



Amplifying Maternal Voices toolkit: workbook

Contents

Introduction	3
Breaking barriers: Access to perinatal mental health services	4
• Top tips	5
• Access to perinatal mental health services worksheet	6
Breaking barriers: Local involvement	8
• Top tips	9
• Activity planner	10
• Local involvement worksheet	12
Demonstrating impact	14
• Top tips	15
• Demonstrating impact worksheet	16
Making connections	18
• Top tips	19
• Making connections worksheet	20
Sharing stories	25
• Top tips: If you're sharing your story	26
• Top tips: If you're supporting someone sharing their story	27
• Establishing a shared understanding at meetings template	28
• Campaign message house template	29
• Sharing your story worksheet	30
• Supporting people sharing their stories worksheet	32
Funding suggestions for local groups	34
• Places to find and research funders	34
• Potential funders	35

Introduction

Whilst there has been significant progress within perinatal mental health care, urgent action is required to address shocking inequities, systemic racism and funding gaps.

Drawing on insights from MMHA lived experience champions, MMHA member organisations and local contacts, the **Amplifying Maternal Voices toolkit** offers creative ideas and practical tools to empower individuals in shaping perinatal mental health care at the local level. This companion workbook includes tips and templates to help you take action.

Together, we will make change happen.

Within this workbook, you will find the following sections:

Breaking barriers

- Breaking barriers – access to perinatal mental health services
- Breaking barriers – local involvement



Demonstrating impact



Making connections



Sharing stories



For more details, visit the full version of the Amplifying Maternal Voices toolkit: maternalmentalhealthalliance.org/AMV-toolkit

In the full toolkit, you will find further information, useful links and examples to:



Read



Watch



Listen

Breaking barriers

Access to perinatal mental health services



This section looks at different barriers women may face when accessing perinatal mental health services and some ways groups and organisations are overcoming them. These ideas may be useful for service providers in a healthcare or voluntary and community sector setting as well as anyone looking for best practice models to make the case for improvements in their local area.

Context

- Barriers to accessing perinatal mental health services are part of a wider context, including issues such as systemic racism and the cost-of-living crisis.
- There are various research gaps which need addressing to give a more accurate picture of particular communities' issues.
- This section offers some ideas for creating change which can be adapted to suit local areas.

“I felt pressure as a Black mum that I’d be judged and not listened to. I was scared my children would be taken away.”

Chrissy, founder of **The Motivational Mums Club** and Young Positive Minds- read **Chrissy’s story**

“Like many LGBT+ parents, we experienced a lack of understanding and outright discrimination. For example, the day after our daughter arrived, I tried to speak to the doctor, but she refused to deal with me and said, ‘Get her out. I don’t want her. I want the ‘real’ mum.’”

Laura-Rose, MMHA Lived Experience Champion – read **Laura-Rose’s story**



What we’ve heard

The following themes came up in various conversations with MMHA champions, local contacts and members:

- Not being heard/ believed/ understood
- Lack of funding and resources
- Racism
- Fear
- Cultural bias
- Stereotyping
- Religious bias
- Stigma



Top tips

Do your research:

- What are the barriers/issues in your locality? Ask! The first step can be as small as talking to friends, doing a quick poll.
- Find out who may have expertise about a specific barrier/issue.
- Find out about relevant training and events.

“As a young mum you do feel judged a lot... you probably do work harder than most older mums because, you know, we’re looking after babies, some of us haven’t got a father involved in that, we’re trying to get our house. We’re trying to look after ourselves.”

Young mum from **The maternal mental health experiences of young mums** Children and Young People’s Mental Health Coalition and Maternal Mental Health Alliance (MMHA)

Reflect and learn:

- What is your role in this – are you the right organisation/person to do the listening? Is someone else already doing it or better placed to do it?
- Check your own biases.
- Be open and curious – ask what words people would like to use.
- Be honest – acknowledge what you don’t know.

