North Central and East London (NCEL) Perinatal Provider Collaborative

Strategic Health Needs Assessment: Appendices

Appendix A: Data packs for Specialist Perinatal Mental Health Services (SPMHS) within NCEL Perinatal PC and the East London Mother and Baby Unit (MBU)

Appendix B: Approaches to grouping ethnicities

North Central and East London (NCEL) Perinatal Provider Collaborative Strategic Health Needs Assessment: Appendices

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A note on language

Inclusivity is a core value of NCEL Perinatal Provider Collaborative and Anna Freud. We recognise that families come in all shapes and sizes. When we say 'mothers' and 'women', we are referring to all people who have given birth or will give birth. When we say 'parents', we are referring to parents, carers and guardians.

We recognise that while the terms 'race' and 'ethnicity' are sometimes used interchangeably in policy and service provision, they are distinct constructs. In this report, the use of these terms reflects the language commonly used in the data sources.

List of abbreviations

Abbreviation	Definition
CQUIN	Commissioning for Quality and Innovation
ELFT	East London NHS Foundation Trust
ICB	Integrated Care Board
MBU	Mother and Baby Unit
MHA	Mental Health Act 1983
NCL	North Central London
NCEL	North Central and East London
NEL	North East London
NELFT	North East London NHS Foundation Trust
NLFT	North London NHS Foundation Trust
Perinatal PC	Perinatal Provider Collaborative
PMH	Perinatal mental health
PPIMHS	Perinatal Parent Infant Mental Health Service
SHNA	Strategic Health Needs Assessment
SPMHS	Specialist Perinatal Mental Health Services

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Appendix A: Data packs for Specialist Perinatal Mental Health Services (SPMHS) within NCEL Perinatal PC and the East London Mother and Baby Unit (MBU)

Introduction

This Appendix is designed to be read in conjunction with the North Central and East London (NCEL) Perinatal Provider Collaborative (PC) Strategic Health Needs Assessment (SHNA). It provides the full datasets behind the summary of quantitative data provided in the main report.

To explore the estimated need for services, we examined the demographic profile of women and birthing people of childbearing age, the prevalence of perinatal mental health risk factors[1] and data on who is giving birth across the thirteen London boroughs. To explore service delivery and reach in each area, we examined the available data including on referrals, wait times, caseloads, duration of treatment and ethnicity.

The data is presented in three sections by NHS Trust, and with a fourth section for the Mother and Baby Unit (MBU), which sits within ELFT but serves the wider NCEL footprint.

All available data is presented here. Where data is not presented, this indicates that it is a) not currently collected or b) not available in the timeframe of this project. London averages or England averages are provided as comparators where available.

A note on race and ethnicity data
Data on race and ethnicity has been analysed and presented via the following broad groups: Asian, Black, Mixed, White, Other. This approach was taken in response to the size and diversity of the population in the NCEL Perinatal PC footprint and variation in the way race and ethnicity data is collected and reported. This approach enables datasets with varying specificity on ethnicity to be aligned and prevents the analysis being too granular to allow the identification of trends and conclusions. This provides a foundation from which further in-depth analysis can be taken forward. (See Appendix B for approaches to grouping ethnicities).

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[1] Data on domestic abuse incidents and crimes are reported publicly at the level of the associated Police Force. As almost all of boroughs in the Perinatal PC footprint are covered by the Metropolitan Police Force, it is not possible to explore differences in the prevalence of domestic abuse between boroughs.

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1. An exploration of need and community specialist provision in ELFT

This section presents data on four of the six boroughs served by the East London NHS Foundation Trust (ELFT): Hackney, City of London, Tower Hamlets and Newham. There are three SPMHSs operating across these four boroughs: Tower Hamlets SPMHS, Newham SPMHS and Hackney & City SPMHS. Whilst the East London Mother and Baby Unit (MBU) also sits within ELFT boroughs, this data is provided in a following section.

<u>Key findings</u>

The demographic profile of women of childbearing age
- The number of childbearing women ranges from 66,000 in City of London to 101,000 in Tower Hamlets.
- There is significant ethnic diversity across the four boroughs. In Tower Hamlets and Newham, the largest ethnic group of women of childbearing age comprises Asian or Asian British women. A higher proportion of residents in the four boroughs were not born in the UK as compared to the whole of England and 23%-24% of the population in Tower Hamlets, Newham and City who do not identify English as their main language cannot speak English well or at all 'well' or 'at all'.

The prevalence of perinatal mental health risk factors
- There are higher levels of deprivation in Tower Hamlets, Newham and Hackney than the London average. Rates of children living in poverty are between 3% and 8% higher than the London average (a total of 43-48% of children).
- Newham and Hackney have a higher proportion of lone parent households compared with the London average.
- Newham has the highest rate of households in temporary accommodation in London, with 51 households per 1,000 living in temporary accommodation. This is nearly double the proportion of any other London borough. Hackney has high rates of households in temporary accommodation and has particularly high rates of households classified as homeless.
- Between 4-10% of people living in the ELFT boroughs identify as LGB+.
- During 2022/23, in the general population in all ELFT boroughs, prevalence rates of mental health conditions were above the England average, with the exception of City of London.
- There are 7,690 children with child protection plans in place across London; 824 or 11% live in the ELFT boroughs.
- Whilst there are significant risk factors for perinatal mental health difficulties across the majority of the NCEL boroughs, the data suggests there may be a particularly high prevalence of risk for women and birthing people living in Newham, Tower Hamlets and Hackney.

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Who is giving birth?

- The rate of conceptions of women aged 15-17 years has been falling since 2018 in each of the ELFT boroughs.
- Proportionally more women with Asian or Asian British ethnicities gave birth at Barts Health (56%) than the proportion of Asian or Asian British women in the ELFT boroughs (30.8%)
- There has been an increase in infant mortality rates in City & Hackney from 3.7 to 4.2 deaths per 1,000 live births.

ELFT SPMHS

- The average access rate of the birthing population to ELFT SPMHSs is 8.7%. City & Hackney are meeting the 10% target set by NHS England.
- The number of women supported by ELFT SPMHSs has risen over the last two years by 14%.
- In July 2024, 35% of women supported by ELFT SPMHSs lived in the most deprived areas of the footprint. 65% were aged 26-39 years and 33% had a White British ethnicity
- Referrals to all SPMHSs have increased since January 2021 by between 24-52%. Between October 2023 and September 2024, the following average number of referrals were received each month: 45 by Tower Hamlets SPMHS, 47 by City & Hackney SPMHS, and 58 by Newham SPMHS.
- The number of women waiting to be assessed by the three ELFT SPMHSs has increased by 70-150% during the 24 months to October 2024. The average time that women waited for their assessment increased in Tower Hamlets SPMHS by 44% and City & Hackney SPMHS by 45%; wait times fell in Newham SPMHS by 10%.
- The number of women being supported by the SPMHSs is increasing. Between October 2023 and October 2024, caseloads have increased by 52% in Tower Hamlets, 23% in Newham and 25% in City & Hackney.
- The proportion of women who are treated for 60 days or more is between 39% and 45% across the SPMHSs. Between 27% and 35% are treated for more than 100 days.
- The number of women from Asian, Black, Mixed, Other and White ethnicities seen by the SPMHS appears to be approximately proportionate to the population of childbearing women. Notable exceptions to this are:
  - in City & Hackney, where White British women make up 32% of the population and comprise 24% of service users;
  - in Tower Hamlets, where proportionally fewer Black women and White women were supported by SPMHSs; and
  - in Newham, where proportionally fewer Black women were supported.

  However, a) there were between 7% and 15% of women across the three SPMHSs for whom ethnicity was not stated or known, and b) these conclusions are based on categorising women within five broad ethnic

> groups, and there will be in-group differences in access rates which require further exploration.
> - CQUIN targets for outcome measure completion are not being met by the SPMHSs.

1.1 The demographic profile of women of childbearing age

The number of women of childbearing age (16-49 years) that live in the four ELFT boroughs varies between 66,000 to 101,000 women, as shown in Chart 1Chart 1.

Chart 1
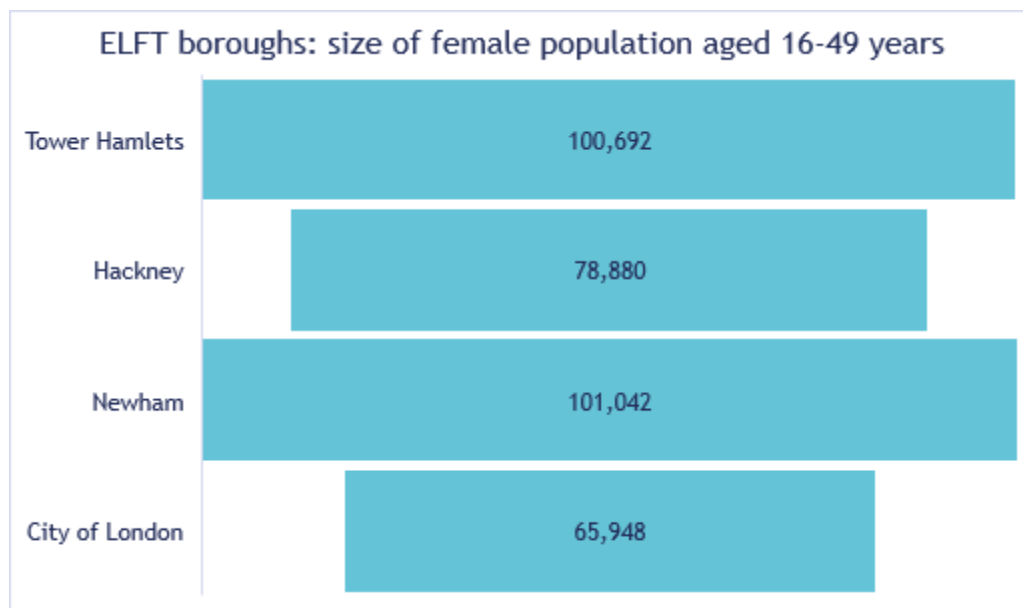
Source: ONS data

There is ethnic diversity in the population of women of childbearing age in each of the four ELFT boroughs. For example, in Tower Hamlets and Newham, the largest ethnic group of women of childbearing age comprises Asian or Asian British women (46% and 42% respectively). In Hackney and City of London, around half of women of childbearing age are White. The second largest groups are Black or Black British in Hackney (22%), and Asian in City (18%), see chart 2.

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Chart 2

ELT boroughs: ethnicity of female population (%)

Borough	Asian	Black	Mixed	White	Other
Newham	41.5	18.8	4.7	29.9	5.0
Tower Hamlets	45.6	7.6	5.2	37.9	3.8
Hackney	10.7	22.3	6.8	51.5	8.7
City of London	17.6	8.4	6.7	54.4	12.9
England and Wales	9.2	4.2	2.9	81.7	.0
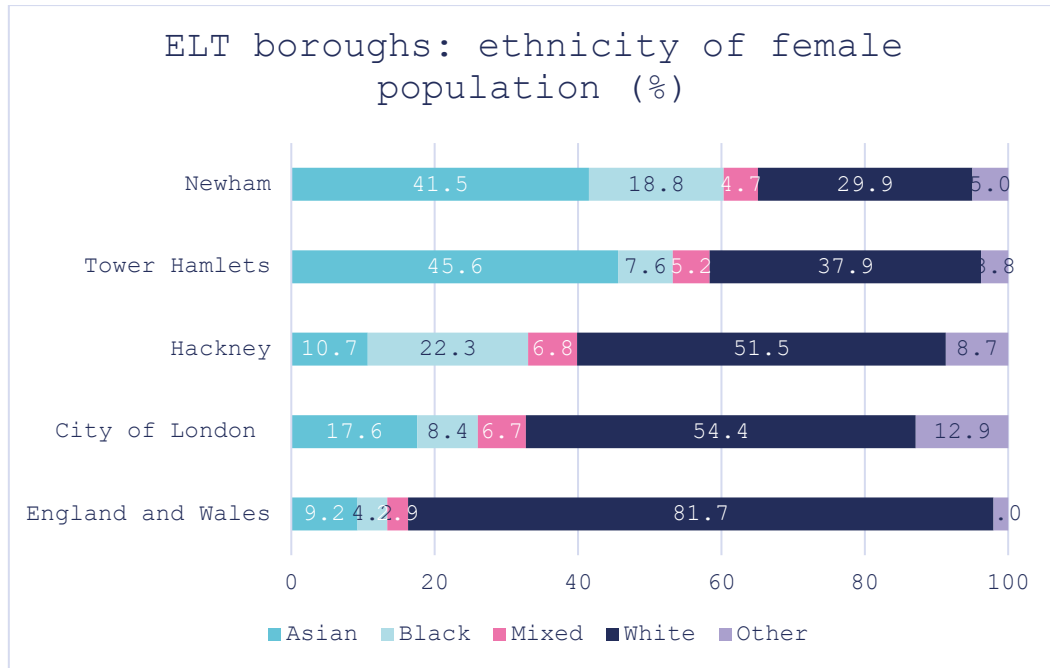
Source: ONS data

There are proportionally more women aged 20 to 49 years in the four boroughs than the average for England. Across ELFT 25% of women are aged 25 to 34 years compared to 14% in England, see Chart 3.

Chart 3

ELFT boroughs: % of female population aged 16-49 years by age group

Borough	Aged 16 to 19 years	Aged 20 to 24 years	Aged 25 to 34 years	Aged 35 to 49 years
England	4.6	6.0	13.6	19.4
Tower Hamlets	4.9	10.3	27.5	22.5
Hackney	4.3	7.2	24.5	22.3
Newham	5.1	8.1	20.7	23.6
City of London	2.2	11.2	25.8	21.2

Legend:
- 2021 Percentage: Aged 16 to 19 years
- 2021 Percentage: Aged 20 to 24 years
- 2021 Percentage: Aged 25 to 34 years
- 2021 Percentage: Aged 35 to 49 years

Source: ONS data

Census data also shows that higher proportions of residents in the four ELFT boroughs were not born in the UK as compared to the whole of England. Over half of residents of Newham and City were born outside of the UK, see Chart 4.

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Chart 4

ELFT boroughs: Country of birth UK, 2021 (%)

Borough	%
England	80.3
City of London	47.1
Newham	45.5
Tower Hamlets	51.5
Hackney	58.2

Source: ONS data

Census data records the proportions of all residents in the ELFT boroughs that speak English as their main language; 20-35% of the ELFT population do not speak English as their main language. Between 23-24% residents who do not identify English as their main language in Tower Hamlets, Newham and Hackney report that they cannot speak English 'well' or 'at all'.

Aside from English, a wide range of languages are spoken by residents of the four boroughs. Table 1 displays the most common of these languages in each borough.

Table 1. Most common languages across each borough

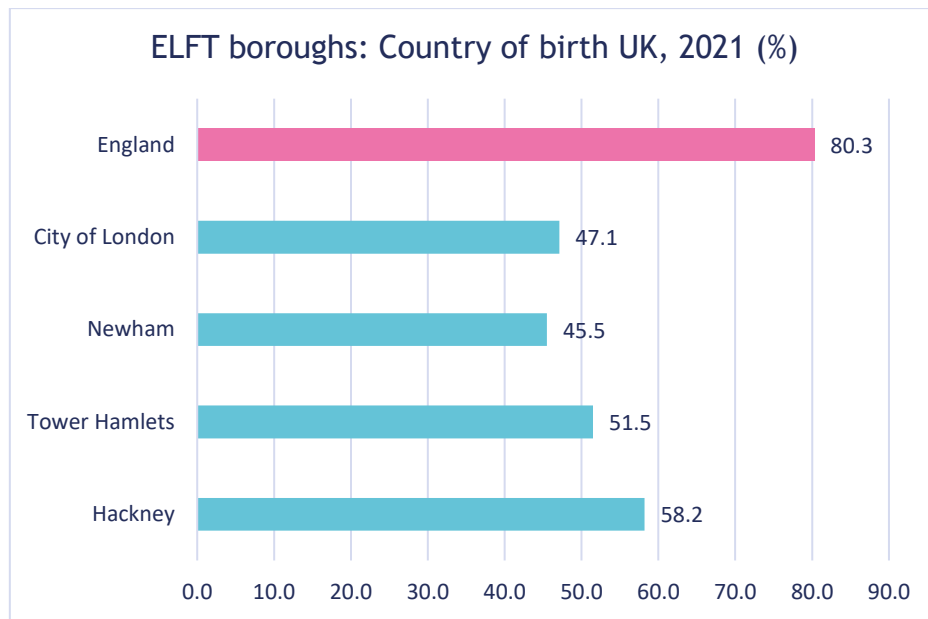| City of London	Spanish (percent)	French (percent)	Italian (percent)
	2.8	2.0	2.0
Tower Hamlets	Bengali (percent)	Italian (percent)	Spanish (percent)
	11	2.2	1.7
Newham	Bengali (percent)	Romanian(percent)	Urdu (percent)
	6.4	5.3	2.2
Hackney	Turkish (percent)	Spanish (percent)	French (percent)
	3.2	2.0	1.3

Source: Office for National Statistics – Census 2021

There are a range of religions followed by residents of the four boroughs, Table 2 presents the top three most common religions in each borough.

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Table 2. Most common religions across each borough (%)

	Christian (percent)	Muslim (percent)	Hindu (percent)
City of London	34.7	6.3	2.4
Tower Hamlets	Muslim (percent)	Christian (percent)	Hindu (percent)
	39.9	22.3	2.0
Newham	Christian (percent)	Muslim (percent)	Hindu (percent)
	35.3	34.8	6.1
Hackney	Christian (percent)	Muslim (percent)	Jewish (percent)
	30.7	13.3	6.7

Source: Office for National Statistics – Census 2021

6.7% of Hackney's population is Jewish and the Charedi Orthodox Jewish community in Hackney is the largest in Europe, comprising around 30,000 people. Stamford Hill, a sub-district of Hackney, is known for its Hasidic community, and is home to the largest concentration of orthodox Ashkenazi Jews in Europe. The population is estimated to be approximately 15,000 and is growing at a rate of around 5% each year.

Census data shows how the total population of the four boroughs has changed between 2018-2021. Three of the four boroughs experienced a growth rate higher than the London average, whilst Hackney experienced a lower increase (5%), see Chart 5.

