



SURE START BRIDLINGTON SOUTH

EVALUATION OF PERSONAL DEVELOPMENT COURSE

for mothers with Post-natal depression

Cheryl Pickard
Evaluation Officer
July 2003

INDEX

1. Executive Summary	p3.
2. Introduction	p4.
3. Methodology	p.6
4. Findings	p7.
4.1 Client feedback	p.8
4.2 Feedback from Therapy Centre	p.9
4.3 Feedback from participatory appraisal session	p.10
7. Conclusions	p.20
8. Appendices	p.22

1. Executive Summary

In January 2003, Sure Start funded an 8 week, intensive pilot programme for women scoring high on the Edinburgh Post Natal Depression Score. Health Visitors referred candidates to the course, which was run by The Therapy Centre in Bridlington.

A follow-up participatory appraisal evaluation was completed in June 2003.

The mothers felt that the main benefits were:

- Linking in with other mothers in the same situation
- Accessibility of centre and course leaders
- Having to work on problems at home
- Sharing their news each week

Jo Stephenson, course leader, noted that there had been some health improvements, as well as raised self-confidence, and improved relationships with partners and parents.

The health and well being of all the mothers has improved, with some gaining employment, entering into training and having reported better relationships with partners and parents.

2. Introduction

Sure Start's service delivery agreement target relating to post natal depression is that :

"All Sure Start programmes have agreed and implemented, in a culturally sensitive way, ways of caring for and supporting women with post-natal depression"

Studies have indicated that 12-15% of women will experience post-natal depression. In 1998-1999, the national average by % of women demonstrating raised Edinburgh Postnatal Depression Scale (EPDS) scores at 6 weeks post-natally was 15%

In Bridlington at that time 23% of women were found to have raised EPDS scores. The Sure Start Maternal & Child Emotional Health Focus Group decided to pilot a group to address the needs of some of the women that health visitors were most concerned about.

Working in partnership with Jo Stephenson of the Alternative Therapy Centre in Bridlington, a programme was developed to support women experiencing post-natal depression. The course was designed for no more than 8 mothers and Sure Start would provide a crèche. Mothers who would benefit from the group presented with:

- Low self esteem
- Extra listening visits required
- Raised EPDS
- History of ante-natal/post natal depression

The course was run over 8 weeks, 1.5 hours per week, commencing January 2003.

G.P.s were contacted by letter and referrals came through Health Visitors.

Paula Withington, Sure Start Health Visitor, offered two home visits to explain the purpose of the group beforehand. On completion, Paula made a home visit for evaluation purposes. She also attended the Therapy Centre to welcome mothers on the first two sessions.

3. Methodology

An Evaluation Lunch was organised by Cheryl Pickard (Evaluation Officer) and Caroline Mertens (Nurse Practitioner) during June 2003.

Invitations to the lunch, to be held at MAFSS, were sent to each mother who had participated in the Personal Development Course at the Therapy Centre, Bridlington. A crèche was provided in a separate room by Sure Start Nursery Nurses and five out of the eight mothers attended.

The type of evaluation used was mainly participatory appraisal as well as informal discussion of some of the points raised.

The mothers were happy to participate and feedback an overview of the course as well as offering detailed information on their feelings and the progress they had made.

4. Findings

4.1 Client Feedback

Paula Withington, Sure Start Health Visitor assessed five of the mothers after they had completed the Personal Development course.

Results of the Edinburgh Post natal depression scale showed that their scores had dropped from 35% up to 75%.

All five felt that the benefits they had gained were:

- Time out
- Personal needs met
- Reduction in stress levels
- Learning of coping mechanisms
- Learning of relaxation techniques
- Promotion of positive mental attitude
- Support received
- Friendship received

Two mothers felt that their health had improved and three mothers felt an improvement in self esteem.

They all reported an improvement in their self confidence especially after the pamper day.

They commented that they would have liked more as well as longer sessions and they had appreciated the opportunity to learn.

The mothers felt that there could have been improvements with the childcare as the crèche was in the next room and the baby's crying was a distraction. There was also a general feeling that the crèche workers were not used to looking after young babies.