“Pregnant women and new mums need easy access to specialist support such as talking therapies and parent and infant therapy groups. As an Asian woman, I also hope my story helps to break the stigma that surrounds maternal mental health support in ethnic minority communities.

In Asian culture, girls are expected to become mums and not complain if they do begin to struggle. That’s not right or fair.”

Sapna, MMHA Lived Experience Champion

Be brave:

- Have courageous conversations.
- Consider self-care and compassion within what can be a challenging area.

“Black women are more likely to have postnatal depression but are less likely to access care or to be referred for follow-up treatment.”

Sandra, founder of **The Motherhood Group** – read **Sandra’s story**

Small gestures have a big impact:

- Something as simple as asking someone how they are or making them a hot drink can make such a difference.

For more on Breaking barriers, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit



Breaking barriers

Access to perinatal mental health services



Amplifying Maternal Voices toolkit worksheet

What is your campaign priority?

(e.g. improved access to perinatal mental health services, a new Mother and Baby Unit/ additional beds)

Do your research

What are the barriers/issues in your locality?

Who may have expertise about a specific barrier/issue?

What support is/isn't available?





Do your research (continued)

Is there any existing evidence relating to your campaign priority?

What relevant training and events are there?

Reflect and learn

What is your role in this – are you the right organisation/person to do the listening?
Is someone else already doing it or better placed?

What questions could you ask, e.g. “Tell me more about that...”

What don't you know, but need to know?

Breaking barriers

Local involvement



This section explores how different groups and organisations can work together to create change in perinatal mental health care in their local area. Ideas here may be useful for individuals interested in starting/joining a campaign group, establishing partnerships or hoping to engage new people in an inclusive, supportive way.

Context

- Working with others to influence positive change in perinatal mental health care can be incredibly powerful, but we also know it isn't always easy!
- Barriers to accessing perinatal mental health services can also extend to local engagement. There will be many different starting points, including being part of an established group, joining a group or starting a group.
- We also know there are local differences and no one size fits all approach.
- The examples here can be adapted to suit your locality and starting point.

“Working on the Motability project was a genuine partnership and enabled different voices to be heard and, just as importantly, valued both emotionally and financially.

All partners felt listened to and the varying methods of involvement meant the final approach was inclusive. Being part of the project from the thinking stage through to delivery and the dissemination was a true example of best practice.

Karen Wint, **Sister Circle**



What we've heard

The following themes came up in various conversations and sessions with MMHA champions, local contacts and members:

- A lot of talk, little action.
- Different agendas and priorities.
- Lack of time/funding/resources.
- Caution/fear.
- 'Gatekeeping' – the act of trying to control who gets particular resources, power, or opportunities, and who does not.
- Too much focus on short term solutions.



Top tips

Do your research:

- Find out what is already happening in your area – you don't have to create everything yourself.
- What are key priorities you want to influence locally?

Practical considerations:

- If setting up a group – e.g. venue hire, policies etc.

Getting new people involved:

- Go to where people are – don't expect them to come to you.
- Vital to value someone's contribution – consider creative ways of doing this if payment isn't an option.
- Think about a flexible menu of options for involvement and don't make assumptions about issues such as meeting times, venues, digital access.
- Find common ground within your different agendas.
- Ask for feedback.
- Manage expectations, for example being clear about what is expected of speakers.
- Are there multiple ways for people to participate in order to broaden their involvement?

Consider how to make it sustainable and manageable:

- This work can be daunting, so it is best to have a team around you with diverse skills who can step in if someone leaves.

Reflect and learn:

- What is your role in this – are you the right organisation or person to do he listening? Is someone else already doing it or better placed?
- Check your own biases
- Be honest – acknowledge what you don't know.

Be brave and honest:

- Have courageous conversations.

Share information:

- Promote work and events of other local organisations.