Chart 5

% Population change 2011-2021

Tower Hamlets 22.1%
City of London 16.6%
Newham 14.0%
London average 7.7%
Hackney 5.3%
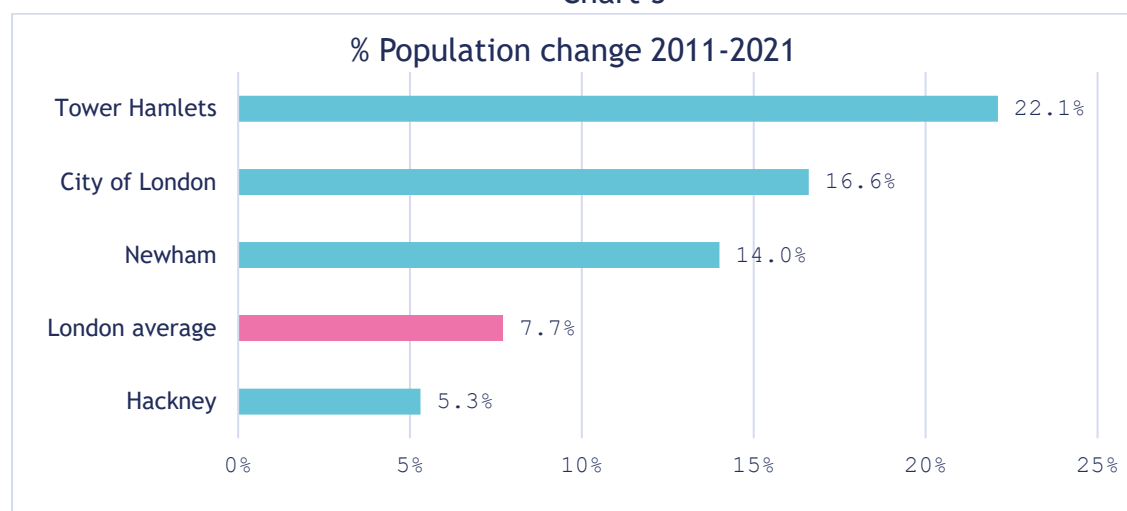
Source: ONS data

Between 2011 to 2021, the number of children aged 0-4 years fell in each of the four boroughs, between -0.7% in City to -1.5% in Hackney, the borough that experienced the greatest decrease.

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The number of children aged under 1 year is projected to increase in Newham by 15% and Tower Hamlets by 2% between 2022 and 2029, whilst the number is expected to fall in the City of London (-31%), see Chart 6.

Chart 6

ELFT boroughs: under 1's population projections, 2022-2029

Source: ONS data
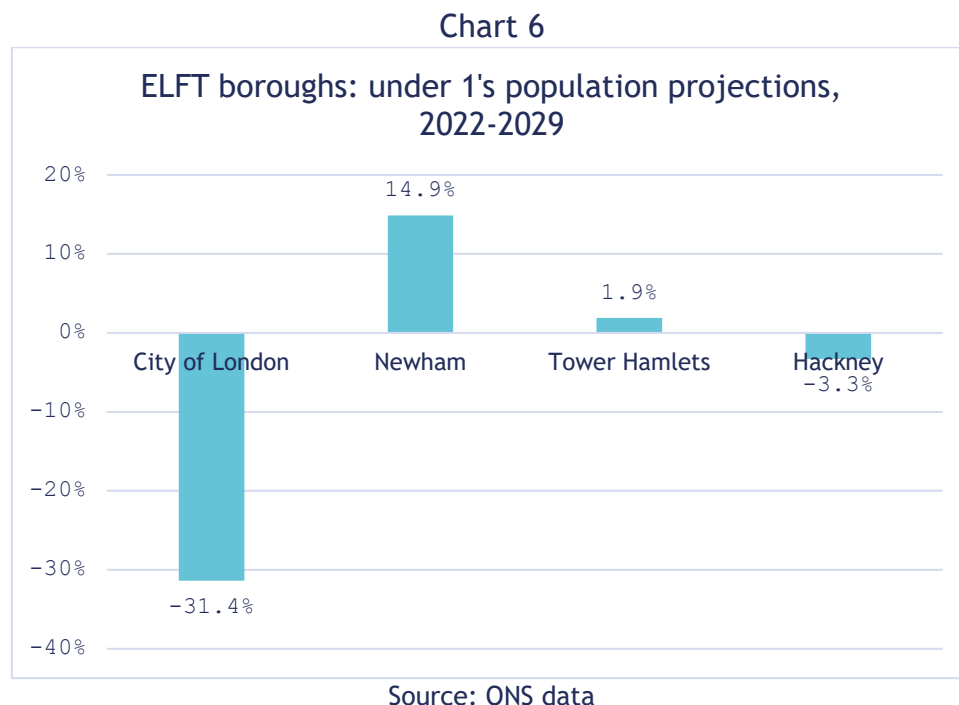
1.2 The prevalence of perinatal mental health risk factors

Data on the prevalence of a range of risk factors relating to perinatal mental illness in the four ELFT boroughs is explored here.

Deprivation and poverty
The Index of Multiple Deprivation (IMD) score is a relative measure of deprivation that combines seven domains of deprivation, where a higher score represents higher levels of deprivation across the seven domains. In three of the four ELFT boroughs, Tower Hamlets, Newham and Hackney, there are higher levels of deprivation than the London average as shown in Chart 7.

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Chart 7

ELFT boroughs: Deprivation profile IMD 2019

Borough	Value
London average	21.4
Tower Hamlets	29.8
Hackney	33.0
Newham	30.1
City of London	14.9
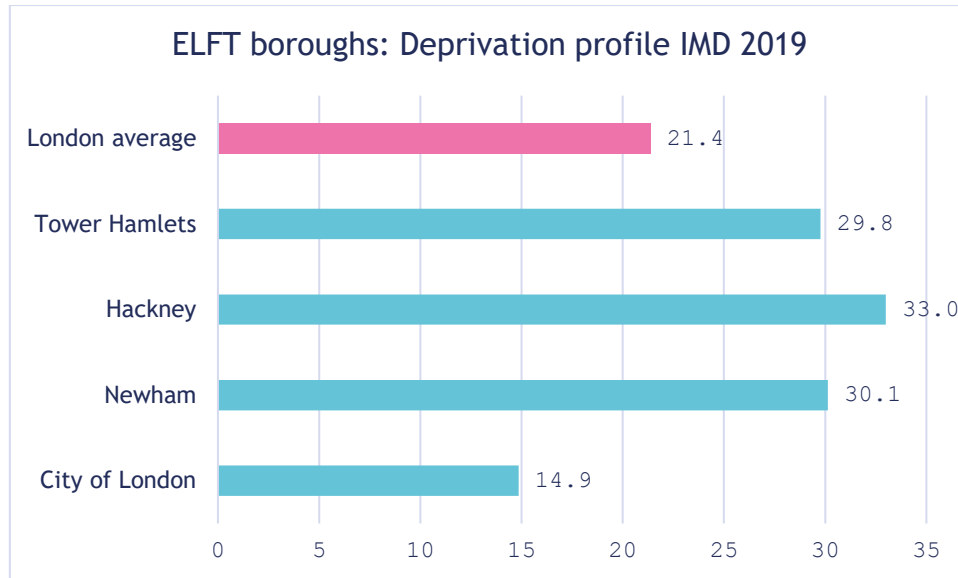
Source: ONS data

In these three boroughs, 43-48% of children live in relative poverty; these rates are between 3% and 8% higher than the London average.

Single parenthood
A household can consist of a single family, more than one family or no families in the case of a group of unrelated people. Both Newham and Hackney have a higher proportion of lone parent households compared with the London average, see Chart 8.

Chart 8

ELFT boroughs: Single family household/Lone parent household 2021 (%)

Borough	Value
City of London	3.6
Tower Hamlets	10.7
Newham	14.7
Hackney	15.5
London	13.3

Source: ONS data

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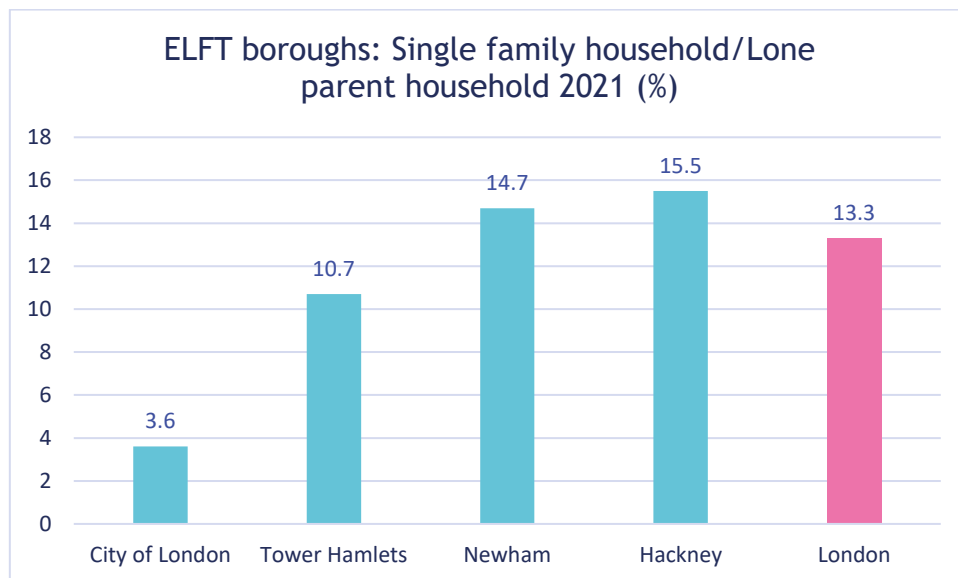
Unemployment

Aside from City of London, each of the boroughs have rates of unemployment that are higher than the England average. Just Tower Hamlets has a higher rate than the London average, see Chart 9.

Chart 9

ELFT unemployment rate Q1 2024 (%)

Borough	Rate
Tower Hamlets	6.5
London	5.1
Newham	4.9
Hackney	4.1
England	3.6
City of London	0
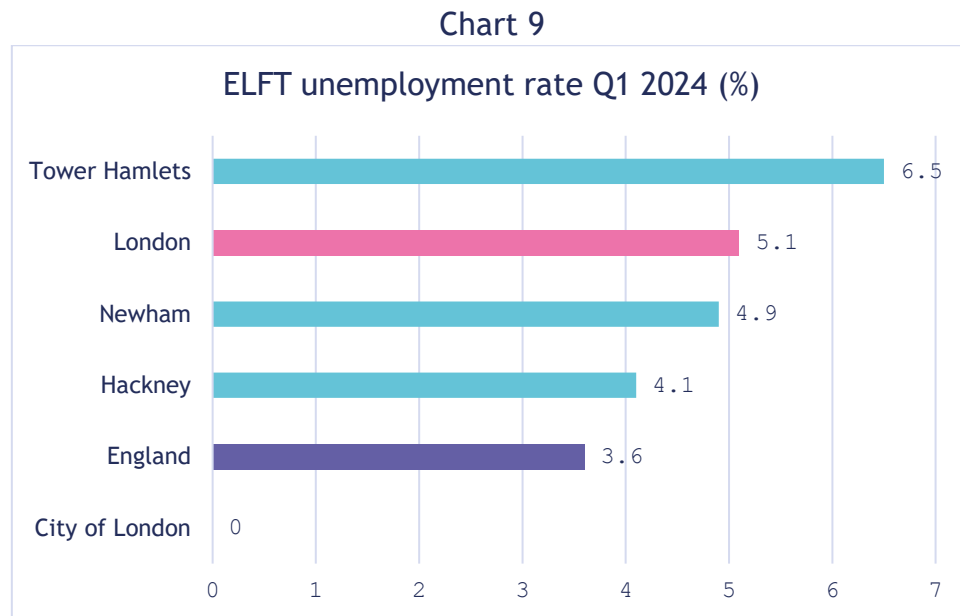
Source: ONS data

Asylum-seeking status

Aside from City of London, each of the boroughs have similar rates of asylum-seeking residents (including Ukraine and Afghanistan resettlements) as a proportion of their total populations compared to the London average, between 0.43% and 0.59%.

Homelessness

Across the ELFT footprint, Hackney has the highest number of households that are classified as homeless[1] (24 per 1000). Data for Newham is not available. See Chart 10.

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Chart 10

ELFT: Homelessness - households with dependent children owed a duty under the Homelessness Reduction Act 2022/23, per 1000

England: 16.1
London region (statistical): 20.8
Hackney: 23.6
Tower Hamlets: 16.8
City of London: 9.2
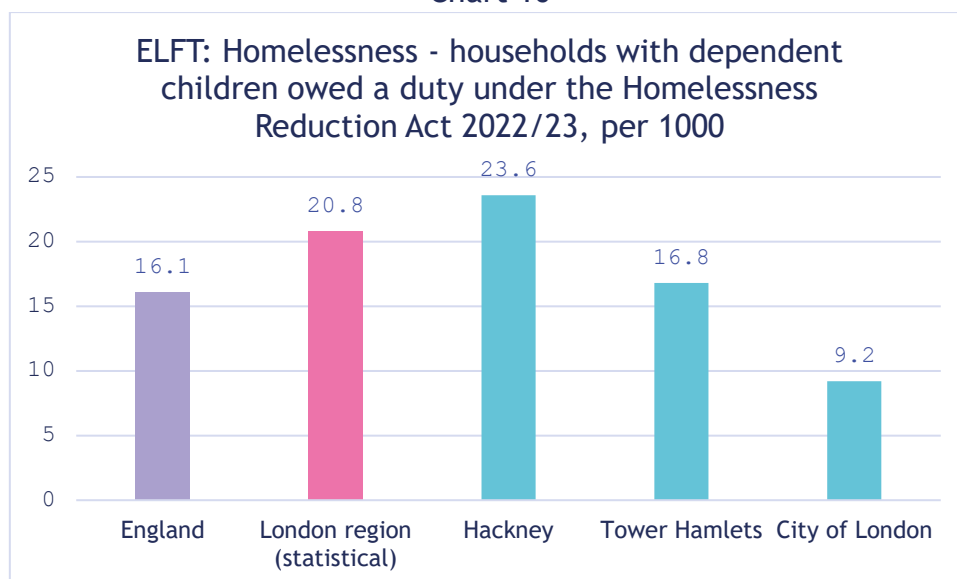
Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Newham has the largest number of households that are composed of homeless single female parents; (102 households or women), see Chart 11.

Chart 11
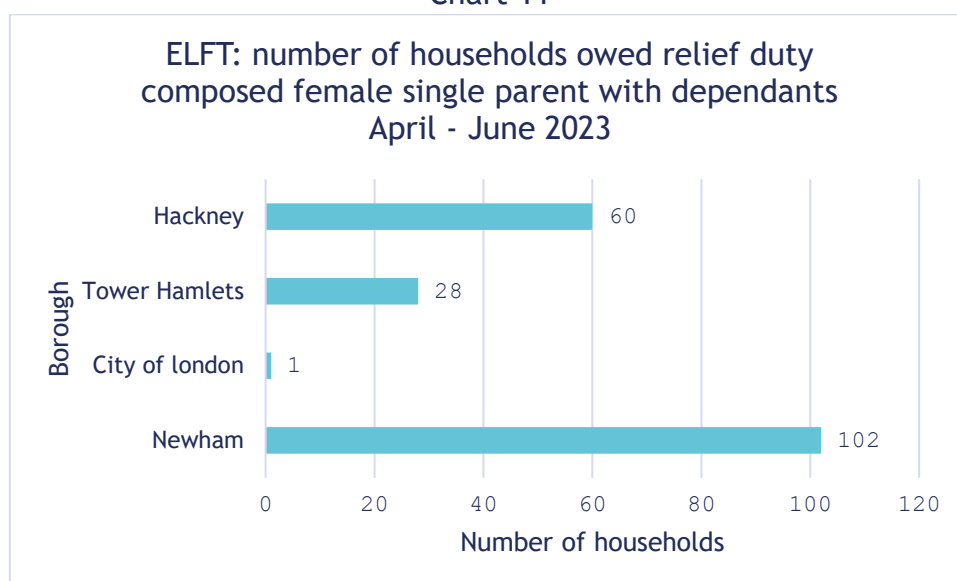
ELFT: number of households owed relief duty composed female single parent with dependants April - June 2023

Hackney: 60
Tower Hamlets: 28
City of london: 1
Newham: 102

Number of households

Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Living in temporary accommodation

The proportion of households living in temporary accommodation in the ELFT boroughs is higher than the London and England average, with the exception of City of London. Newham has the highest proportion with 51 households per 1000 households in temporary accommodation, double the average London rate. See Chart 12.

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Chart 12

ELFT: households in temporary accommodation (2024 Q1, per 1000)

Newham: 50.96
Hackney: 25.21
Tower Hamlets: 19.63
London: 17.03
City of London: 7.21
England: 4.54

Y-axis: Area
X-axis: Rate per 1000 households

Source: Ministry of Housing, Communities & Local Government data
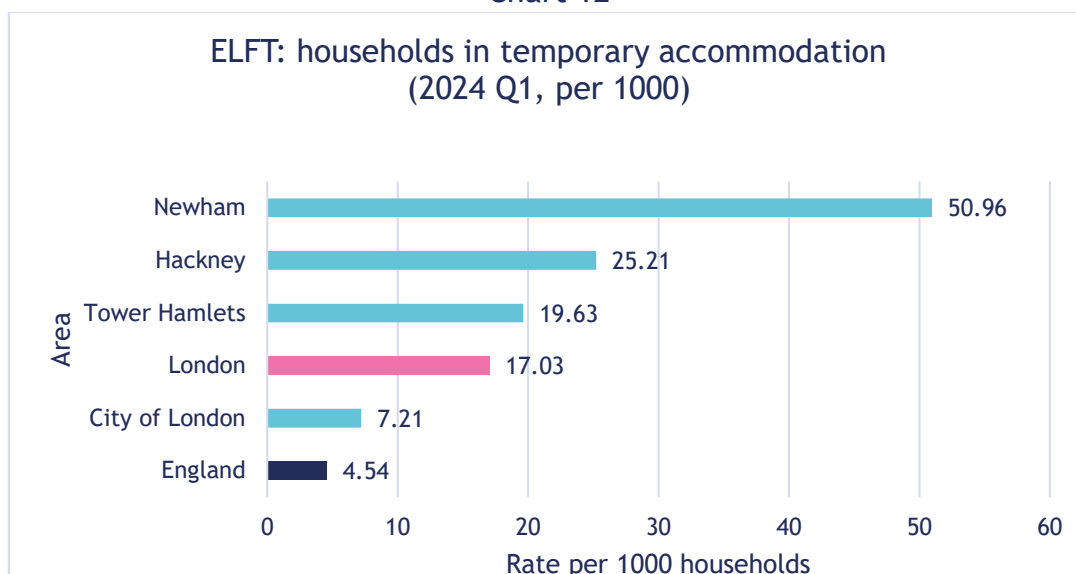
Identifying as lesbian, gay, bisexual, or other (LGB+)
Census data shows that between 4-10% of people living in the ELFT boroughs identify as LGB+, see Chart 13.

