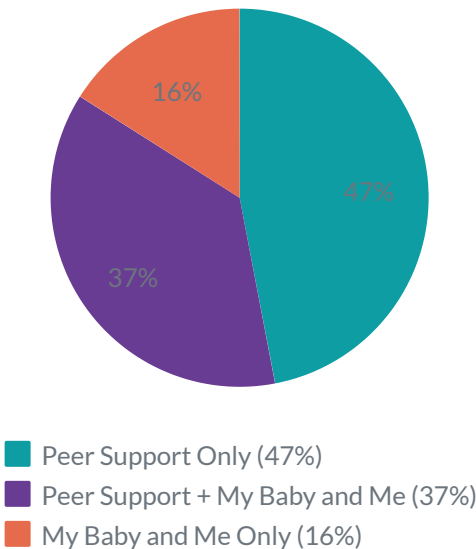


Weeks of support received



Typically the women's needs for support from the service are reviewed on a six weekly basis. The majority of women (281) ended support within three of these cycles. 405 women completed support within 1 year, leaving 13 women who received support for longer, in most cases this represents women who had support over multiple pregnancies/infancies. The longest period from first assessment to close of support was 257 weeks.

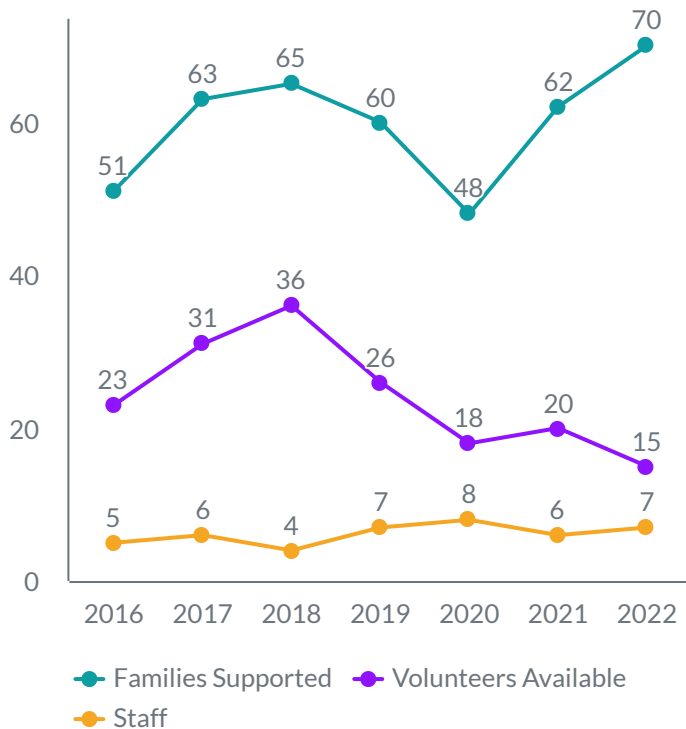
Elements of Support Used



This represents participants since 2018. It is clear that peer support is the key work of the service with the vast majority of women taking up the peer support offer; either alone or alongside the group work in *My Baby and Me* sessions. A small group opt to make use of just the *My Baby and Me* group.

Recovery work was only introduced in late 2022 and so numbers are too small to be reported.

Project Function



This project currently relies on volunteers to deliver the peer support element of their work, with around half of volunteers supporting one woman per year and half supporting two or more. So volunteer numbers have been a good indication of capacity. In 2022 despite a fall in volunteer numbers the project managed to support more women than it ever had previously. Two main factors may account for this, the first being that at the start of the year there were 20 volunteers and the five lost may have supported a woman in that year prior to ending their roles. The other significant factor may be an increase in women taking up the *My Baby and Me* group either while waiting for an available volunteer or as a matter of personal preference.

Comment on staffing to come

Satisfaction

The Better Start Bradford Innovation Hub holds 157 satisfaction questionnaire records for Family Action Perinatal Peer Support Service, all since 2019. These questionnaires ask 6 question rated from 1 expressing dissatisfaction to 5 expressing satisfaction. Questionnaires are most likely to be returned by women completing their support with project so these data are likely to miss women who decided the support did not suit them.

98% of respondents had a mean score of 4 or more across all 6 questions

98% of respondents agreed or strongly agreed that the project was helpful to them

99% of respondents agreed or strongly agreed that they were satisfied with the support they received

99% of respondents agreed or strongly agreed that the project gave them useful information

95% of respondents agreed or strongly agreed that the project was easy to access

99% of respondents agreed or strongly agreed that they would recommend the project to family or friends

100% of respondents were happy with the project overall

I consider this service as an extraordinary one. The staff are very qualified. All the information received, the support given, the package received with the necessary materials for the session helped to overcome the depression. A wonderful support!