For more on Breaking barriers, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit



Breaking barriers

Local involvement



Amplifying Maternal Voices toolkit worksheet

Do your research

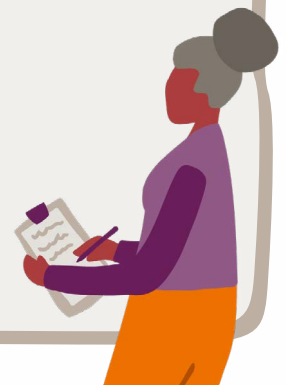
What is already happening in the local area?

What are the key priorities you want to influence locally?

Who are the people you want to influence?

Practical considerations

- Venue hire
- Access
- Costs
- Transport
- Refreshments
- Timings





Getting new people involved

Consider what steps to take in order to get new people involved. For example a flexible menu of options, how you value contributions.

Consider how to make your involvement sustainable and manageable

It's best to have a team around you with diverse skills so the group can continue if someone leaves.

Reflect and learn

What is your role in this – are you the right organisation or person to do the listening?
Is someone else already doing it or better placed?

What don't you know?

Demonstrating impact



This section looks at how groups and organisations can demonstrate the impact of local initiatives. Ideas here may be useful for those seeking funding or to highlight gaps in current perinatal mental health services.

Context

- Demonstrating the impact of what you do in relation to perinatal mental health care can help:
 - influence decision makers
 - apply for funding
 - meet funding requirements for evaluation
 - share best practice with others who may benefit from your knowledge and experiences.
- Continuous learning and evaluation can transform the way we do things.
- How you demonstrate impact will vary depending on your audience and local environment.
- This section offers some ideas about telling your local story in an impactful way.

“I do worry for other women experiencing perinatal OCD. Awareness and understanding need to increase among healthcare professionals, because early intervention is vital to good outcomes.”

Natalie, MMHA Lived Experience Champion—read [Natalie’s story](#)

“I was filled with anxiety after the birth of my second child. I finally told my GP but my experience with them felt like a tick box exercise. I filled in one questionnaire and was prescribed antidepressants. No other support was offered. Yet I know I would have benefited greatly from the support of other mothers and talking therapies.”

Chrissy, MMHA Lived Experience Champion—read [Chrissy’s story](#)



What we’ve heard

The following themes came up in various conversations with MMHA champions, local contacts and members:

- The need for personal stories, professional observations, lived experiences and statistics.
- The importance of collecting meaningful data from seldom-heard groups.
- Funding challenges, securing long-term investment and ensuring voluntary and community sector organisations are valued as equitable partners.



Top tips

Do your research:

- Who is your audience? Are they funders/ commissioners/the public?
- Find out what work funders and commissioners have already undertaken to identify gaps or build on existing initiatives to address specific needs.
- What restrictions are there? Some funding reports are very specific in what you need to provide.
- What key messages do you want to convey?

“Thankfully, where I lived I could access a lot of helpful services for my anxiety. I also received a lot of parenting support through my health visitor and children’s centre. I know I’m one of the luckier ones and that some people living in other areas don’t receive anywhere near the help they need. This postcode lottery of support needs to end now.”

Sapna MMHA Lived Experience Champion – read [Sapna’s story](#)

- **Be inclusive and accessible**, e.g. use of different languages/visuals.
- **Use images, stories and quotes** to bring your messages to life.
- **Highlight cost savings/benefits of prevention** to support your argument.

- **Use different formats** to suit your audience, such as attention-grabbing short videos. Get creative where possible!
- **Build your team** e.g. do you know anyone with the design skills to create eye-catching visuals?

“The scariest part of my PND was the intrusive thoughts I had about harming my baby. I told my great mental health midwife what had been happening and felt a huge amount of relief just having this conversation. I was referred to my local perinatal mental health team and it was invaluable being under their care.”

Eleanor, MMHA Lived Experience Champion – read [Eleanor’s story](#)

- If you are a large organisation, can you **partner up** with a smaller organisation and lend each other resources and expertise. For example a large organisation may have more resources/capacity, whilst a smaller one might be closer to what’s happening on the ground.
- **Consider co-creating your evaluation with beneficiaries**
- **Demonstrate evidence of sustainability**: funders may overlook good work if this isn’t built in.