Chart 13
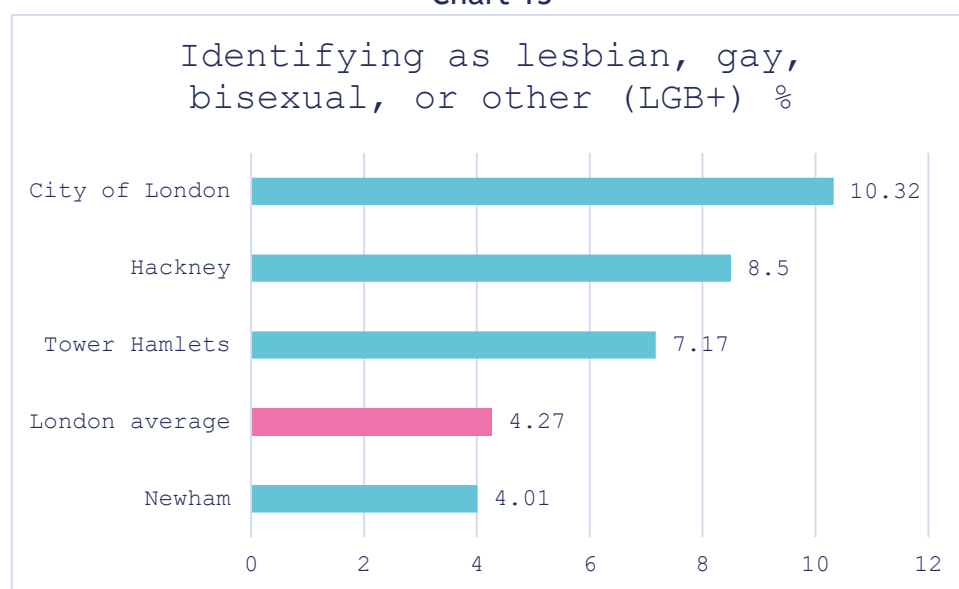
Identifying as lesbian, gay, bisexual, or other (LGB+) %

City of London: 10.32
Hackney: 8.5
Tower Hamlets: 7.17
London average: 4.27
Newham: 4.01

Source: ONS data, Census 2021

Gender identity
Compared to the average for England, higher proportions of London residents do not identify as their sex registered at birth, as seen in Chart 14. Gender identity data is not available at borough level.

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Chart 14

Gender identity; % of people who don't identify as their sex registered at birth, Census 2021
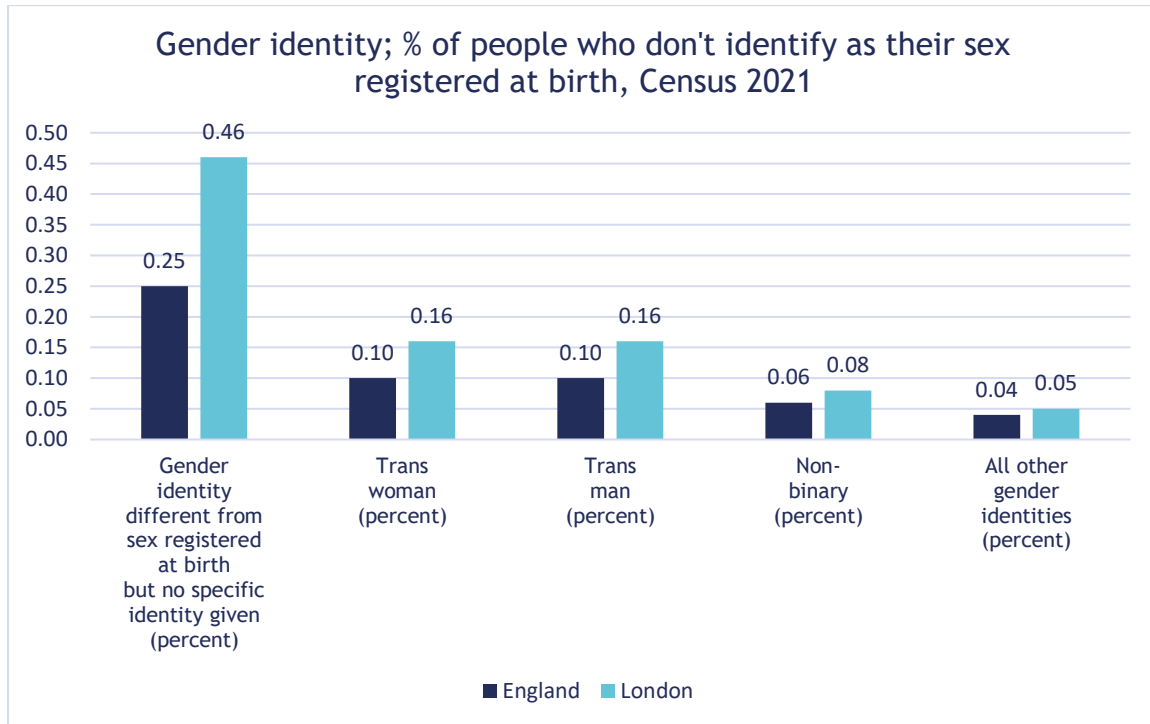
Source: ONS data, Census 2021

Children Looked After

There are between 301 and 411 children looked after in the three boroughs in the ELFT boroughs excluding City of London. The proportion of children looked after that are female ranges from 39% to 45%.

Prevalence of mental health difficulties

QOF prevalence is a measure of how common a condition is in a specific area, based on the percentage of patients with that condition. It's a key part of the Quality and Outcomes Framework (QOF), a quality framework of indicators for general practice in the NHS.

All ELFT boroughs had prevalence rates of mental health conditions (all ages and genders) above the England average except for City of London during 2022/23. See Chart 15.
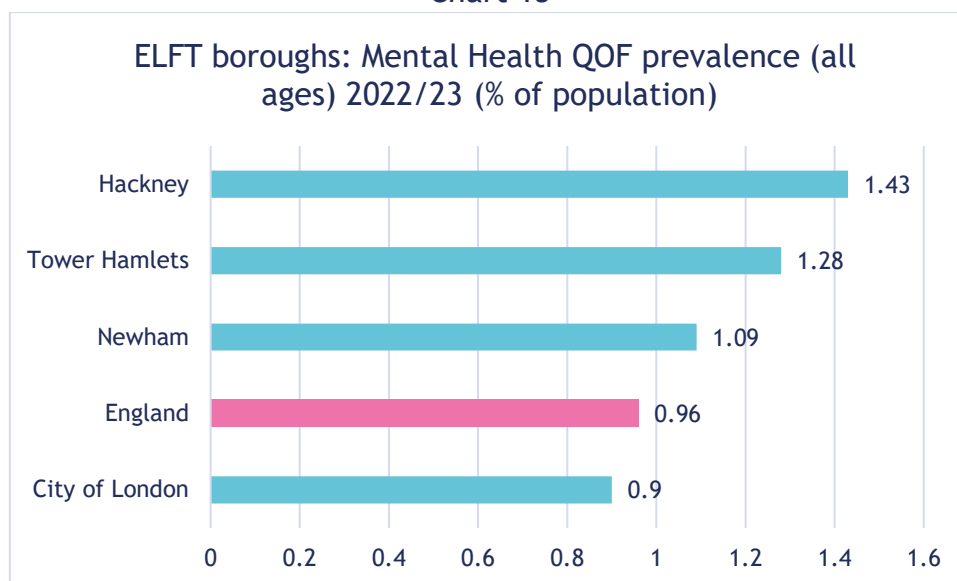
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Chart 15

ELFT boroughs: Mental Health QOF prevalence (all ages) 2022/23 (% of population)

Borough	Value
Hackney	1.43
Tower Hamlets	1.28
Newham	1.09
England	0.96
City of London	0.9

Source: NHS England via Fingertips

More recent data shows the prevalence of depression (new diagnosis, 18+ years); all ELFT boroughs save for Hackney have lower rates than the England average. See Chart 16.

Chart 16
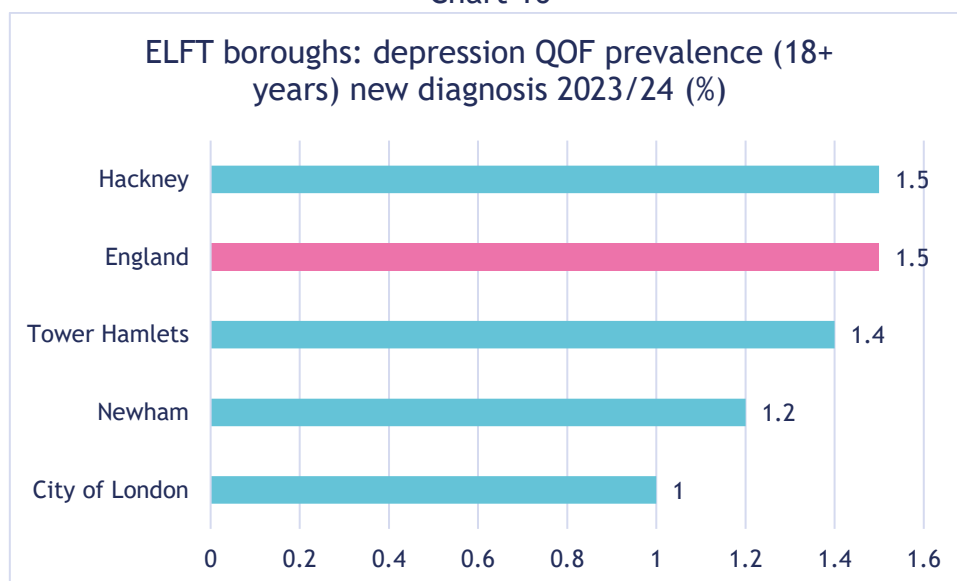
ELFT boroughs: depression QOF prevalence (18+ years) new diagnosis 2023/24 (%)

Borough	Value
Hackney	1.5
England	1.5
Tower Hamlets	1.4
Newham	1.2
City of London	1

Source: NHS England via Fingertips

Children with Child Protection Plans

There are 7,690 children with child protection plans in place across London; 824 or 11% live in the ELFT boroughs, compared to 14% in the NLFT boroughs and 13% in NELFT. In Hackney, Tower Hamlets and Newham there are between 215-305 children with child protection plans in place. See Chart 17.

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Chart 17

Child Protection Plans: % of total number of children in London with plans (7690)

Borough	%
Tower Hamlets	4.0%
Enfield	4.0%
Newham	4.0%
Havering	3.8%
Barnet	3.3%
Barking and Dagenham	3.3%
Redbridge	3.2%
Waltham Forest	2.9%
Hackney	2.8%
Islington	2.4%
Haringey	2.3%
Camden	2.2%
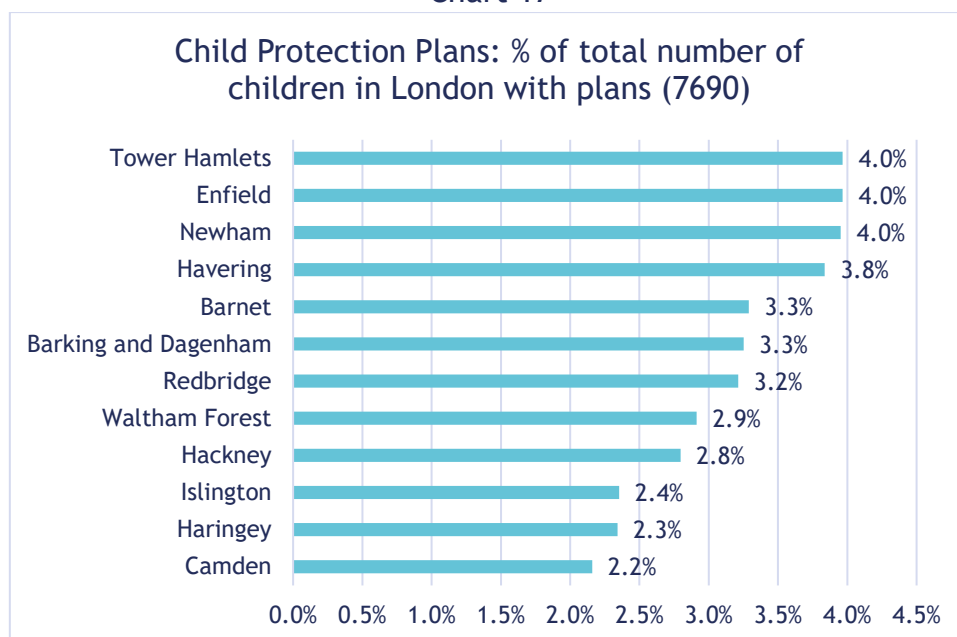
Source: Explore Education Statistics via Gov.uk

When compared with NELFT and NLFT boroughs, it appears that whilst there are significant risk factors for perinatal mental health difficulties across the majority of boroughs, there may be a particularly high prevalence of risk for women and birthing people living in Newham, Tower Hamlets and Hackney.

1.3 Who is giving birth?

The number of live births in 2022, the most recent year for which data is available, varied from 65 in City of London to 5,600 in Newham. See Chart 18.

Chart 18
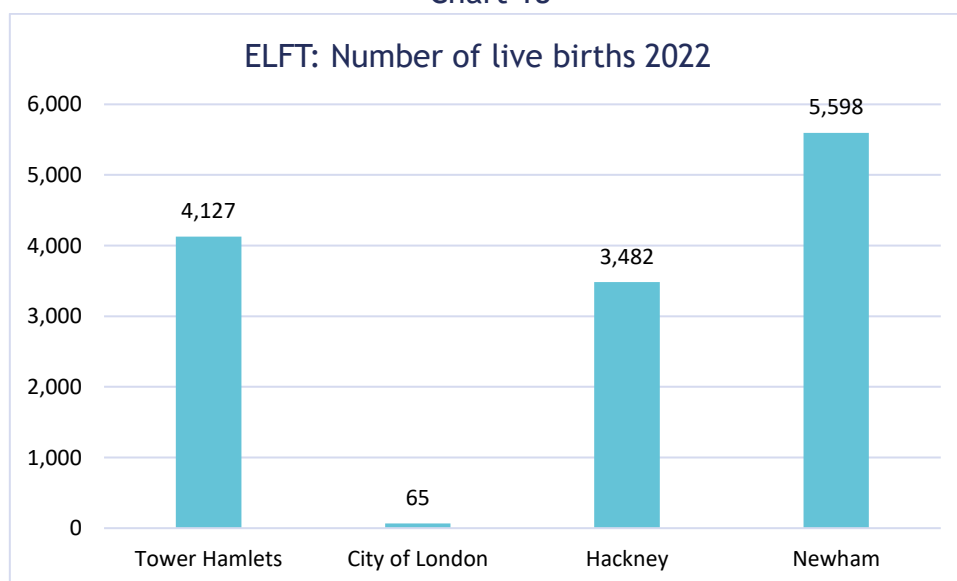
ELFT: Number of live births 2022

Borough	Number
Tower Hamlets	4,127
City of London	65
Hackney	3,482
Newham	5,598

Source: ONS data

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The Crude Birth Rate (CBR) measures the number of live births in a population per 1,000 people in a given year. In Tower Hamlets, Hackney and Newham, the CBR is above the average for London. The CBR fell in each borough between 2018-2022 in contrast to a small increase across London. See Chart 19.

Chart 19
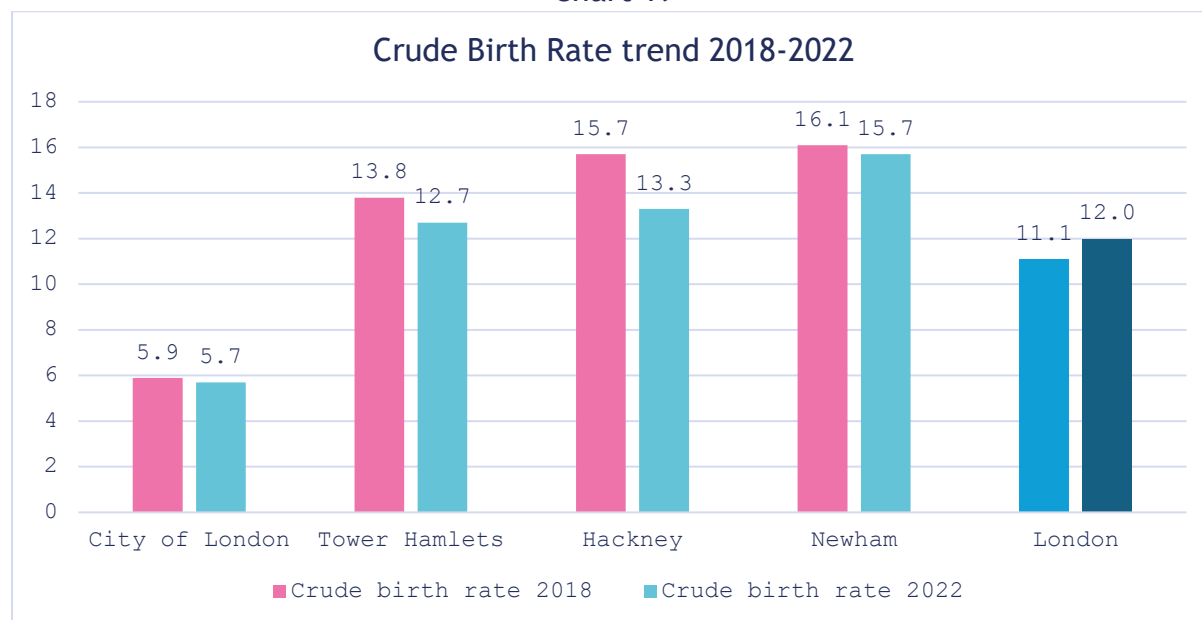
Crude Birth Rate trend 2018-2022

City of London: Crude birth rate 2018: 5.9, Crude birth rate 2022: 5.7
Tower Hamlets: Crude birth rate 2018: 13.8, Crude birth rate 2022: 12.7
Hackney: Crude birth rate 2018: 15.7, Crude birth rate 2022: 13.3
Newham: Crude birth rate 2018: 16.1, Crude birth rate 2022: 15.7
London: Crude birth rate 2018: 11.1, Crude birth rate 2022: 12.0

■ Crude birth rate 2018   ■ Crude birth rate 2022

Source: ONS data

Under 18 conceptions and young mothers

The rate of conceptions of women aged 15-17 years has been falling since 2018 in each of the ELFT boroughs in line with the fall across London, see Chart 20.