4.2 Feedback from Therapy Centre

Update on progress of Personal Development Group

The mothers were found to have multiple problems including:

- Poor relationships with partners
- Poor relationships with parents
- Poor self esteem, self worth, self image
- Debts
- Poor accommodation
- No friends

All the mothers progressed very quickly with visible changes every week.

They were all 'thirsty' for direction and worked hard on any type of personal development guidance given. After the first session, three mothers and two fathers came to the Therapy Centre asking for more help as they could see improvements and wanted more.

Individual treatment sessions were given to mothers who requested them and I believe that a lot of the success related to these individual support sessions as well as the group. The Pamper Day was a complete success and really brought the group together.

Since completing the course the mothers have moved on to:

- starting singing lessons,
- training in complementary therapies
- training in computers
- gaining a part time seasonal job
- attending many of the Sure Start activities

26th March 2003

4.3

PERSONAL DEVELOPMENT COURSE

Results of Participatory Appraisal

June 2003.

COURSE CONTENT

KINESEOLOGY – go back to find out when started to be depressed, muscles tense, body language – *shock to hear things about self and baby that I didn't realise.*

e.g. Allergy testing & dietary needs (e.g. eat more fish, less chocolate)

MEDITATION – *didn't work but relaxing, couldn't do meditating* (x2) others enjoyed it – encourages time out, CD to take home & play in the bath

ANGEL LETTER – write a letter to someone who hurt you – after 24 hours burn it, did privately then shared with the group.

EMR – Emotional Stress Release- acupuncture points

CIRCLE TIME – share with each other about their week

BOX – made a box with little messages for Valentines Day

PAMPER DAY – Reiki, Indian head massage, Indian meditation, hair styling , eyelash tint, salon, massage, picking funny cards, roast dinner, drinks, Promise box.

PREFERENCES/FAVOURITES

1. Pamper Day
2. Kinesiology
3. Angel Letters
4. Massage
5. ESR

GENERAL COMMENTS

- ◆ *I t was helpful being in a group, not alone, meeting with others who were depressed*
- ◆ *Our friends didn't have children. We didn't know anyone who breastfed*
- ◆ *Feeling a 'crap' mum, unhappy child, prolonged depression, not diagnosed for the first 6 months.*
- ◆ 2 mums saw counsellor (Sam Rounding)
- ◆ 2 mums were on medication for depression
- ◆ *Didn't realise I was depressed, I only went to the course for the pampering, once started the course realised what the problem was.*

FACILITATORS & VENUE

- ◆ Jo – *I was expecting a hippy!*
- ◆ Jo did some home visits before the course with Paula
- ◆ 4 people did extra one-to-one days
- ◆ *The centre was homely, friendly*
- ◆ **We had home made scones**
- ◆ *It was open house*
- ◆ *Jo did us a cooked meal*
- ◆ *We pop in if we want to now*

COMMENTS

- ◆ Felt the home visits not essential - but would recommend a visit from a Sure Start representative to go through the programme.
- ◆ Need an initial Sure Start visit and programme
- ◆ First session – you could bring someone with you
- ◆ I was nervous not knowing anyone
- ◆ Content of course – one topic each session but was flexible

WHY DID YOU WANT TO DO THE COURSE?

- ◆ *To get out of the house*
- ◆ *For the Pamper Day*
- ◆ *I was shouting and screaming at my baby*
- ◆ *I felt I was losing my sanity*
- ◆ *I began to have hallucinations*
- ◆ *I wanted to meet other mums*
- ◆ *It was a last resort - I knew I needed help and was concerned re my baby*

CRECHE PROVISION

- ◆ *Session too short by the time the childcare was organised and got the children settled and had a coffee break we only really had an hour*
- ◆ *Creche workers were not used to 7/8 month babies.*

The babies were not settled

- ◆ *We didn't like the crèche workers*
- ◆ *They didn't cope well with crying babies*
- ◆ *There was hardly any toys*
- ◆ *They didn't want the mums popping into the crèche*
- ◆ *The room for the crèche was below and we could hear the babies crying*

(N.B. CHILDREN AT THIS STAGE WERE VERY ANXIOUS AND FRETFUL)