For more on Demonstrating impact, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit



Demonstrating impact



Amplifying Maternal Voices toolkit worksheet

Do your research

Who is your audience? Funders/commissioners/public?

What have funders and commissioners done so far to identify gaps or expand existing services to address specific needs?

What restrictions are there? Some funding reports are very specific in what you need to provide.

What are the key messages you want to convey?



Demonstrating impact



Be inclusive and creative

Consider use of language and formats – how can you make sure they are accessible and inclusive?

Build your team

Consider who you need in your team and what skills they bring. For example, does anyone you know have design skills?

Partnerships

Consider potential partners and sharing resources.

Reflect and learn

What has worked well?

Even better if...

Making connections



This section explores ways to connect with local organisations to advocate for positive changes in perinatal mental health services. It provides examples and ideas for local groups and individuals looking to collaborate and influence their local landscape.

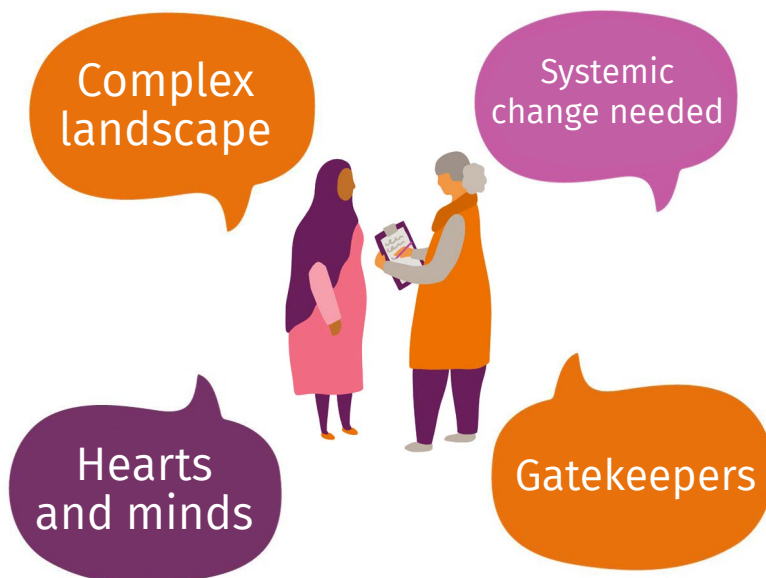
Context

- There is no formula for making connections, but the examples in this section provide helpful ideas.
- A small step can develop into something bigger – starting with first contact.
- Consider who holds the power to influence perinatal mental health care and identify potential allies. It can be a confusing, complex landscape, especially in terms of the shift from **clinical commissioning groups to integrated care systems**.
- Balancing the need to make changes within current structures and the necessity for broader systemic change can create tension. External factors, such as funding cuts, can pose significant challenges.

“Go out there and tell your story, tell them the importance of peer support and early intervention in respect to perinatal health care.

Shout, dance and be creative... someone will eventually listen. Have your facts ready and be solution focused so your answers can inform change!”

Sapna, MMHA Lived Experience Champion



What we've heard

The following challenges came up in various conversations with MMHA champions, local contacts and members:

- It's a complicated landscape.
- Winning both hearts and minds is important for creating change.
- Gatekeeping – the act of trying to control who gets particular resources, power, or opportunities, and who does not.
- Broad systemic change needed.



Top tips

Do your research:

- What is already happening locally and where are the gaps?
- What organisations/groups do you already have links with?
- Do you have any local media contacts?
- Consider where your time and energy are best spent – working within local forums or outside of them.
- What is needed to ensure the approach is culturally relevant?
- Be clear on what information is being shared where, especially if it is a personal story.

Think creatively:

- Explore new spaces – go to where people are such as trusted community spaces, for example libraries, community centres and play groups.
- If spaces don't exist, can they be created online, with a blog for example?
- Build connections organically – word of mouth can be powerful. Think about using social media, networking opportunities and posters.
- Consider useful local connections which may not be linked to perinatal mental health (e.g. schools and universities).
- Look into crossover events – they don't have to be perinatal mental health specific.