Chart 20

ELFT: rolling annual under 18 conception rate, per 1000 women

London: June 2018: 14.6, June 2020: 11.4, June 2022: 10.2
Hackney and City of London: June 2018: 16.7, June 2020: 12.4, June 2022: 10.2
Newham: June 2018: 14.0, June 2020: 13.9, June 2022: 11.2
Tower Hamlets: June 2018: 13.7, June 2020: 8.2, June 2022: 7.9

■ June 2018   ■ June 2020   ■ June 2022

Source: ONS data

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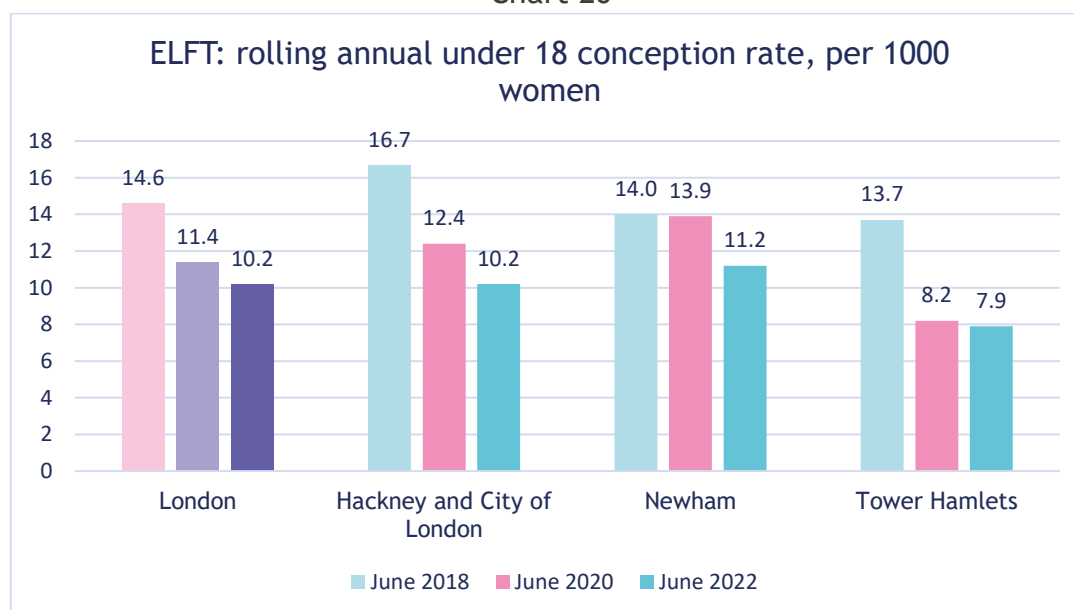
Data on the number of teenage (12-17 years) mothers is only available for Newham and it shows that the rate per 1000 people (0.39) is above the London average (0.28) but below the England average (0.61).

Smoking at the time of delivery
During 2022/23, 4.8 per 1000 women in the ELFT boroughs who gave birth smoked at the time of delivery, similar to the average for London (4.6) and below the England average (8.8).

Infant mortality
The infant mortality rate compares the number of deaths of infants under one year old in a given year per 1,000 live births in the same year. This rate has remained static in England and across London between 2021 and 2023, whilst City & Hackney saw the rate increase from 3.7 to 4.2 deaths per 1,000 live births. See Chart 21.

Chart 21

ELFT boroughs: Infant mortality rate 2021 - 2023
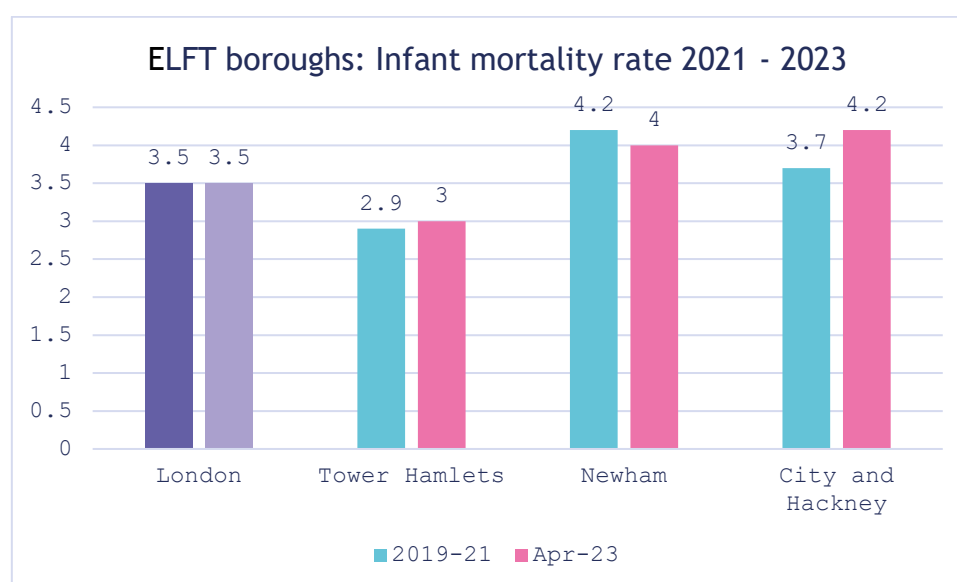
Source: ONS data

Births at Barts Health NHS Trust
To understand the characteristics of women who gave birth in ELFT it is necessary to explore data from Barts Health NHS Trust, which consists of 5 maternity hospitals:

- The Royal London Hospital (Tower Hamlets),
- St Bartholomew's Hospital (City of London),
- Mile End Hospital (Tower Hamlets),
- Newham Hospital (Newham)
- Whipps Cross Hospital (Waltham Forest)

Whilst, for various reasons, there are women who live in areas outside of the ELFT boroughs that give birth at a Barts Health hospital, data on births at these hospitals provides a good picture of who is giving birth in the area.

In the 12 months between July 2023 and June 2024 there were 13,175 births at Barts Health NHS Trust, an average of 1098 per month. 62% of the mothers of these babies were aged 25-34 years. See Chart 22.
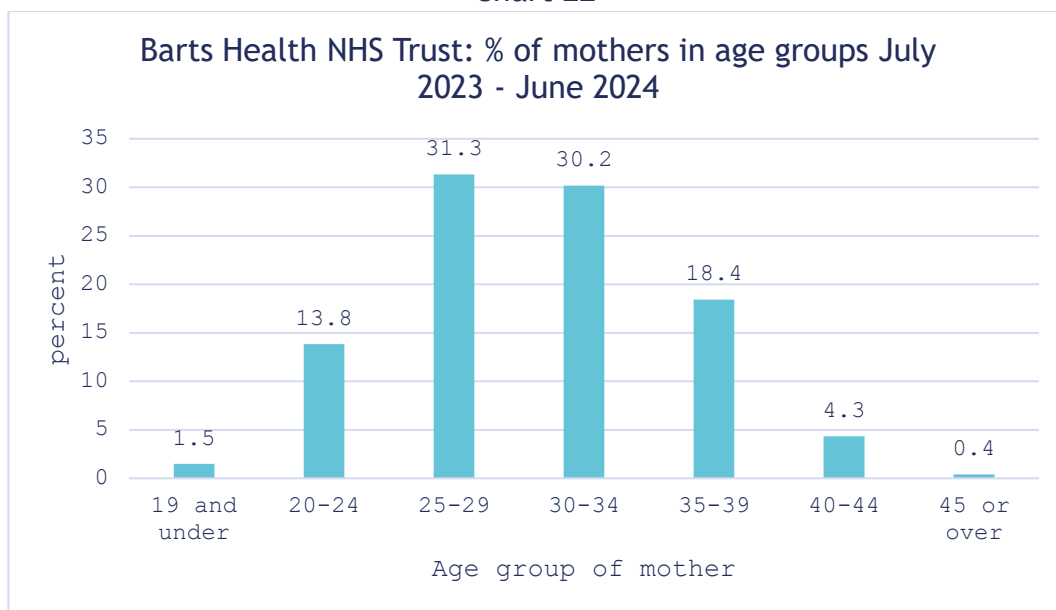
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Chart 22

Barts Health NHS Trust: % of mothers in age groups July 2023 - June 2024

Bar chart, y-axis "percent" (0–35), x-axis "Age group of mother":

- 19 and under: 1.5
- 20-24: 13.8
- 25-29: 31.3
- 30-34: 30.2
- 35-39: 18.4
- 40-44: 4.3
- 45 or over: 0.4

Source: NHS Digital Maternity Services Dashboard

Proportionally more women with Asian or Asian British ethnicities gave birth at Barts Health (56%) than the proportion of women with this ethnicity in the female population of the ELFT boroughs (30.8%); proportionally fewer White women gave birth. See Chart 23.

Chart 23

Barts Health: ethnicity of mothers, June 2024 (%) vs female population of the ELFT boroughs

Bar chart comparing ELFT female population vs Barts Health birthing people:

Ethnicity	ELFT female population	Barts Health birthing people
white	41.8%	25%
not known	0.0%	2%
mixed	5.7%	3%
Black or Black British	14.7%	8%
Asian of Asian British	30.8%	56%
Any other ethnic group	7.0%	6%

■ ELFT female population   ■ Barts Health birthing people

Source: NHS Digital Maternity Services Dashboard

66% of those that gave birth at Barts Health in June 2024 lived in the 3 most deprived areas of England (based upon IMD deciles), see Chart 24.

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Chart 24

Barts Health: Index of Deprivation of mothers giving birth June 2024 (%)

Bar chart showing percentages by decile:
- 1st Decile: 12
- 2nd Decile: 30
- 3rd Decile: 24
- 4th Decile: 15
- 5th Decile: 6
- 6th Decile: 5
- 7th Decile: 3
- 8th Decile: 2
- 9th Decile: 1
- 10th Decile: 0

Legend: ■ Women who gave birth at Barts Health
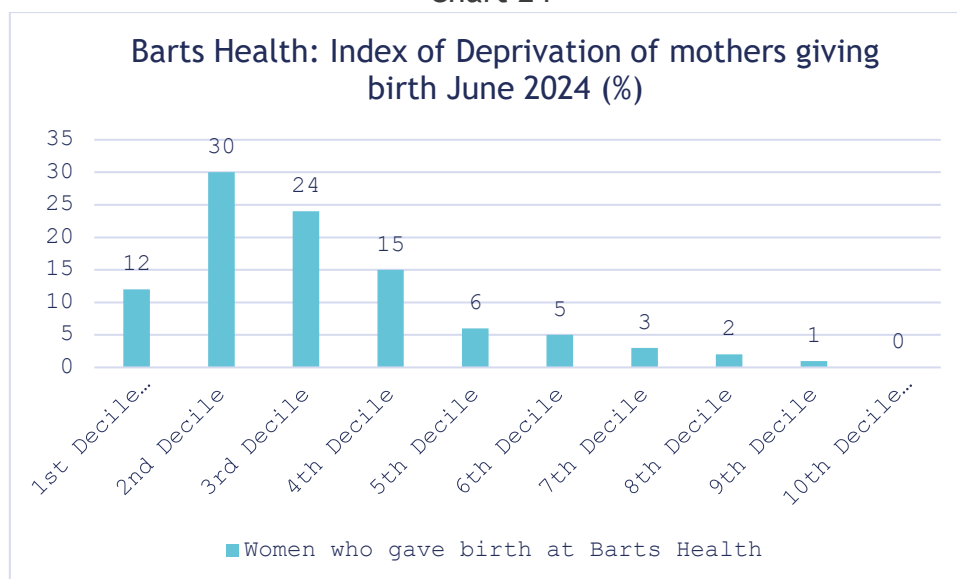
Source: NHS Digital Maternity Services Dashboard

32.4% of mothers who gave birth at Barts Health hospitals in the 12 months between July 2023 and June 2024 had Complex Social Factors recorded.
The rate of babies born preterm at Barts Health (75.3 per 1,000) was higher than for neighbouring hospital trusts and the England average.

Chart 25

Babies born preterm: 6 month average to June 2024 (rate per 1000)

Bar chart showing rate per 1000:
- England: 63
- Barts Health: 75.3
- Royal Free London: 45
- Barking Havering and Redbridge University Hospital: 56.3
- Whittington Health NHS Trust: 57.5
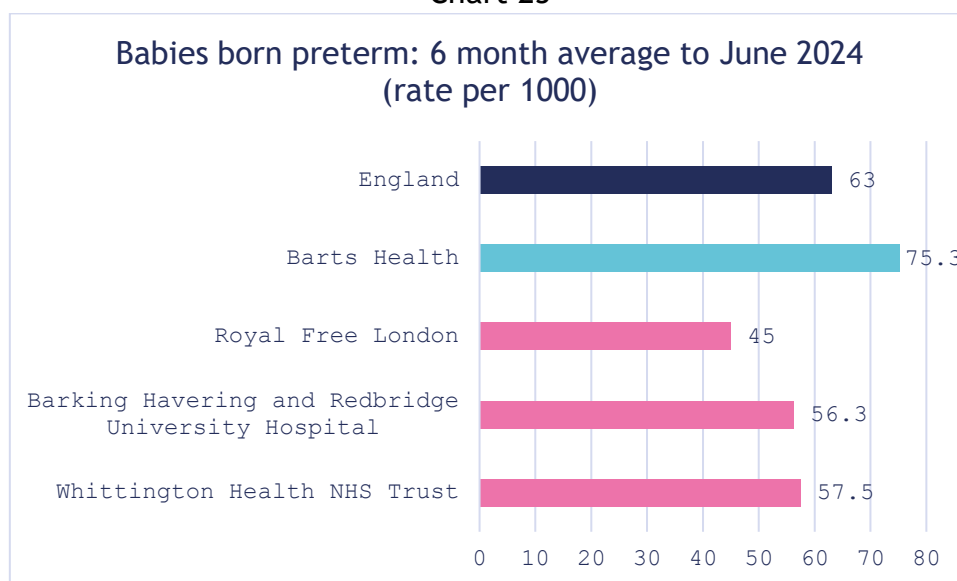
Source: NHS Digital Maternity Services Dashboard

1.4 Community specialist perinatal mental health support

This section provides data on the delivery of the community Specialist Perinatal Mental Health Service (SPMHS) offer for women in ELFT boroughs. There are three SPMHSs operating across these four boroughs. These are Hackney & City SPMHS, Tower Hamlets SPMHS and Newham SPMHS. The East London Mother and Baby Unit

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(MBU) also sits within ELFT and data on this in-patient provision is provided in a following section.

Access rates

The NHS Long Term Plan commits to increasing access to specialist perinatal mental health services to 10% of the birth population. The average access rate across the ELFT boroughs is currently 8.7%. Data shows that City & Hackney are meeting the 10% target whilst the rates for Newham (8.5%) and Tower Hamlets (7.5%) are below target, as shown in Chart 26.

Chart 26
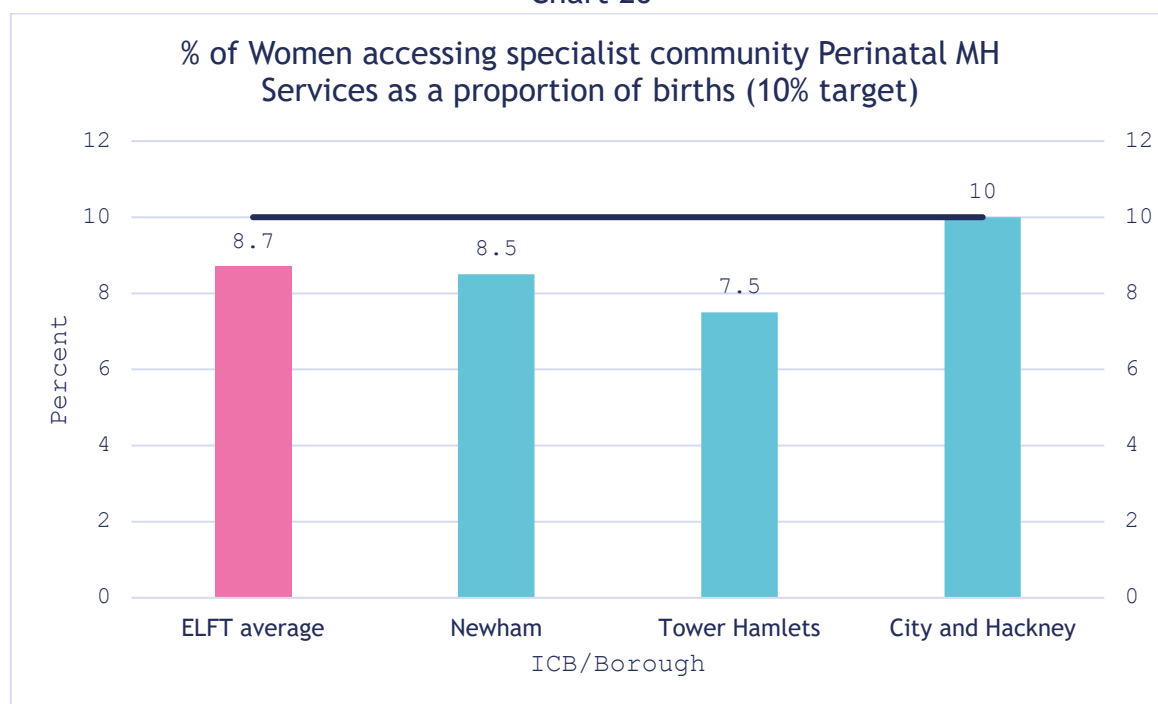
Source: NHS NEL Operating Plan Dashboard 2024-2025 data

The number of women supported by community SPMHS in the ELFT boroughs has risen over the last two years by 14%. Chart 20 presents the rising number of women accessing support for each of the three NCEL Trusts.

Chart 27

SPMHS: 12 month rolling access

Number

Trust	1905	2170

East London NHS Foundation Trust (ELFT): 1905, 2170
North East London NHS Foundation Trust (NELFT): 1265, 1320
North London Foundation Trust (NLFT): 545, 1110

■ Cumulative year to date access Aug 22 to July 23
■ Cumulative year to date access Aug 23 to July 24

Source: NHSE Perinatal Mental Health Dashboard
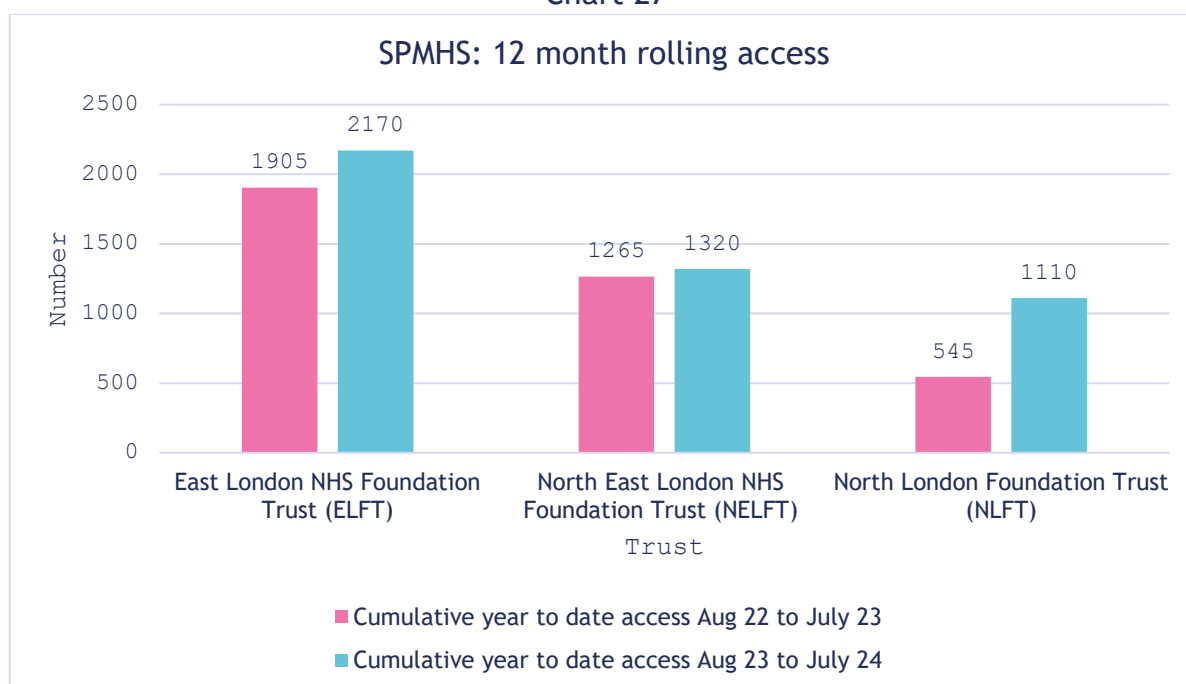
The three SPMHS services in ELFT received between 45-58 referrals each month between September 2023 and October 2024. The average number of women being supported (caseload) each month for the three services was between 188 and 207 women, as shown in Chart 28.

