



Promoting · Supporting · Influencing

Programme for Launch of Well-being Guide

18 January 2021, 10:00 – 12.15

First Session 10.00 – 11.00

- Welcome and opening remarks – **Gill Walton, CEO, RCM**
- Maternity mental health care - **Dr Alain Gregoire, President, Maternal Mental Health Alliance President**
- Perspectives from black mothers – **Sandra Igwe, Founder of The Motherhood Group**
- Working with vulnerable women with mental health problems: challenges and tips, **Memuna Sowe, Specialist Midwife for vulnerable women**

Second Session 11.15 – 12.15

- The mental health care needs of vulnerable women (travellers) - **Amanda Firth, Research Midwife**
- A student's perspective; what we need to know/be taught - **Alicia Burnett, Student Midwife**
- The need for specialist midwives and their impact - **Laura Bridle, Specialist Perinatal Mental Health Midwife**