

PERINATAL MENTAL HEALTH WEEK

17-23 NOVEMBER 2024



Perinatal Mental Health Week 2024

Storyboard and Scorecard

Perinatal Mental Health Week 2024 Storyboard

We delivered a program of events for new and expectant parents, including:

perinatal yoga sessions



... a post-natal style workshop



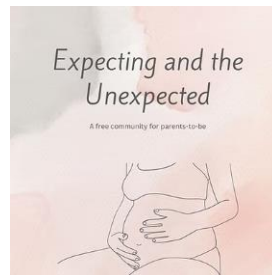
... a new parents walking group and coffee catch up



... a Communicare info session



... themed regular programs
at the Community Centre and the Library



...and we distributed resources



...to provide opportunities for new and expectant parents to connect with services and programs that promote mental and physical wellbeing, contributing to **improved mental health outcomes** and an **increased sense of belonging to the community**.

Perinatal Mental Health Week 2024 Scorecard

How much did we do?

2 perinatal yoga sessions
1 style workshop
1 information session
3 targeted early literacy sessions
Total of 151 participants

How well did we do it?

97.5% attendees said that sessions had a positive impact on their physical health and mental wellbeing
92.5% said that sessions helped them feel part of the community
85% said they learnt something new

Who benefited?

New parents
Families

Feedback from perinatal yoga participants

I really enjoyed the yoga and would like it to be offered regularly (term based like the family fitness). The instructor was amazing and I enjoyed the "flow" style of yoga.

Thank you for organising the yoga session, it's lovely to be able to exercise with my baby.

The class was great. I'd love to have it on the regular basis. Yoga is low impact and excellent for mums experiencing some limitations.

Feedback from staff

Lisa from Communicare was great.
Mums formed new connections and were invited to join the other groups which was lovely to see.

Feedback from postnatal style workshop participants

The workshop gave me more confidence through picking my wardrobe wisely.

The workshop gave me inspiration for key adjustments to my wardrobe, and validation for how this can positively impact my self-esteem.

Perinatal Mental Health Week 2024 Scorecard

Theory of Change: By delivering a program of events for new and expectant parents, we acknowledge the prevalence of perinatal mental health and provide opportunities for new and expectant parents to connect with services and programs that promote mental and physical wellbeing, contributing to improved mental health outcomes and an increased sense of belonging to the community.

Inputs	Activities	Outputs	Short-term outcomes	Mid-term outcomes	Strategic alignment
Budget	Perinatal yoga sessions	10 attendees at Yoga	New parents are connected to support services and information	New parents have increased community connection	Public Health and Wellbeing Strategy Key Priority Area 2: Our community is more mentally healthy Key Priority Area 5: Social connection and wellbeing is strengthened in our community
Perinatal Anxiety & Depression Australia (PANDA) resources	Pram Walking group and coffee	8 attendees at the Walking Group		New parents have increased knowledge of support services and strategies.	
Staff	Post-natal style workshop	5 participants in the Style workshop	New parents participate in sessions that promote physical and mental wellbeing	New parents have improved mental wellbeing	
Trained facilitators (Yab Yum Yoga, Communicare)	2 x Storytime and 1 x Rhymetime targeted sessions	100 parents and children across 3 early literacy targeted sessions	New parents meet peers within the community		
Locations (Library, LeisureLife, Vic Park Community Centre)	<i>Expecting & the Unexpected</i> targeted session				
Partnerships (Communicare, Vic Park Community Centre, Laika Coffee)	Communicare info session				
Promotion	Distribution of PANDA resources				

Degree of alignment with Theory of Change* 97.5%



*Based on 8 survey responses and verbal feedback from 23 participants