Chart 28
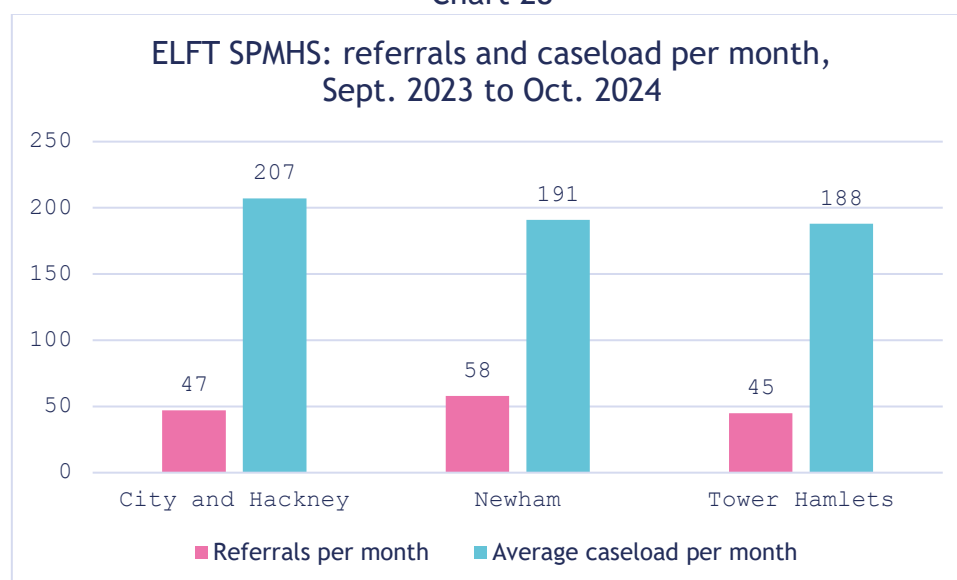
ELFT SPMHS: referrals and caseload per month, Sept. 2023 to Oct. 2024

City and Hackney: 47, 207
Newham: 58, 191
Tower Hamlets: 45, 188

■ Referrals per month ■ Average caseload per month

Source: data supplied by NHS SPMHS

Benchmarks

NHS England presents data for SPMHS by Trust for the following pertinent benchmarks: deprivation status of service users, their ages and their ethnicities. Data from July 2024 shows that 35% of women supported by ELFT SPMHSs lived in

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the most deprived areas of the boroughs. 65% were aged 26-39 years and 33% had a White British ethnicity, Table 3.

Table 3

		Deprivation benchmark	Age group benchmark: 26-39 years	Ethnicity benchmark: White British
		% of women on caseload living in the most deprived quintile	% of women on caseload aged 26-39 years	% of women on caseload ethnicity White British
Jul-24	North London Foundation Trust	23.4	71.2	32.7
Jul-24	**East London Foundation Trust**	**34.6**	**64.9**	**32.8**
Jul-24	North East London Foundation Trust	24.3	71.3	37.8

Source: NHSE Perinatal Mental Health Dashboard

The Commissioning for Quality and Innovation (CQUIN) framework has set a target for 50% of women treated by SPMHS services to have more than one paired outcome measures completed during their care. All three specialist services in ELFT use HoNOS and CORE-10 as their chosen outcome measures and completion rates (the proportion of women with more than one measure completed as a proportion of the total number of women treated) ranged from 26-39% for HoNOS and 20-27% for CORE-10.

Tower Hamlets SPMHS

The Tower Hamlets SPMHS provides support for women during pregnancy and up to two years after birth who have a pre-existing or new-onset mental illness. The staffing model includes:

Job role	Tower Hamlets SPMHS (WTE)
Administrators	2.0 (band 4)
	0.5 (band 3)
Bilingual support worker	1.0 (band 4)
Consultant psychiatrists	1.2
Lead for perinatal mental health	1.0 (band 8c) *shared across ELFT SPMHSs*
Nursery nurse	1.0 (band 4)
Occupational therapist	1.0 (band 6)
Operational lead	1.0 (band 8a)
Parent-Infant psychotherapist	0.5 (band 8a)
Peer support worker	0.5 (band 3)

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People participation lead	0.5 (band 6) *shared across ELFT SPMHSs*
Perinatal nurse	4 (band 7)
Pharmacist	0.6 (band 8a) *shared across ELFT SPMHSs*
Psychologists	1.0 (band 8a) 1.0 (band 7)
Social worker	0.6 (band 7)
Specialist trainee doctor	1.0

The associated maternal mental health service is OCEAN.

Referrals to Tower Hamlets SPMHS have risen steadily since January 2021 as shown in Chart 29.

Chart 29

Tower Hamlets SPMHS: referrals received Sept 2021-Sept 2024
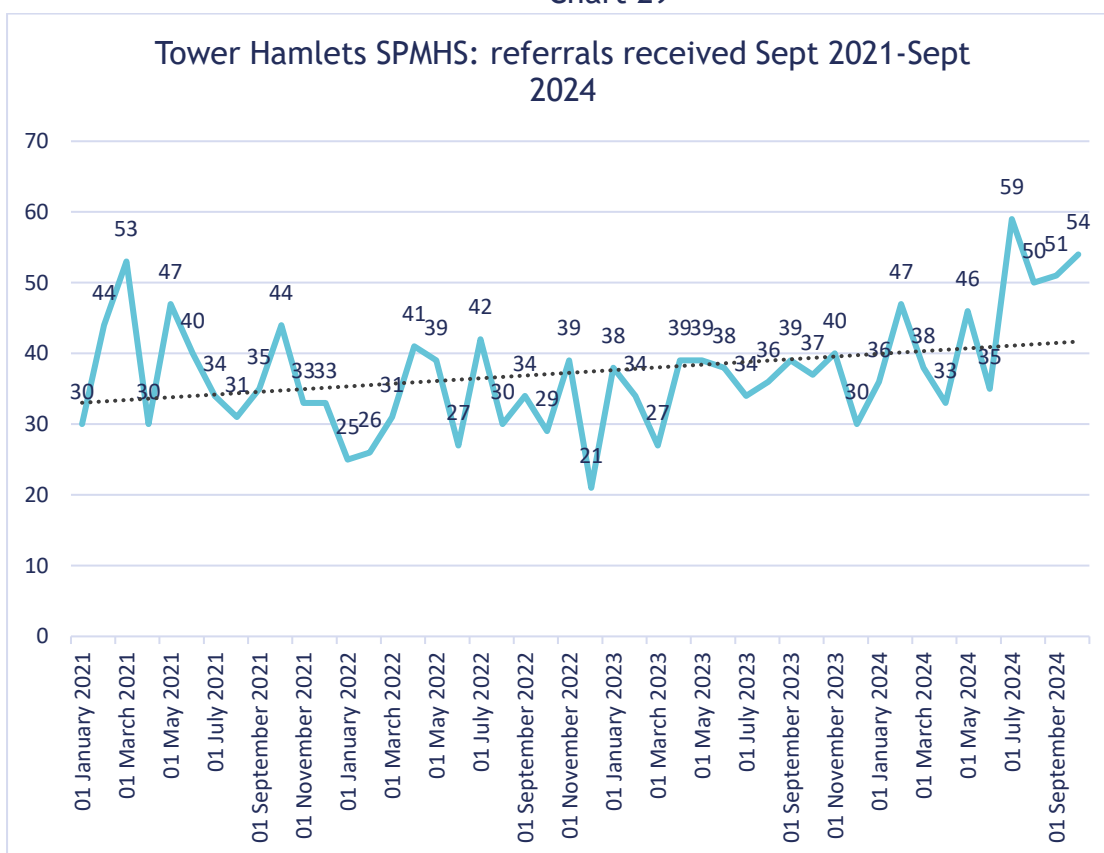
Source: data supplied by NHS SPMHS

Between October 2023 and September 2024 there were 541 referrals to Tower Hamlets SPMHS, an average of 45 per month; 31% of these referrals came from the midwifery service and 32% from GPs.

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Chart 30

Tower Hamlets SPMHS; referral sources Sept 2023 - Oct 2024

Source	Percentage
IAPT	3.0%
Self	6.5%
Community Mental Health Team	7.2%
Other clinical specialty	9.2%
other (various)	10.9%
Midwifery Service	31.2%
General Medical Practitioner	32.0%
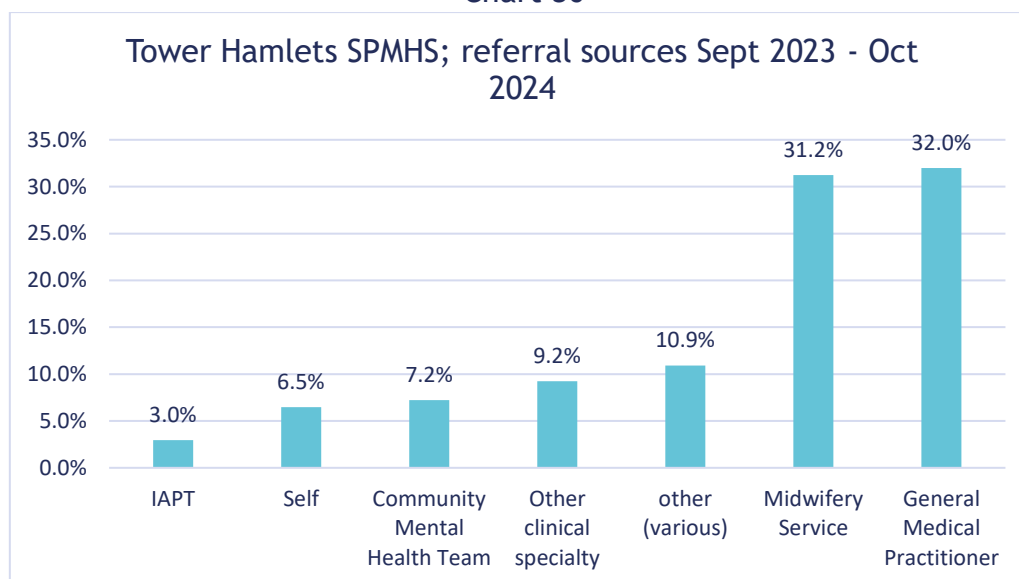
Source: data supplied by NHS SPMHS

91% of referrals in this 12-month period related to women who lived in Tower Hamlets and 3% to women who lived in Newham.

The number of women waiting to be assessed rose has risen, from an average of 20 women waiting per month in January-March 2022 to an average of 50 women waiting per month August-October 2024. See Chart 31.

Chart 31

Tower Hamlets SPMHS: number of women on wait list for assessment Dec 2022 - October 2024

Date	Number
01 December 2022	20
01 January 2023	15
01 February 2023	24
01 March 2023	19
01 April 2023	11
01 May 2023	19
01 June 2023	15
01 July 2023	22
01 August 2023	13
01 September 2023	23
01 October 2023	26
01 November 2023	36
01 December 2023	33
01 January 2024	36
01 February 2024	33
01 March 2024	44
01 April 2024	33
01 May 2024	22
01 June 2024	26
01 July 2024	26
01 August 2024	45
01 September 2024	44
01 October 2024	62

Source: data supplied by NHS SPMHS

The average wait times for assessment by the service rose from 18 days to 26 days during the same period.

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Chart 32

Tower Hamlets SPMHS: average wait times from referral to assessment per month, Oct 2022- Oct 2024
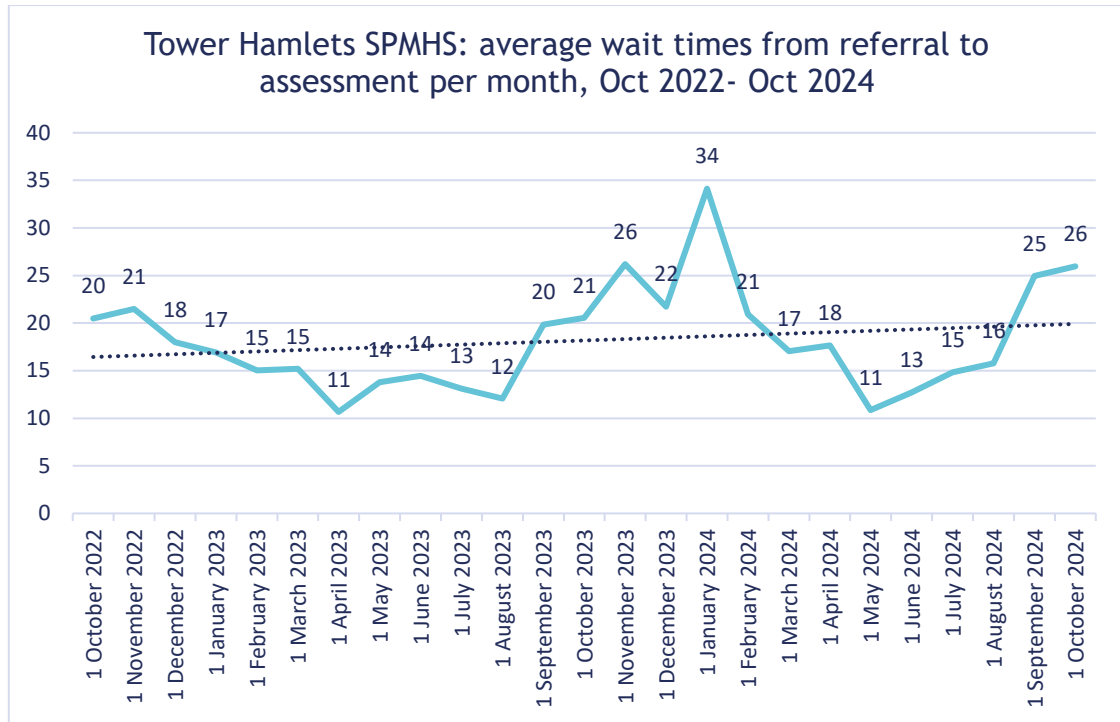
Source: data supplied by NHS SPMHS

Following assessment, the average wait for treatment was 34 days between January 2023 and October 2024. The number of women waiting for treatment following assessment has risen by 92% between December-February 2022 and August-October 2024, from 16 women waiting per month to 30 women per month. This could be explained by the extension of services to include babies up to 24 months.

Chart 33

Tower Hamlets SPMHS: number of mothers waiting for treatment following assessment

Source: data supplied by NHS SPMHS

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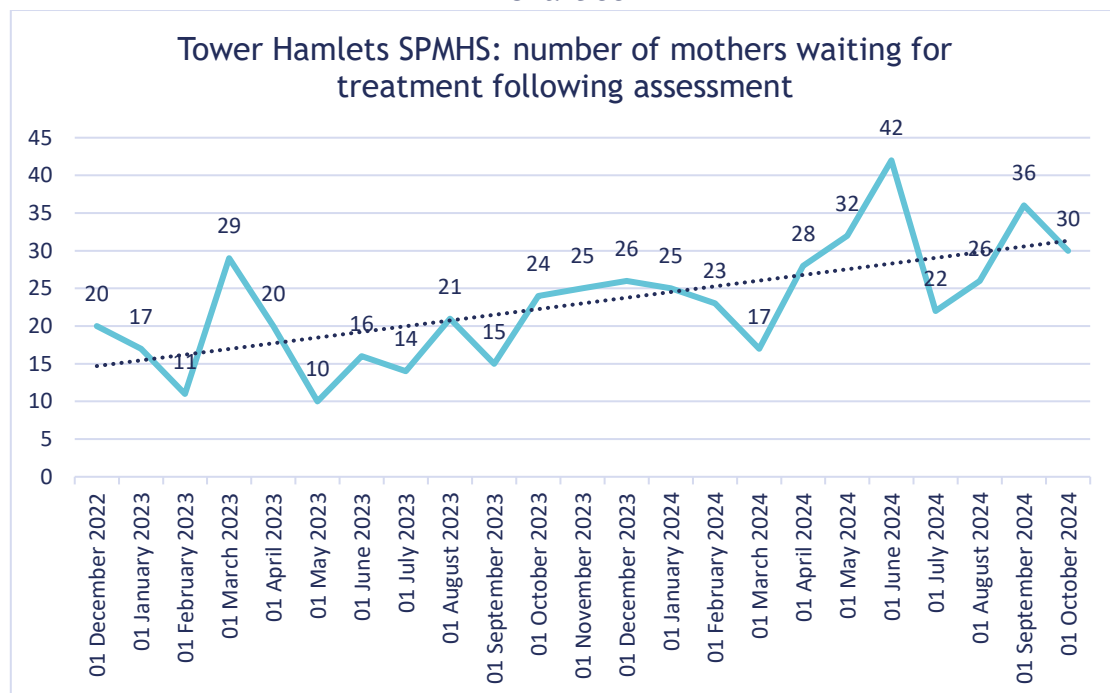
The number of women supported by the Tower Hamlets SPMHS increased between December 2022 and October 2024. There has been a 52% increase in the number of women on the caseload since October 2023, rising from 152 on 1st October to 232 on 1st October 2024.