POSITIVE COMMENTS

- ◆ *We were happy with the idea of on-site crèche if the children had problems*
- ◆ *I am able to deal with problems a bit better*
- ◆ *Everyone would like to go back and do it again- they felt they would benefit from it.*
- ◆ *I got my sex drive back (2 mums)*
- ◆ *We liked the whole package*
- ◆ *We had home work - had to work through issues that were causing stress that showed up in kinesiology*
- ◆ *We had things to work on ourselves*

FEELINGS BEFORE THE COURSE

Lonely Useless Unhappy Tearful Depressed
Stressed Confused Crap Wanted to be on my own

FEELINGS DURING THE COURSE

- ◆ *Optimistic*
- ◆ *Feeling a little bit better about things*
- ◆ *Happy, enjoyed learning relaxing, massage and meeting friends*
- ◆ *Happy & stronger*

FEELINGS NOW

- ◆ *Much better*
- ◆ *Happier*
- ◆ *Happy and broody*
- ◆ *Much better than before but in other ways crap*
- ◆ *Got better then got worse when I got some bad news*

HOPES & PLANS FOR THE FUTURE

- ◆ *Get a place of my own*
- ◆ *Get a nice house on my own*
- ◆ *Have fun with my son*
- ◆ *Move again close to my friends*
- ◆ *Get a home of my own, get a new bloke, have a career*
- ◆ *Find a good looking, rich man!*

6. Conclusions

Mothers who attended this course have given feedback to the Therapy Centre, Health Visitor, and at the evaluation lunch. It is evident from this feedback that all participants have benefited from the course and have increased in confidence. They appreciated the individual support given as well as the group sessions, (although they initially felt rather anxious about them).

The general feeling was that it had been beneficial to have the course explained before joining the group, and an initial visit for future groups was recommended. An invitation to bring a friend/family member was appreciated, as some of the mothers were nervous not knowing anyone.

The mothers enjoyed the different aspects of the course especially kinesiology and the pamper day. They greatly benefited from being with others who were having the same feelings. They liked the venue, the facilitators and the course content. The only negative comments that were made related to the crèche workers.

The Therapy Centre offered a welcome and homely environment, which they have been able to access since the course. "*We pop in if we want to now*". The mothers liked the idea of having work to do at home - "*we had to work through issues*", as well as the opportunity to talk about their week each time they met (circle time).

As well as a positive outcome on the Edinburgh Depression scores, there was an overall improvement in relationships with their partners and parents.

There have been strong friendships created in the group and have offered one another support and encouragement and has seen them attending many of the Sure Start activities.

The feelings during the course were extremely positive and all the mothers felt that they could plan for the future. They added that they would like to do the course again!

6. Appendices

*Personal Development Programme

*Letters to GPs

*Edinburgh Post Natal Scale

Invitation to Evaluation Lunch

*NB. Appendices Available On Request

SURE START BRIDLINGTON SOUTH Tel: 01262 409596

INVITATION TO EVALUATION LUNCH



Personal Development Course Evaluation Lunch

Wednesday 4th June 2003 11.00am-1.00pm



At MAFSS, George Street, Bridlington

We would like to invite you to an informal lunch to evaluate the Personal Development Course you attended at the Therapy Centre. It will be a chance to catch up with other parents and enjoy a lunch with the children. A free crèche will be provided after lunch, giving you a chance to participate in the evaluation.

The evaluation will be very informal and will include discussions about your thoughts and feelings about the course, what you liked and what you think would be useful for other parents.

Some of the topics we would like to look at are:

- How you felt before you started the Personal Development Course,
- What made you do the course?
- What was it you found most helpful about the course?
- Your suggestions for how Sure Start can help other & support other women

Sure Start is committed to involving parents in evaluating all services to ensure they are appropriate and are meeting the needs of local families.

Please complete the tear-off slip below to let us know if you can come and details of your crèche requirements

We look forward to meeting you
Caroline Mertens & Cheryl Pickard

Please complete the tear off slip below and return in the freepost envelope

I CAN/CANNOT COME TO THE LUNCH

Name:.....Address:.....

I will needcreche places Age of child/ren.....

Have you any special dietary requirements for you/your child?