

## BrightPIP Response to Covid 19 and post Covid Recovery.

We have seen a significant change in the needs of our clients following the outbreak of Covid 19 and ensuing restrictions on daily life. Research with young families during the pandemic has found the lockdown has been hugely detrimental, particularly on the most vulnerable families, and could cast a long shadow going forward for parents and babies. Our referrers (who are frontline workers) are saying: *'We are very worried about the impact on young families'* (Healthy Child Programme Lead).

We are anticipating the disruption caused by Covid 19 will require our interventions to be extended, to support families through the crisis. We are starting to see previously discharged families being re-referred for support. This is due to a re-surfacing of vulnerabilities that our previous work had reduced or eliminated, but that have been triggered by the anxiety and isolation of Covid 19. We currently have very limited capacity to support these referrals. Finally, we are being told by referral partners to expect an increase in referrals in the coming weeks and months as families continue to struggle and require additional support to prevent long-term damage to parent-infant relationships and infant mental health.

As a small organisation we have been able to respond quickly and effectively and have transitioned most of our services to online and telephone-based support.

Thanks to Sussex Community Foundation and the National Lottery (#CommunitiesCan), we are running a specific Covid Family Relief project. This offers free short-term Clinical Psychology consultation for vulnerable families.

From now and until March 2021 initially, we are offering any family (pregnancy to aged 3), a short term (maximum 3 session) intervention. These are by telephone, online or in person (in line with government social distancing guidance). The aim of this work is to go some way to addressing the impact of this hugely stressful and isolating time for families.

We are particularly pleased that our 'Mellow Bumps' (<https://www.mellowparenting.org/our-programmes/mellow-bumps/>) group intervention has seen high levels of engagement online. The group runs for 6 weeks, 2 hours each week to support pregnant women with particular social and health vulnerabilities, and results in decreased stress levels and increased attachment and bonding.

If you would like to support the valuable work we are doing to help this country recover and enable young families in our community to get through this difficult time please donate [here](#).