“Just do it! All the services we have now are because people previously have shouted out the need for them. Often as life moves on those original voices naturally go quiet. We always want new ones to continue the much-needed work. Remember that what happens in the perinatal period can influence a lifetime.”

Elaine, MMHA Lived Experience Champion

Be proactive:

- Find out about funding opportunities. Start with your local authority website.
- Explore opportunities for speaking/co-designing/sharing information – for example approach your local **Healthwatch**.
- Consider contacting a national organisation to help make local connections.

Build your team:

- Find others who want to create positive change.
- Maintaining motivation is easier when you have people around.
- Find a balance between building relationships and challenging existing structures, even engaging in uncomfortable conversations when necessary.

Look after yourself:

- Take time to reflect.
 - Think about what you're comfortable with.
 - If telling your story, check where information will be shared.

For more on Making connections, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit





Making connections

Amplifying Maternal Voices toolkit worksheet

Do your research

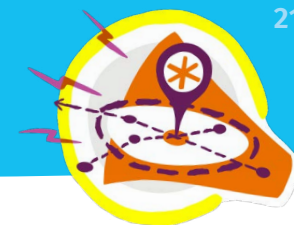
What is already happening locally and where are the gaps? Check info on [Maternal Mental Health Alliance campaign maps](#).

What organisations/groups do you already have links with?

Any local media contacts?

Where is your time and energy best spent – within local forums or outside them?





Do your research (continued)

What is needed to ensure your approach is culturally relevant?

Be clear about what information will be shared, especially personal stories.

Be proactive

What funding opportunities are there? Check local authority websites.

Explore opportunities for speaking/co-designing/sharing information, for example, approach your local Healthwatch.

Consider contacting national organisations to help make local connections.



Think creatively

Explore new spaces – meet people where they are, such as community spaces. If spaces don't exist, can they be created online, with a blog for example.

How can you build connections organically? Remember that word of mouth can be powerful.

Consider useful local connections which may not be linked to perinatal mental health (e.g. schools and universities).

What crossover events could you get involved with? These don't have to be perinatal mental health specific.

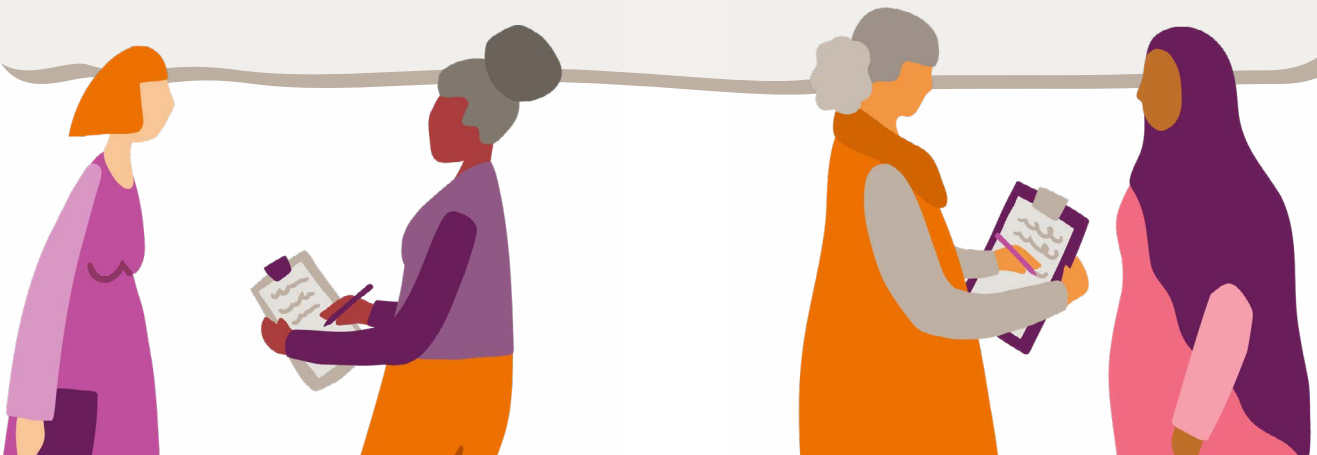


Build your team

Who else do you know who wants to create positive change?