Chart 34
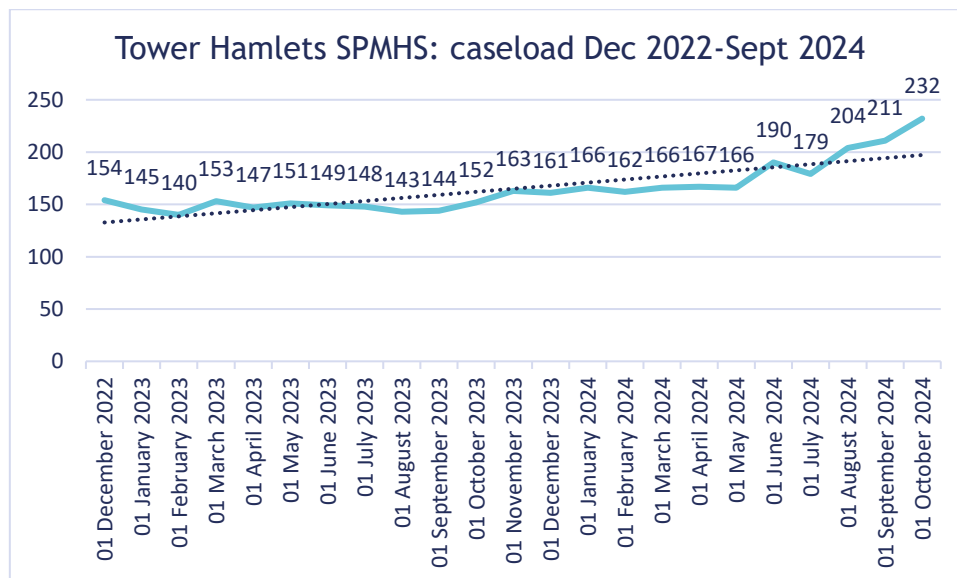
Tower Hamlets SPMHS: caseload Dec 2022-Sept 2024

154 145 140 153 147 151 149 148 143 144 152 163 161 166 162 166 167 166 190 179 204 211 232

Source: data supplied by NHS SPMHS

The average number of women on the caseload between October 2023 and September 2024 was 174 each month.

In the 12 months up to 1st October 2024, 414 women had been treated by the service.

Of the 232 women on the caseload as of 1st October 2024, 44.4% had an Asian or Asian British ethnicity which is broadly similar to the proportion of women who live in the borough with that ethnicity (45.6%). A smaller proportion of women who have a White Other ethnicity (9%) were supported by the service compared to the proportion of women with this ethnicity in the population (16%). Since there were 15% of women treated by the service whose ethnicity was not stated or known, caution should be taken when interpreting these findings.
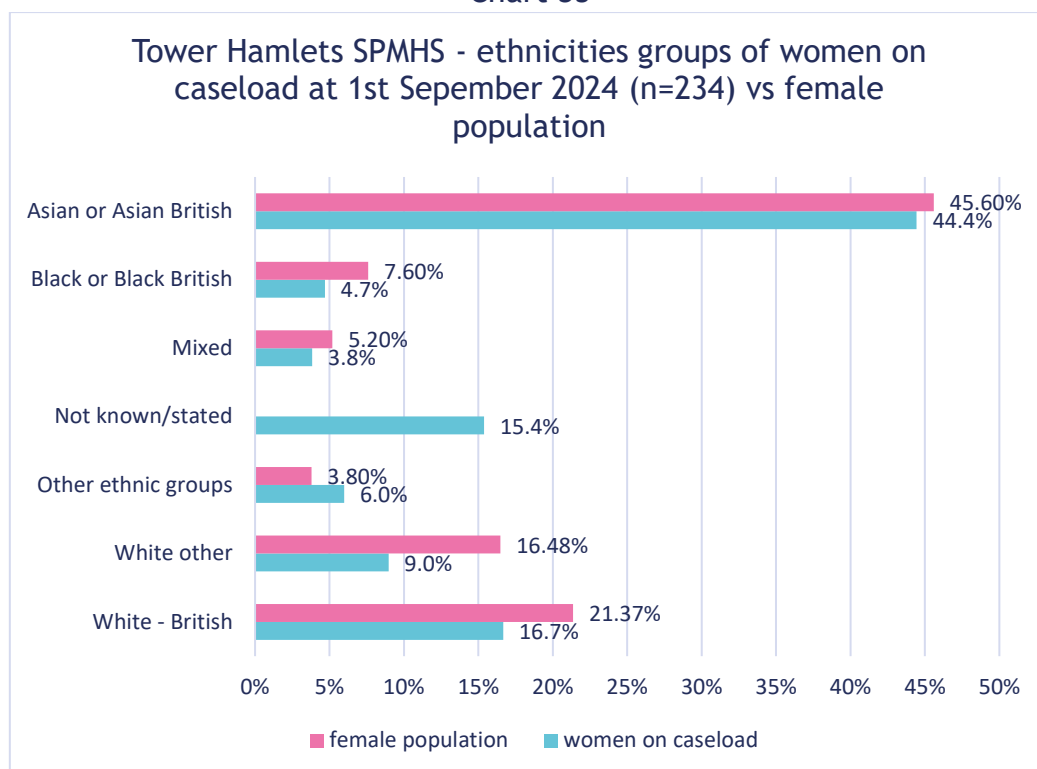
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Chart 35

Tower Hamlets SPMHS - ethnicities groups of women on caseload at 1st Sepember 2024 (n=234) vs female population

Ethnicity	female population	women on caseload
Asian or Asian British	45.60%	44.4%
Black or Black British	7.60%	4.7%
Mixed	5.20%	3.8%
Not known/stated		15.4%
Other ethnic groups	3.80%	6.0%
White other	16.48%	9.0%
White - British	21.37%	16.7%

Source: data supplied by NHS SPMHS

16% of women supported by the service at this time were aged 18-25 years which is similar to the proportion of women in the local population in this age bracket (19.2%).

81 or 35% of the 232 women on the caseload as of 1st October 2024 had a HoNOS completed; 74% of these had more than one HoNOS measure completed.
26% of the 226 women on the caseload had two or more CORE-10 measures completed.

41% of women discharged by the service in the 12 months between October 2023 and September 2024 were treated for 60 days or more, and 28% for 100 days or more.

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Chart 36

Tower Hamlets SPMHS: duration of treatment of women dischared between October 2023 and September 2024
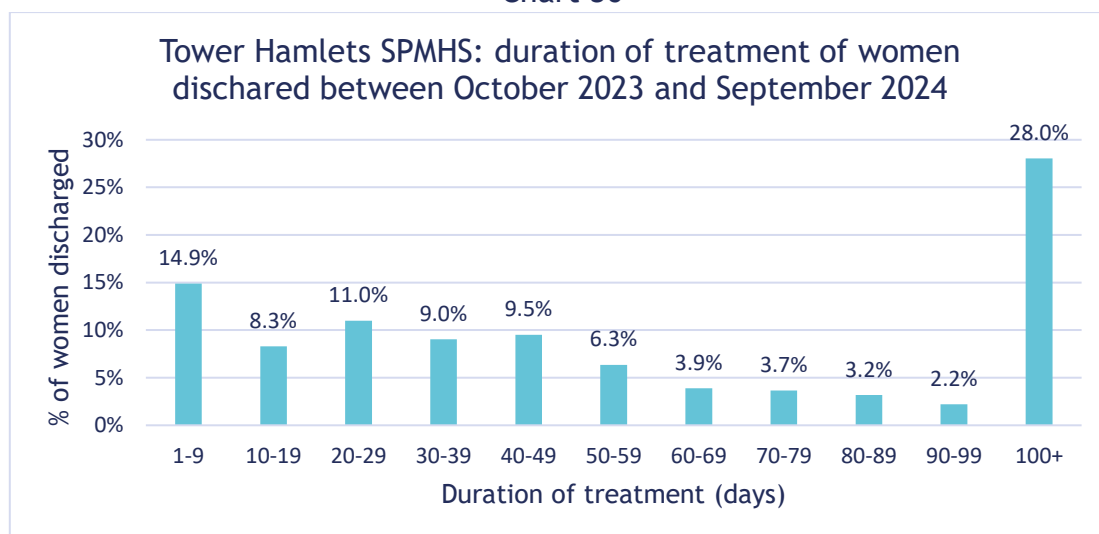
Source: data supplied by NHS SPMHS

43% of these women who were discharged in the 12-month period completed at least one CORE-10 measure; 12% completed two or more CORE-10 measures. 26% of women discharged has a HoNOS measure completed; 19% had two or more HoNOS completed.

7.5% of the birthing population of Tower Hamlets were supported by the SPMHS during 2023/24, below the 10% target. The percentage shown in the chart below is the number of patients accessing perinatal services as a percentage of the estimated ethnic breakdown of 2016 ONS births:

Chart 37

Tower Hamlets SPMHS: % of birthing people treated, by ethnic group

Source: data supplied by NHS SPMHS

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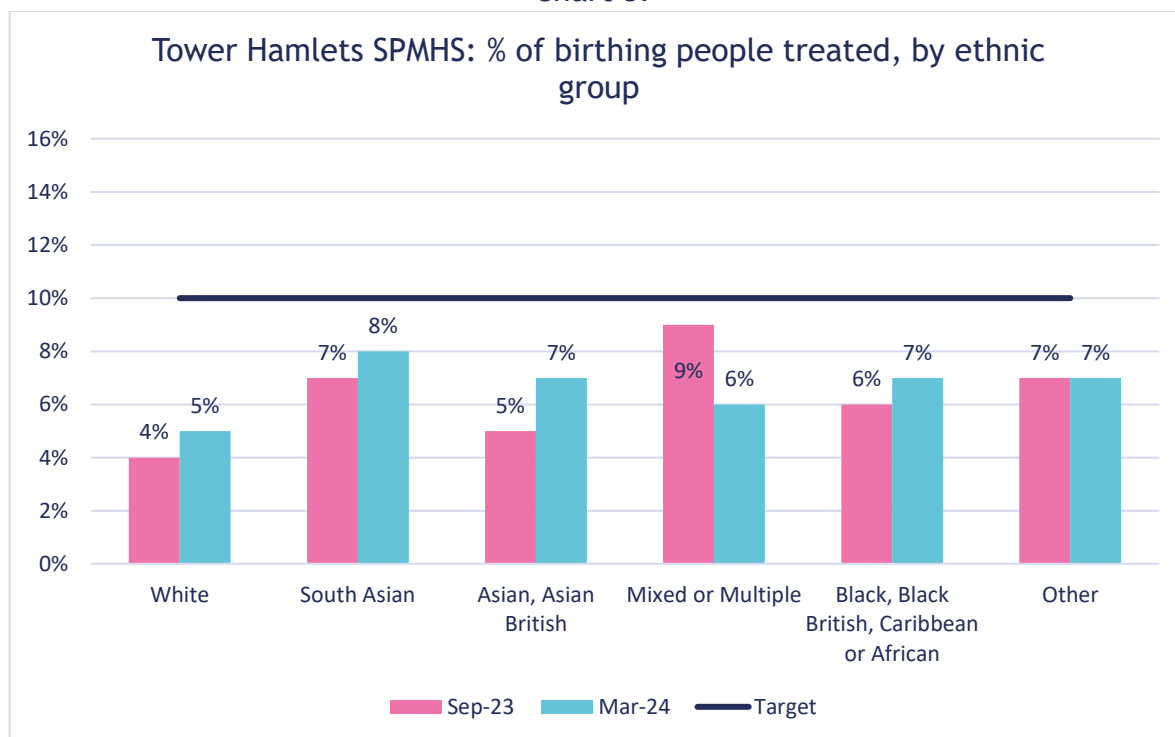
Newham SPMHS

The Newham SPMHS provides support for women during pregnancy and up to two years after birth who have a pre-existing or new-onset mental illness. The staffing model comprises:

Job role	Newham SPMHS (WTE)
Administrators	2.2 (band 4)
CBT therapist	0.8 (band 7)
Consultant psychiatrists	1.7
Lead for perinatal mental health	1.0 (band 8c) *shared across ELFT SPMHSs*
Nursery nurse	0.9 (band 4)
Occupational therapist	0.5 (band 6)
Operational lead	1.0 (band 8a)
Peer support worker	0.4 (band 3)
People participation lead	0.5 (band 6) *shared across ELFT SPMHSs*
Perinatal mental health Practitioner	1.0 (band 6)
Perinatal nurse	3.5 (band 7)
Pharmacist	0.6 (band 8a) *shared across ELFT SPMHSs*
Psychologist	1.0 (band 8a)
Social worker	0.5 (band 6)
Speciality doctor	1.0

The associated maternal mental health service is OCEAN.

Referrals to Newham SPMHS have risen steadily since January 2021 as shown in chart 38.

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Chart 38

Newham SPMHS: referrals recieved per month, Jan 2021 - October 2024
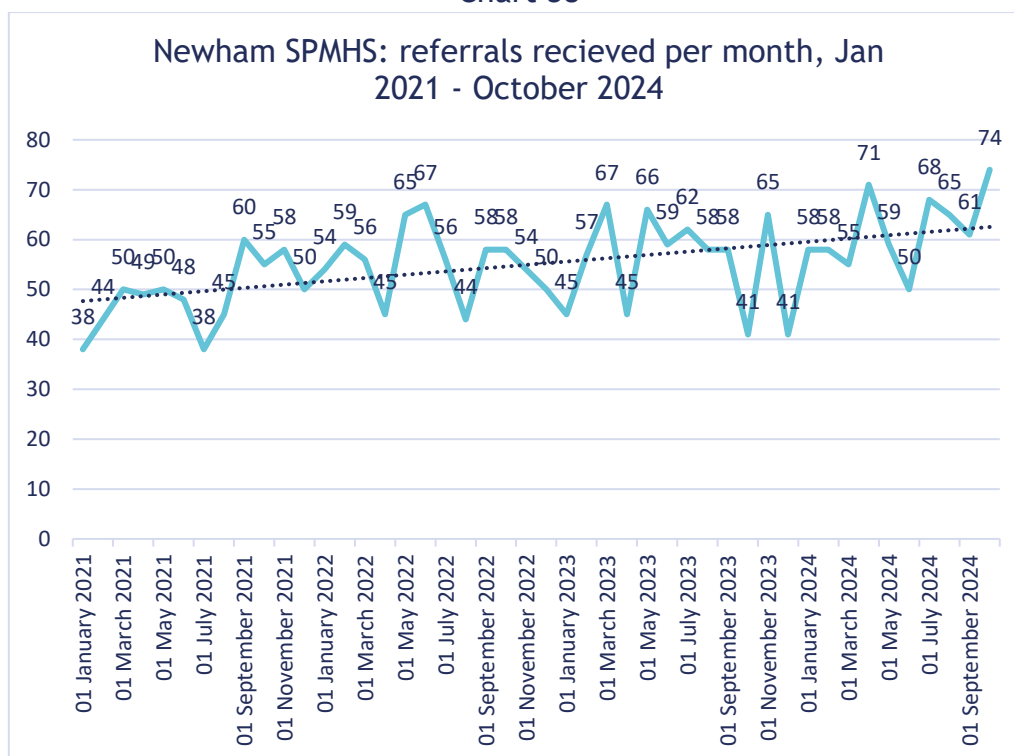
Source: data supplied by NHS SPMHS

Between October 2023 and September 2024 there were 692 referrals to Newham SPMHS, which equated to 58 per month; 40% of these referrals came from the midwifery service and 26% from GPs. See Chart 39

Chart 39

Newham SPMHS: referral sources, Sept 2023 - Oct 2024 (n=692)

Referral source	Percentage
other (various)	13.3%
Other clinical specialty	4.5%
Community Mental Health Team	9.0%
self	7.4%
Midwifery service	39.9%
General Medical Practitioner	26.0%
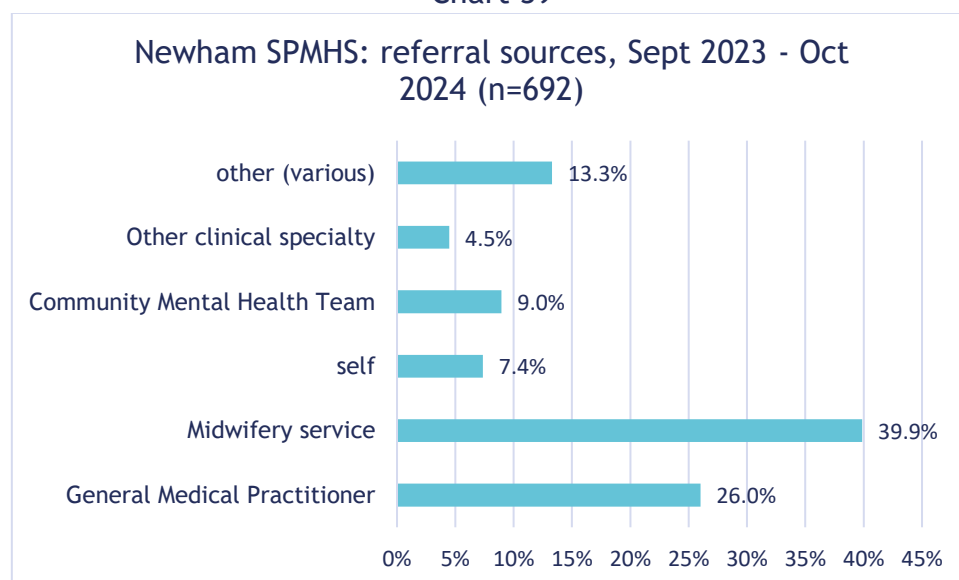
Source: data supplied by NHS SPMHS

81% of referrals in this 12-month period related to women who lived in Newham, 4% lived in Barking and Dagenham, and 3% in Redbridge.

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Chart 29 displays the age profile of the 692 referrals presented against the age profile of women who gave birth at Barts Health Trust between July 23 and June 24 (data on mothers giving birth only at Newham Hospital was not available). This shows that the proportion of women aged 35 and over who were referred to the service is higher than the proportion of women of the same age who gave birth.

Chart 40

Newham SPMHS: age group of mothers referred, Oct 23-Sept 24 (n=692) versus women giving birth

Age group	Newham SPMHS	St Barts Health: women giving birth June 23-July 24
16-19	2.0%	1.5%
20-24	11.4%	13.8%
25-29	26.5%	31.3%
30-34	27.4%	30.2%
35-39	23.5%	18.4%
40-44	6.8%	4.3%
45+	2.3%	0.4%

Source: data supplied by NHS SPMHS

Whilst the average wait times for assessment by the service have risen by 20% between January 2021 and October 2024, wait times have seen a decrease in the last two years. As of 1st October, the average wait was 18 days. See Chart 41.

