

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. Locally there is a 50 per cent reduction in support available from Midwifery and Health Visitor services. There is currently little childcare for most vulnerable families, no baby and toddler groups, and minimal protective contact with friends and family members.

Our referrers (who are frontline workers) are saying:

'at a time when families are at their most vulnerable our service has become minimal. 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 to this new context and have transitioned most of our services to online and telephone-based support. 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, with 10 women attending since lockdown began. 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. In addition, we have recently launched a similar group for teenage mums-to-be and hope to see the same results. We are learning from this new approach and plan to use this in the development of the future groups, which we hope to be able to run both on and offline to maximise the accessibility of the service.

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](#).