What can you do to maintain motivation?

Find a balance between building relationships and challenging existing structures or engaging in uncomfortable conversations when needed.





Look after yourself

Reflect on what you are comfortable with, if telling your story.

Reflect and learn

What has worked well?

Even better if...

Sharing stories



This section looks at how groups and organisations can demonstrate the impact of local initiatives. Ideas here may be useful for those seeking funding or to highlight gaps in current perinatal mental health services.

Context

- Personal stories play an important part in making the case for change, breaking barriers and raising awareness.
- Self-care is crucial when looking after yourself and others. Boundaries play a vital role in keeping everyone safe.
- A safe space is defined in the Oxford English Dictionary as, “a place or environment in which a person or category of people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm.”
- Safe spaces don’t just happen, they have to be built.
- We acknowledge these conversations can be challenging, so respect and understanding are vital.

“[I share my story] to raise awareness of maternal mental illness and reduce stigma by talking openly about my experience.”

Maria – MMHA Lived Experience Champion



What we’ve heard

The following themes came up in various conversations and sessions with MMHA champions, local contacts and members:

- Future proofing – considering someone’s future situation as well as their current one. For example, knowing that a child might see their mother’s story online later could change what is written about her, listen and understand the specific needs of the person sharing their story.
- Language and content should be sensitive and accessible.



Top tips

If you're sharing your story

Prepare in advance:

- Find out who you will be sharing the space with
- Logistics, such as location details and timings.
- Know your audience.

“Think about the audience and who might be in it. I've given my talk so many times and been completely unaffected but one time a health professional I had a bad experience with was in the audience. Afterwards this affected me as I felt like I had exposed myself and made myself vulnerable. I didn't regret speaking but wished I had given it some thought beforehand to how it might make me feel”

Leanne – MMHA Lived Experience Champion

Look after yourself:

- Think about what self-care tools work for you and make space for them.
- Have a self-care plan.
- Take time to reflect.
- Make sure there is someone you can have a check-in conversation with afterwards.

“I tend to feel pleased that out of my illness and suffering I have done something productive and hopefully beneficial to others. Sometimes I feel quite tired or even a bit raw afterwards, but I've never wished I hadn't done it.”

Abi – MMHA Lived Experience Champion

Set boundaries:

- Only share what you are comfortable with.

“Before an event I spend some quiet time thinking about what I'm happy to share that day. This may differ depending on other things happening in my life at any given moment”

Maria – MMHA Lived Experience Champion

Be authentic:

You're a voice, not the voice and can only speak to your own experience, not for everyone (including within a specific community).

For more on Sharing stories, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit





Top tips

If you're supporting someone sharing their story

Prepare in advance:

- Invite a diverse range of lived experience speakers and let others know who they'll be sharing a space with.
- Know your audience, are they community leaders/health professionals/decision makers?
- Ask the person sharing their story how you can support their wellbeing
- Having a 'Plan B' (e.g. having an audio story or film ready to share if someone can't be there in person).
- 'Evergreen content' that remains relevant, such as FAQs, statistics and broad statements can be helpful if there are last minute changes.
- Consider how to value someone's time and engagement – including offering payment.

Set boundaries:

- Establish agreed values and understanding based on mutual respect.
- Understand your role and signposting.

Look after yourself:

- Hearing/absorbing challenging content can be difficult.
- Take time to reflect as needed. Ask the person sharing their story how they would like to be supported. Everyone has different needs, so provide a number of choices, such as:
 - A check-in conversation
 - A quiet space
 - Text messages
 - Bringing someone with them

Be authentic:

- Be honest about your role and where you're coming from.
- Consider what perspectives you can offer as well as where you lack experience.
- Treat and respect people as adults.
- Avoid imposing your own understanding of safety on someone else.