Chart 41

Newham SPMH team: average wait times from referral to assessment per month, Oct 2022 - Oct 2024

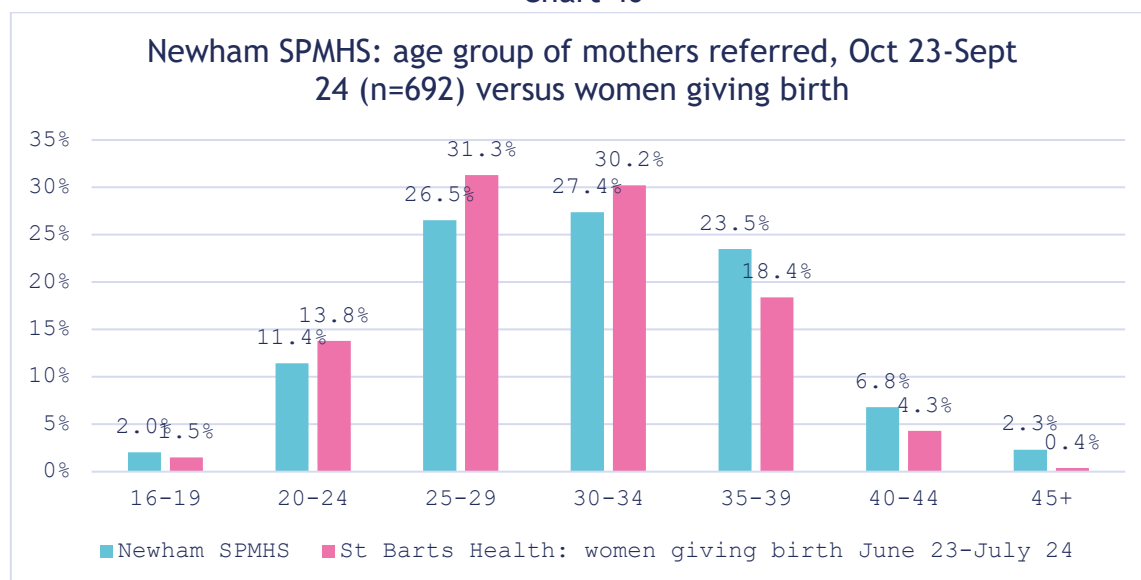| Month	Wait (days)
01 October 2022	21
01 November 2022	20
01 December 2022	18
01 January 2023	16
01 February 2023	14
01 March 2023	15
01 April 2023	16
01 May 2023	15
01 June 2023	20
01 July 2023	19
01 August 2023	19
01 September 2023	17
01 October 2023	22
01 November 2023	20
01 December 2023	15
01 January 2024	12
01 February 2024	12
01 March 2024	14
01 April 2024	15
01 May 2024	15
01 June 2024	12
01 July 2024	12
01 August 2024	16
01 September 2024	19
01 October 2024	18

Source: data supplied by NHS SPMHS

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The number of women waiting for treatment following assessment has risen by 62% between December-February 2022 and August-October 2024, from 24 women waiting per month to 39 women per month. See Chart 42.

Chart 42

Newham SPMHS: number of mothers waiting for treatment following assessment

Values shown along the line: 24, 25, 24, 22, 22, 22, 22, 20, 22, 27, 33, 28, 21, 21, 25, 17, 20, 21, 35, 31, 38, 39, 41

Months (x-axis): 01 December 2022, 01 January 2023, 01 February 2023, 01 March 2023, 01 April 2023, 01 May 2023, 01 June 2023, 01 July 2023, 01 August 2023, 01 September 2023, 01 October 2023, 01 November 2023, 01 December 2023, 01 January 2024, 01 February 2024, 01 March 2024, 01 April 2024, 01 May 2024, 01 June 2024, 01 July 2024, 01 August 2024, 01 September 2024, 01 October 2024
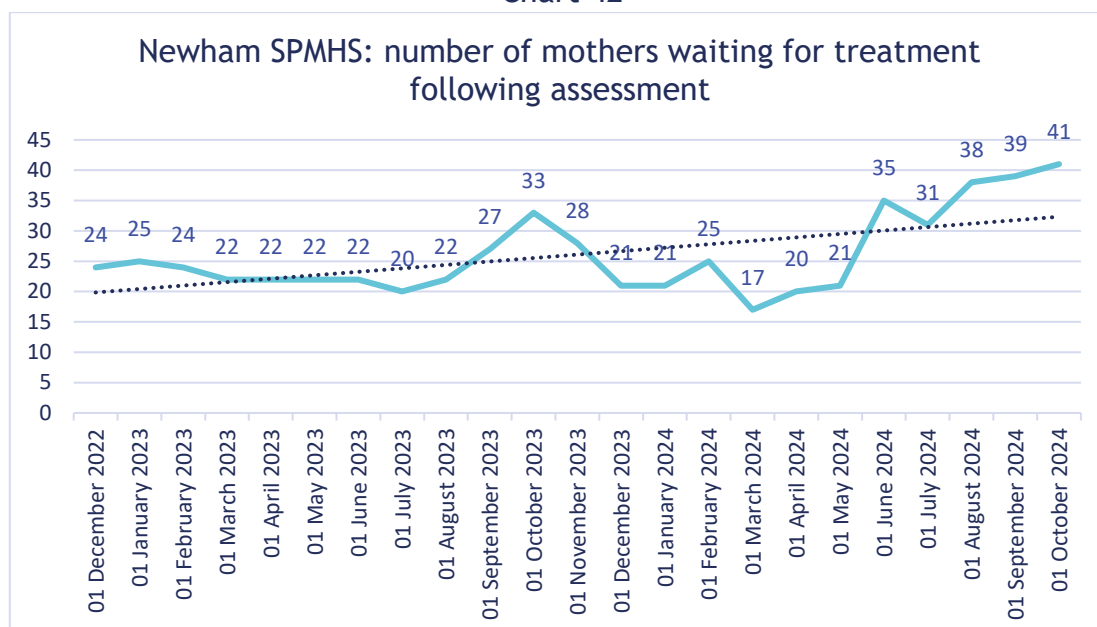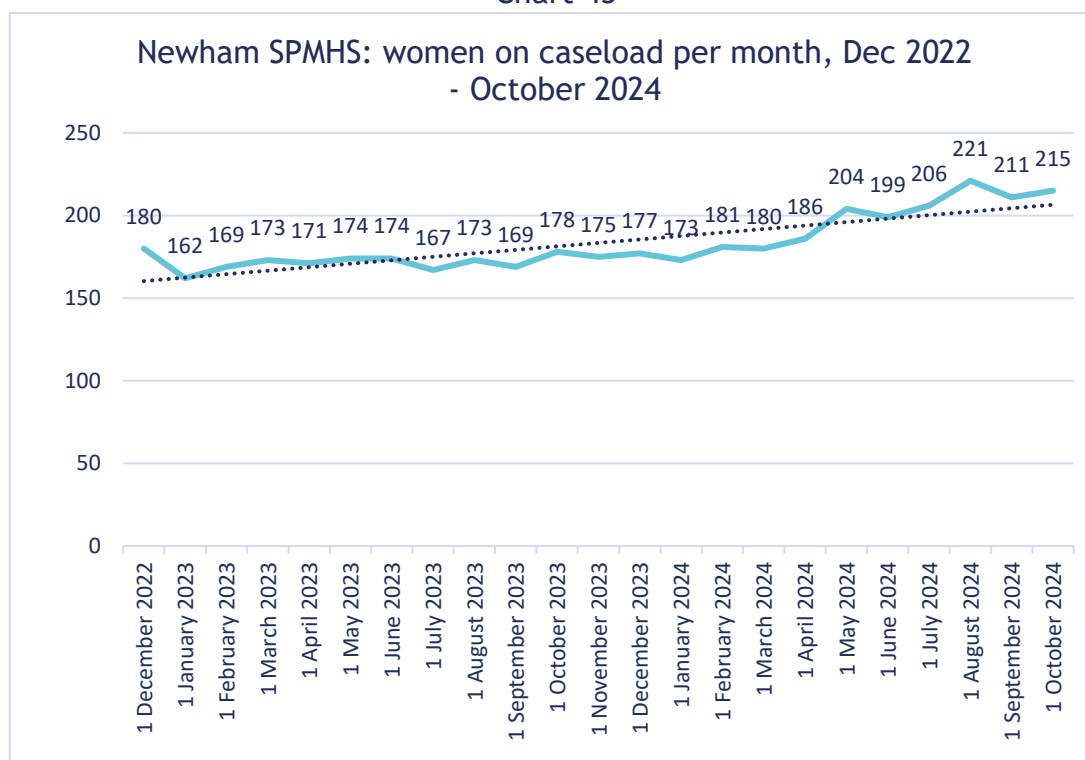
Source: data supplied by NHS SPMHS

The number of women supported by the service increased between December 2022 and October 2024. There has been a 23% increase in the number of women on the caseload, rising from 175 to 215 women in this time.

Chart 43

Newham SPMHS: women on caseload per month, Dec 2022 - October 2024

Values shown along the line: 180, 162, 169, 173, 171, 174, 174, 167, 173, 169, 178, 175, 177, 173, 181, 180, 186, 204, 199, 206, 221, 211, 215

Months (x-axis): 1 December 2022, 1 January 2023, 1 February 2023, 1 March 2023, 1 April 2023, 1 May 2023, 1 June 2023, 1 July 2023, 1 August 2023, 1 September 2023, 1 October 2023, 1 November 2023, 1 December 2023, 1 January 2024, 1 February 2024, 1 March 2024, 1 April 2024, 1 May 2024, 1 June 2024, 1 July 2024, 1 August 2024, 1 September 2024, 1 October 2024

Source: data supplied by NHS SPMHS

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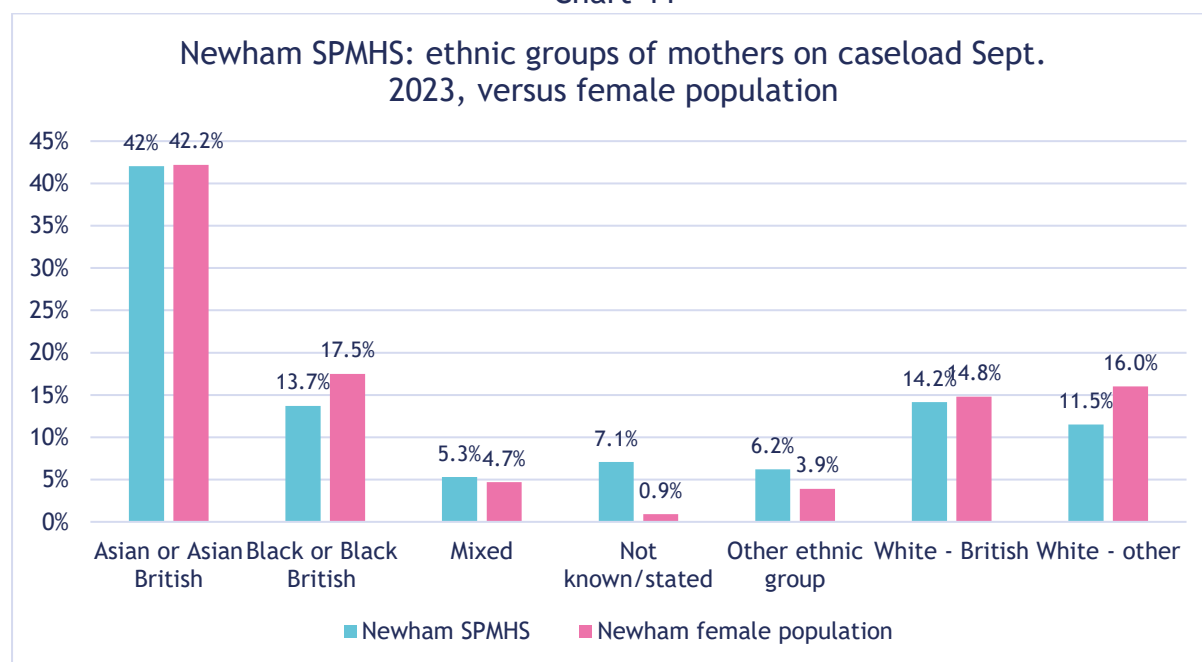
The average number of women on the caseload between October 2023 and September 2024 was 194 each month.

In the 12 months up to 1st October 2024, 481 women had been treated by the team.

Of the 226 women on the team's caseload as of 1st October 2024, 42% had an Asian or Asian British ethnicity and 15% White British. These proportions of these women in each ethnic group treated by the Team are similar to the proportions of women who live in Newham as shown in Chart 44.

Chart 44

Newham SPMHS: ethnic groups of mothers on caseload Sept. 2023, versus female population

- Asian or Asian British: Newham SPMHS 42%, Newham female population 42.2%
- Black or Black British: Newham SPMHS 13.7%, Newham female population 17.5%
- Mixed: Newham SPMHS 5.3%, Newham female population 4.7%
- Not known/stated: Newham SPMHS 7.1%, Newham female population 0.9%
- Other ethnic group: Newham SPMHS 6.2%, Newham female population 3.9%
- White - British: Newham SPMHS 14.2%, Newham female population 14.8%
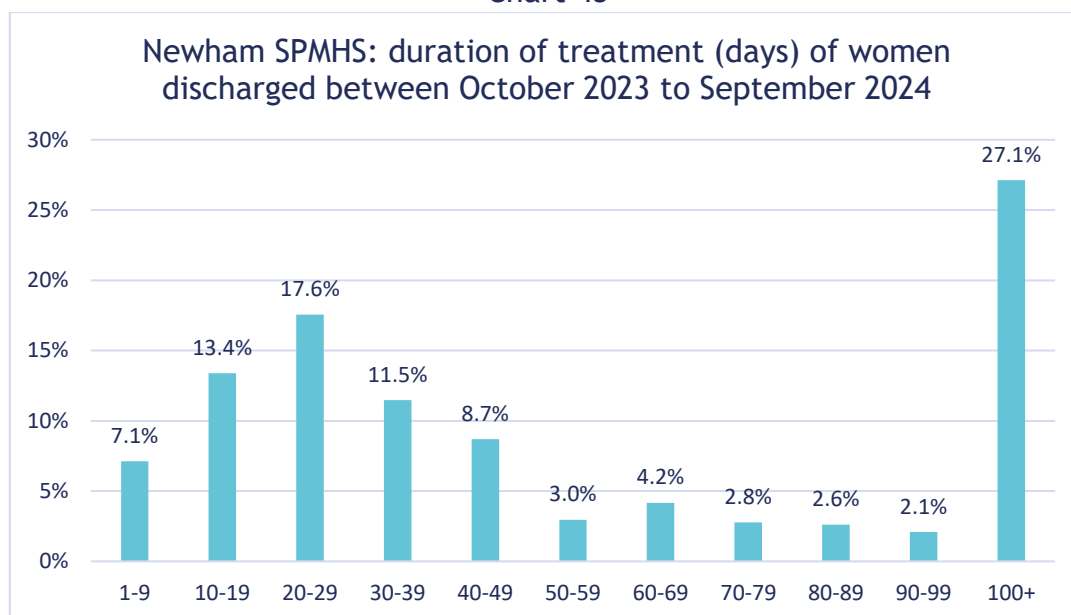- White - other: Newham SPMHS 11.5%, Newham female population 16.0%

Source: data supplied by NHS SPMHS

19% of women supported by the service at this time were aged 18-25 years, which is slightly lower than the proportion of women aged 18-25 who live in Newham (24%).

89 or 39% of the 226 women on the caseload as of 1st October 2024 had a HoNOS completed; 64% of these had more than one HoNOS measure completed. 20% of the 226 women on the caseload had 2 or more CORE-10 measures completed.

39% of women who were discharged by the service in the 12-month period October 2023 to September 2024 were treated for 60 days or more; 27% for 100 days or more.
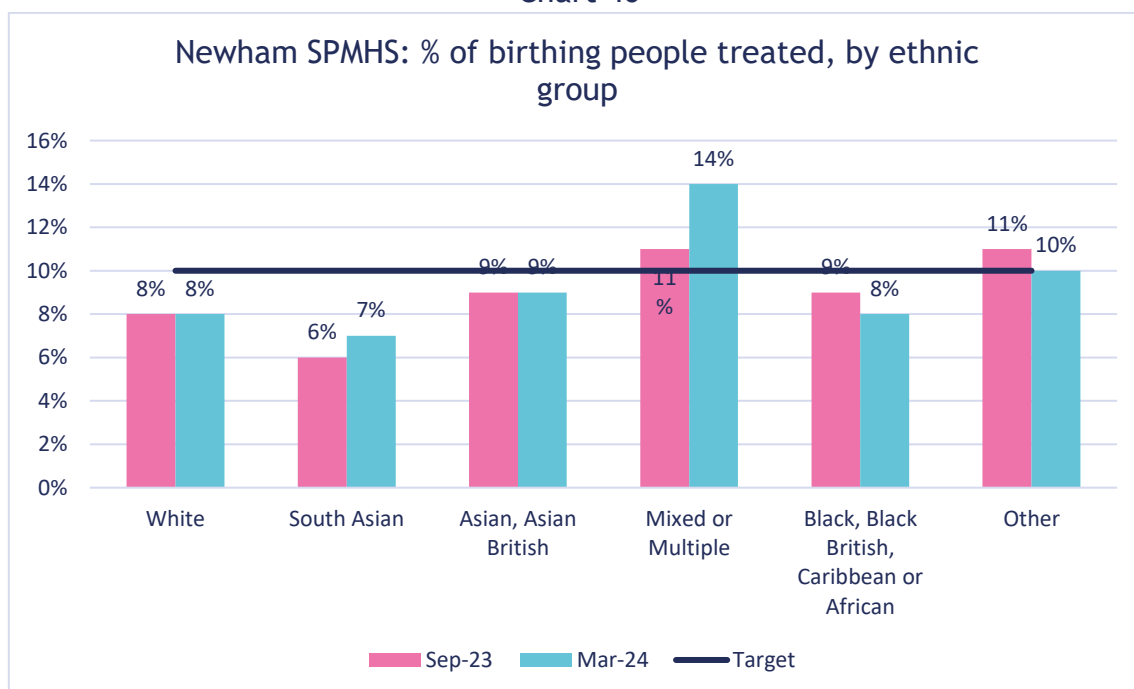
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Chart 45

Newham SPMHS: duration of treatment (days) of women discharged between October 2023 to September 2024

Duration (days)	Percentage
1-9	7.1%
10-19	13.4%
20-29	17.6%
30-39	11.5%
40-49	8.7%
50-59	3.0%
60-69	4.2%
70-79	2.8%
80-89	2.6%
90-99	2.1%
100+	27.1%

Source: data supplied by NHS SPMHS

8.5% of women who gave birth in Newham accessed the Newham SPMHS, below the 10% target. The percentage shown in the chart below is the number of patients accessing the SPMHS as a percentage of the estimated ethnic breakdown of 2016 ONS births:

Chart 46

Newham SPMHS: % of birthing people treated, by ethnic group

Ethnic group	Sep-23	Mar-24
White	8%	8%
South Asian	6%	7%
Asian, Asian British	9%	9%
Mixed or Multiple	11%	14%
Black, Black British, Caribbean or African	9%	8%
Other	11%	10%