For more on Sharing stories, visit the Amplifying Maternal Voices toolkit:

maternalmentalhealthalliance.org/AMV-toolkit



Sharing stories



Establishing a shared understanding at meetings

If you are facilitating a session or meeting, it is important that everyone taking part feels comfortable and respected.

The following ideas may be helpful for getting started:

- Inform participants to share only what they are comfortable with sharing. If they're unsure about discussing something in a group setting, suggest the option to speak to you privately or reach out afterwards.
- Ask everyone to be respectful of others in the group and differences of opinion.
- Encourage everyone to be mindful of their words and the impact they may have on others.
- Be considerate of everyone's time, including an awareness that people may have long journeys, caring responsibilities etc.
- The most important thing is that everyone feels comfortable and happy to engage with the session, so encourage participants to take any necessary steps to achieve that.
- If the content of a session causes anyone to think of anything that has happened to them or someone they know and they feel upset, worried or uncomfortable, here is a **list of services** that may be able to help.

Use the space below to add your own ideas:



Sharing stories

Campaign message house template



The below template can be used to add key messages and evidence to support story sharing:

Purpose of your story

Key message 1

Key message 2

Key message 3

Supporting evidence/statistics

Sharing stories

Sharing your story



Amplifying Maternal Voices toolkit worksheet

Prepare in advance

Who will you be sharing the space with?

Who is your audience?

Logistics, e.g. location details, timings etc.

Set boundaries

What are you comfortable sharing?





Look after yourself

Consider how you might look after yourself after sharing your story, e.g. take time to reflect, make a self-care plan.

Is there someone you can have a check-in conversation with afterwards?

Be authentic

How will you be authentic about your role and where you're coming from?

Remember you're a voice, not the voice – you can only speak to your own experience, not for everyone (including within a specific community).

Sharing stories

Supporting people sharing their stories



Amplifying Maternal Voices toolkit worksheet

Prepare in advance

- Consider types of space, refreshments etc.
- Who will be sharing the space? / Will there be a separate space for speakers?
- How can you ensure there are a diverse range of speakers with lived experience?

Who is your audience? (e.g. community leaders/health professionals/decision makers)

What is your 'Plan B'? If someone can't attend in person, what alternative options do you have?
For example: another presenter, pre-recorded audio/video, written materials.

When sharing someone's story, ask them about their preference.

Consider how to value someone's time, such as offering a payment.





Set boundaries

Understand your role and think about when signposting might be appropriate.

Look after yourself

Think about how you might look after yourself after listening to challenging or triggering content.

Ask the person sharing their story how they would like to be supported. Everyone has different needs, so provide a number of choices, such as:

- A check-in conversation
- Supportive text messages
- A quiet space
- Bringing someone with them

Be authentic

How will you be honest about your role and perspectives? Explain your role and purpose clearly. What are you bringing to the table? Acknowledge your own biases and perspectives.

Funding suggestions for local groups

Places to find and research funders

National Survivor User Network (NSUN)

NSUN is a network of people & groups with lived experience of mental ill-health, distress & trauma, working to shift power & resource in mental health – membership is free and they signpost to funding opportunities.

www.nsun.org.uk

Community Foundations

There are 46 accredited community foundations in the UK, covering all of Scotland, Wales, Northern Ireland and most of England, which support local charities and groups.

www.ukcommunityfoundations.org/our-network

Charity Excellence

A completely free resource for charities and includes a 'funder finder' which is regularly updated. A little fiddly to get started (it is run by one man on a voluntary basis!) but has lots of useful resources in addition to funder lists.

www.charityexcellence.co.uk/Home/FundingFindersResources

Local Councils for Voluntary Services (CVSs)

Most local CVSs have regular funding emails or local funding databases. These are worth finding out about as they can be very useful for keeping up to date with local funding.

National Council for Voluntary Organisations (NCVO)

NCVO have useful (free) guides on fundraising including where to find funders. 'How to find grants' and 'Local funding advice and support' are particularly useful.

www.ncvo.org.uk/help-and-guidance/funding-income/#/

My Funding Central (free & paid)

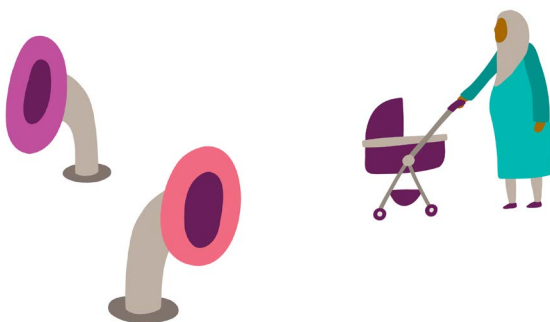
A funding database for charities with an annual income of less than £1 million. Subscriptions are on a sliding scale, from £300 a year for the largest charities, to free for those with annual income of less than £30k.

www.myfundingcentral.co.uk

Grants Online (paid)

Another subscription funder database which also has a useful regular email with funder updates. Subscriptions start from £20 a month. This is available for free at many libraries.

www.grantsonline.org.uk



Funding suggestions for local groups

Potential funders

Please note: the funders listed have all funded work relevant to AMV. Priorities do change so they may not currently be funding work in this space but are worth checking regularly. These are the larger, better known funders who are likely to continue funding this type of in the longterm. There are lots of other funders that may fund your work, particularly look at local funders to support local work.

Awards for All

£300 to £10,000, increasing to £20,000 autumn '23. Open to most non-profits and funding can be used for a wide range of purposes, including running costs, buildings and equipment, events, staff costs, etc. This link is for England, but other UK countries have their own funds.

www.tnlcommunityfund.org.uk/funding/programmes/national-lottery-awards-for-all-england

Garfield Weston

Funds core, capital and project costs, for broad range of work including community, health, welfare and youth, across the UK. Initial grants are usually smaller, single year but can fund up to £100k for multiyear projects. For projects, they don't like to be the first funder.

www.garfieldweston.org

Lloyds Bank Foundation

Funds small and local charities and communities working directly with people facing complex issues and barriers. Priority areas do change so worth checking what they are funding at the moment. [No relevant priorities at the moment – Aug 23].

Funding from Lloyds Bank Foundation

Henry Smith Charity

Supports small organisations delivering directly to beneficiaries. Grants £20-75k/yr. Two key areas are 'Improving Lives' and 'Strengthening Communities'.

Explore The Henry Smith Charity Grants

Esmee Fairbairn Foundation

Current strategic priority, 'A Fairer Future', seeks to create lasting change and challenge systems. 'Gender Justice' and 'Children & Young People's Rights' are key areas. Provide core, unrestricted and project grants, and long-term funding. Grants start at £30k.

Esmée Fairbairn Foundation
(esmeefairbairn.org.uk)

Steel Charitable Trust

Funding of 10-25k. Has a health category with regularly updated priorities. [Mental Health is a current priority – Aug 23].

The Steel Charitable Trust

Rosa

Funds women & girls sector. Previous grants have been £7k. [No open funds at the moment – Aug 23].

www.rosauk.org/our-programmes



You are NOT alone



**Maternal Mental
Health Alliance**

Maternal Mental Health Alliance

International House
12 Constance Street
London E16 2DQ

info@maternalmentalhealthalliance.org
www.maternalmentalhealthalliance.org
[@MMHAlliance](https://twitter.com/MMHAlliance)

Our funder

With thanks to our funder for making the Amplifying Maternal Voices toolkit possible.



Illustration by Carys Tait: Carys-ink.com. Document designed by White Halo Design.

Maternal Mental Health Alliance is a Charitable Incorporated Organisation (CIO) registered in England and Wales (no. 1178152).