Target: 10%

Source: data supplied by NHS SPMHS

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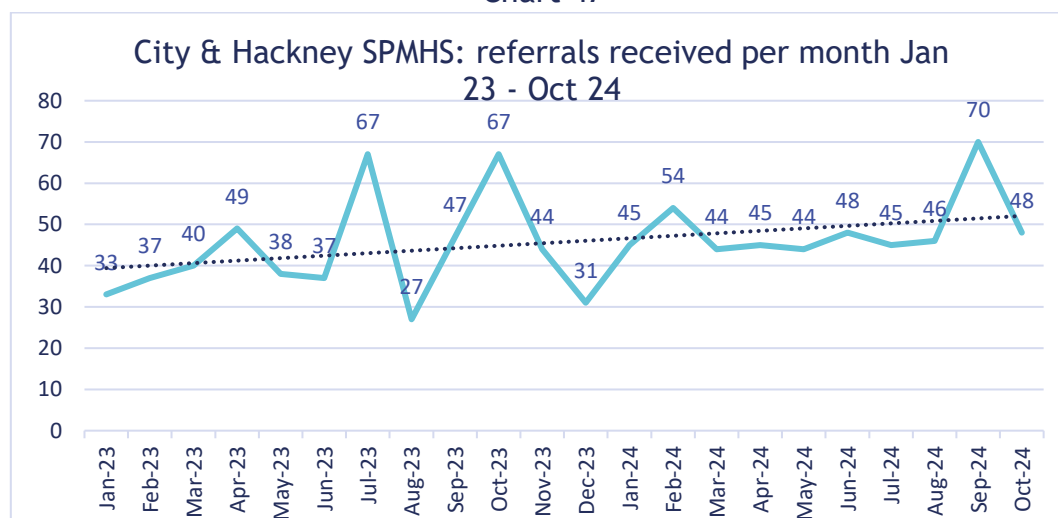
City & Hackney SPMHS

The City & Hackney SPMHS provides support for women during pregnancy and up to two years after birth who have a pre-existing or new-onset mental illness. The staffing model includes:

Job role	City & Hackney SPMHS (WTE)
Administrators	1.0 (band 4) 1.0 (band 6)
Consultant psychiatrists	1.4
Family & systemic psychotherapist	0.6 (band 8a)
Lead for perinatal mental health	1.0 (band 8c) *shared across ELFT SPMHSs*
Nursery nurse	1.0 (band 4)
Occupational therapist	1.0 (band 6) 0.5 (band 7)
Operational lead	1.0 (band 8b)
Parent-Infant psychotherapist	0.5 (band 8a)
Peer support worker	0.5 (band 3)
People participation lead	0.5 (band 6) *shared across ELFT SPMHSs*
Perinatal mental health Practitioner	1.0 (band 6)
Perinatal nurse	3.0 (band 7)
Pharmacist	0.6 (band 8a) *shared across ELFT SPMHSs*
Psychologists	0.8 (band 8a) 0.8 (band 7)
Social worker	0.6 (band 6)
Speciality doctor	1.0

The associated maternal mental health service is OCEAN.

Referrals to City & Hackney SPMHS have risen steadily since January 2023 as shown in Chart 47.
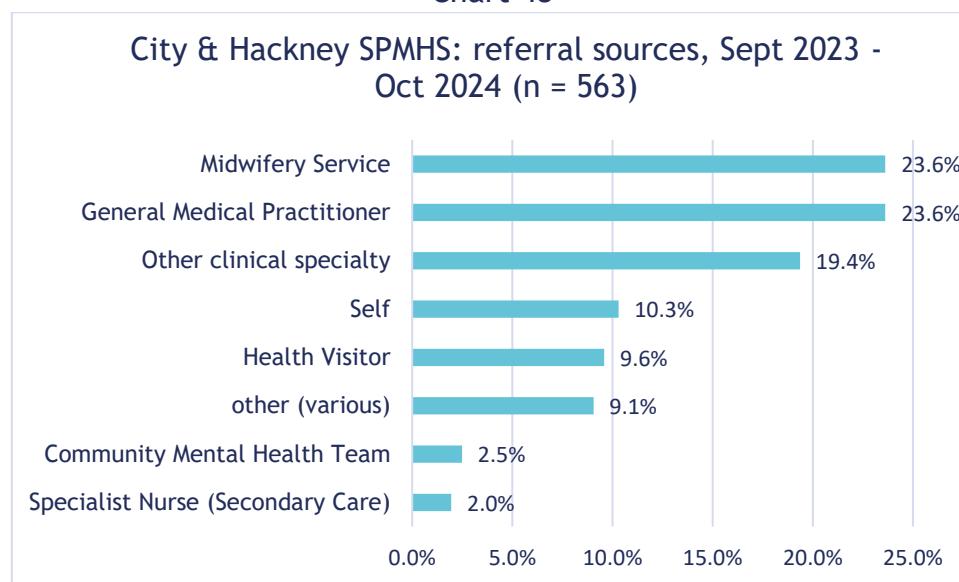
Chart 47

City & Hackney SPMHS: referrals received per month Jan 23 - Oct 24

Source: data supplied by NHS SPMHS

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In the 12 months to 1st October 2024 there were 563 referrals to City & Hackney SPMHS, which equates to 47 per month; 24% of these referrals came from the midwifery service and 24% from GPs.

Chart 48

City & Hackney SPMHS: referral sources, Sept 2023 - Oct 2024 (n = 563)

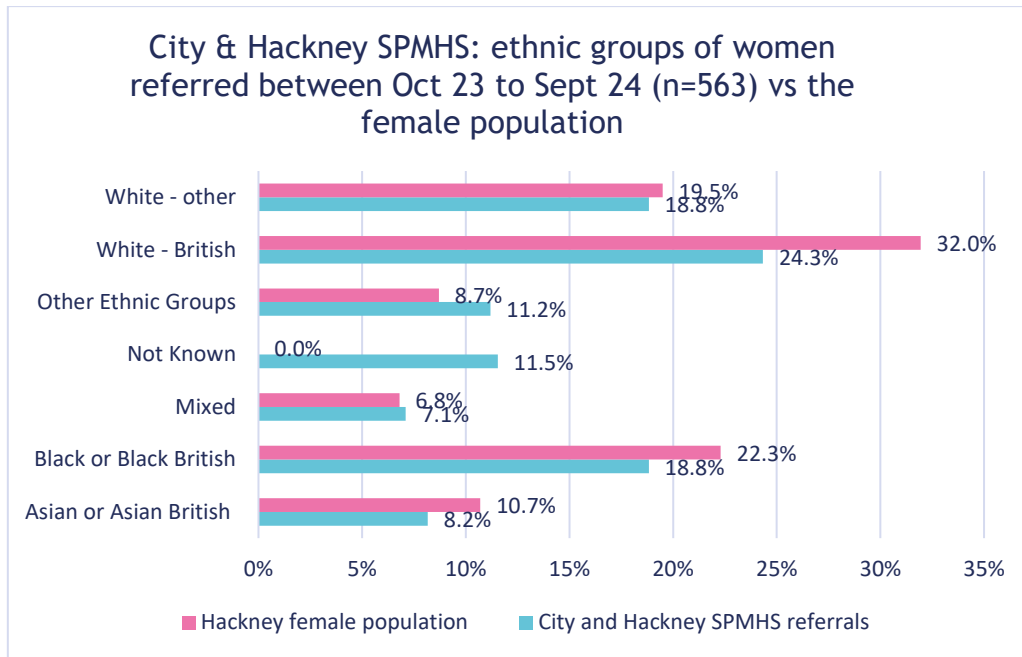| Referral Source	Percentage
Midwifery Service	23.6%
General Medical Practitioner	23.6%
Other clinical specialty	19.4%
Self	10.3%
Health Visitor	9.6%
other (various)	9.1%
Community Mental Health Team	2.5%
Specialist Nurse (Secondary Care)	2.0%

Source: data supplied by NHS SPMHS

90% of referrals related to women who lived in City & Hackney and 3% lived in Waltham Forest.

Chart 38 displays the ethnicity profile of the 563 referrals presented against the ethnicity profile of women who live in the area. This shows that the proportions of women with an Asian, Black or Mixed ethnicity who were referred to the service is similar to the proportions of women with the same ethnicities who live in the area. However, as 11.5% of referrals in the time period did not have an ethnicity recorded, it is not possible to provide an accurate comparison.
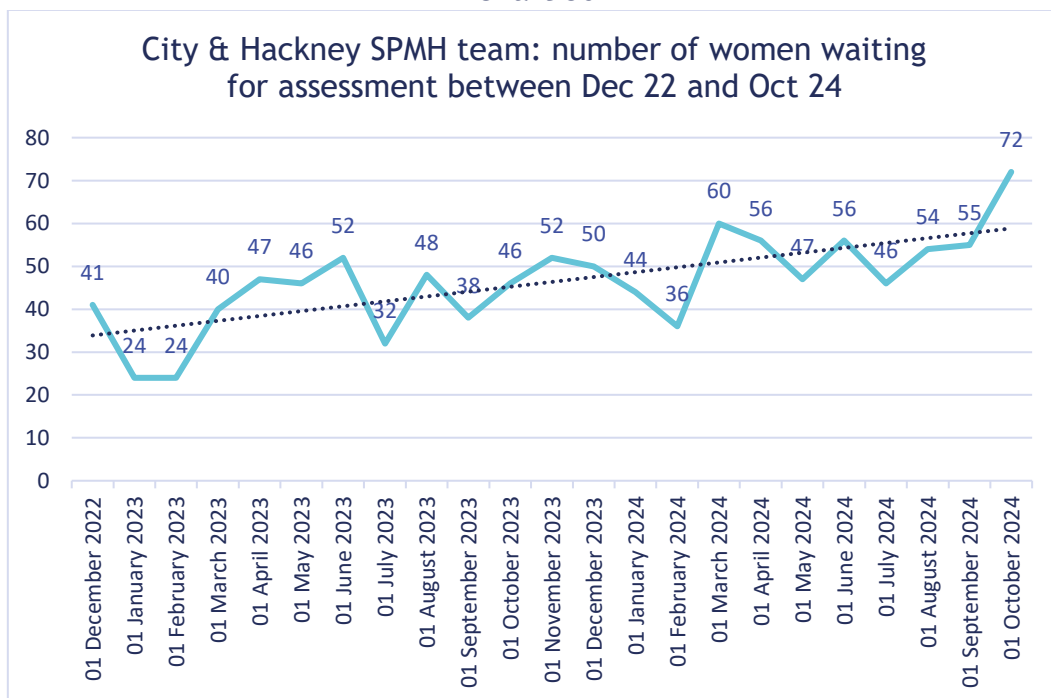
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Chart 49

City & Hackney SPMHS: ethnic groups of women referred between Oct 23 to Sept 24 (n=563) vs the female population

White - other: 19.5% / 18.8%
White - British: 32.0% / 24.3%
Other Ethnic Groups: 8.7% / 11.2%
Not Known: 0.0% / 11.5%
Mixed: 6.8% / 7.1%
Black or Black British: 22.3% / 18.8%
Asian or Asian British: 10.7% / 8.2%

- Hackney female population
- City and Hackney SPMHS referrals

Source: data supplied by NHS SPMHS

The number of women waiting to be assessed each month by the service has increased since December 2022, rising from an average of 30 women waiting per month in January-March 2022 to an average of 60 women waiting per month August-October 2024. See Chart 50.
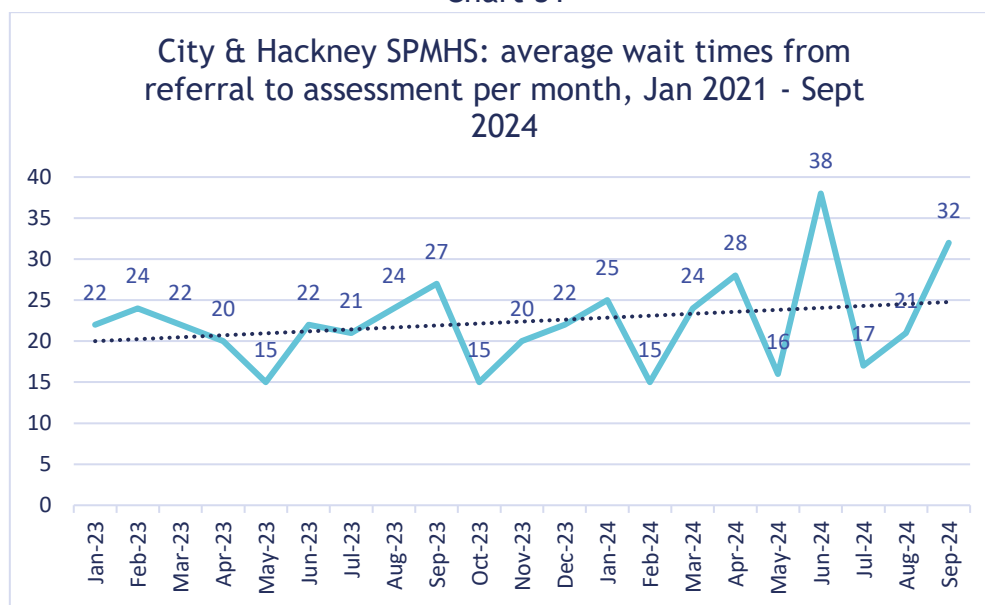
Chart 50

City & Hackney SPMH team: number of women waiting for assessment between Dec 22 and Oct 24

41, 24, 24, 40, 47, 46, 52, 32, 48, 38, 46, 52, 50, 44, 36, 60, 56, 47, 56, 46, 54, 55, 72

01 December 2022, 01 January 2023, 01 February 2023, 01 March 2023, 01 April 2023, 01 May 2023, 01 June 2023, 01 July 2023, 01 August 2023, 01 September 2023, 01 October 2023, 01 November 2023, 01 December 2023, 01 January 2024, 01 February 2024, 01 March 2024, 01 April 2024, 01 May 2024, 01 June 2024, 01 July 2024, 01 August 2024, 01 September 2024, 01 October 2024

Source: data supplied by NHS SPMHS

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The average wait times for assessment by the service rose slightly between January 2021 and October 2024. During September 2024, the average wait was 32 days.
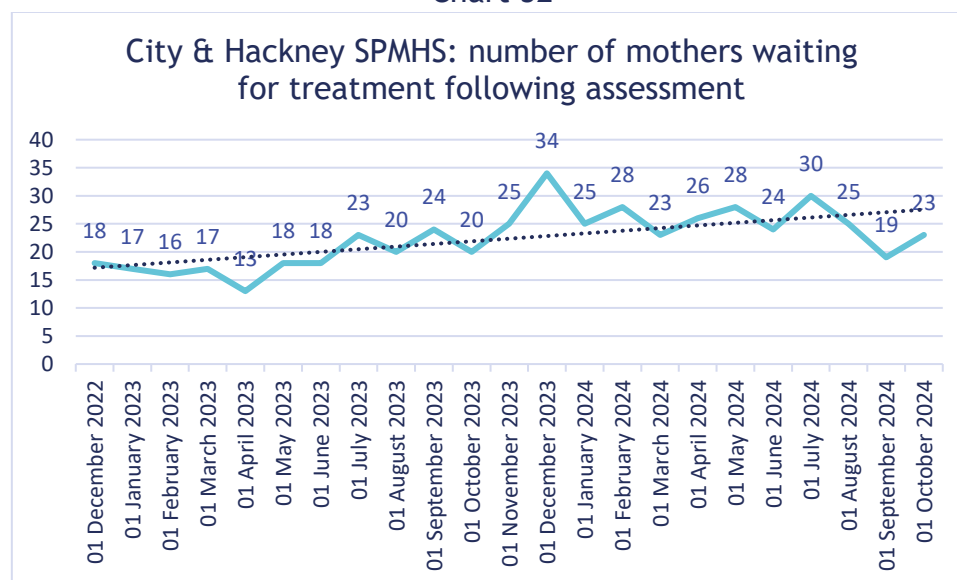
Chart 51

City & Hackney SPMHS: average wait times from referral to assessment per month, Jan 2021 - Sept 2024

Data points (Jan-23 to Sep-24): 22, 24, 22, 20, 15, 22, 21, 24, 27, 15, 20, 22, 25, 15, 24, 28, 16, 38, 17, 21, 32

Source: data supplied by NHS SPMHS

The average number of women waiting for treatment following assessment has risen by 30% between December-February 2022 and August-October 2024, from 17 women waiting per month to 22 women per month. See Chart 52.
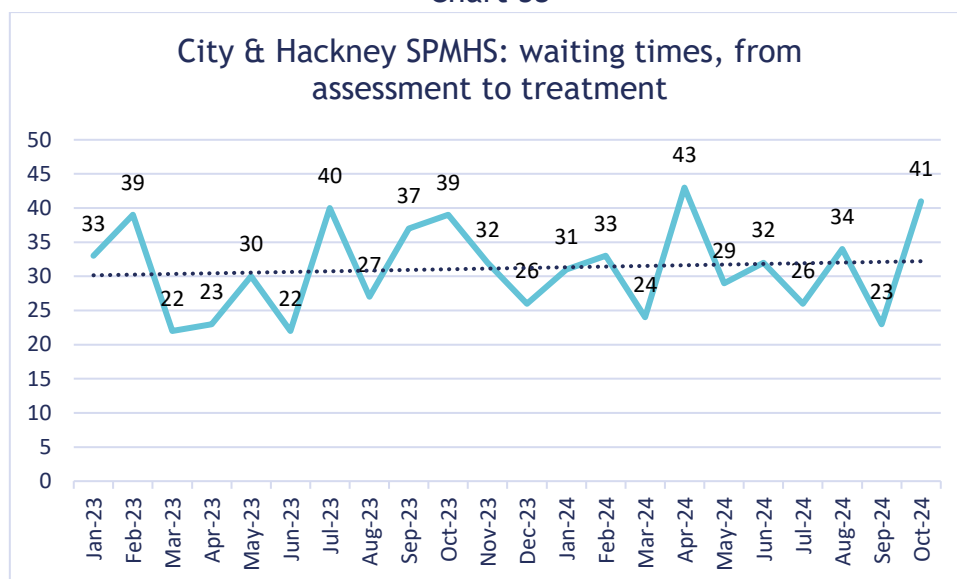
Chart 52

City & Hackney SPMHS: number of mothers waiting for treatment following assessment

Data points (01 December 2022 to 01 October 2024): 18, 17, 16, 17, 13, 18, 18, 23, 20, 24, 20, 25, 34, 25, 28, 23, 26, 28, 24, 30, 25, 19, 23

Source: data supplied by NHS SPMHS

The number of days women waited for treatment following assessment remained fairly static between January 2023 and October 2024; an average of 31 days.
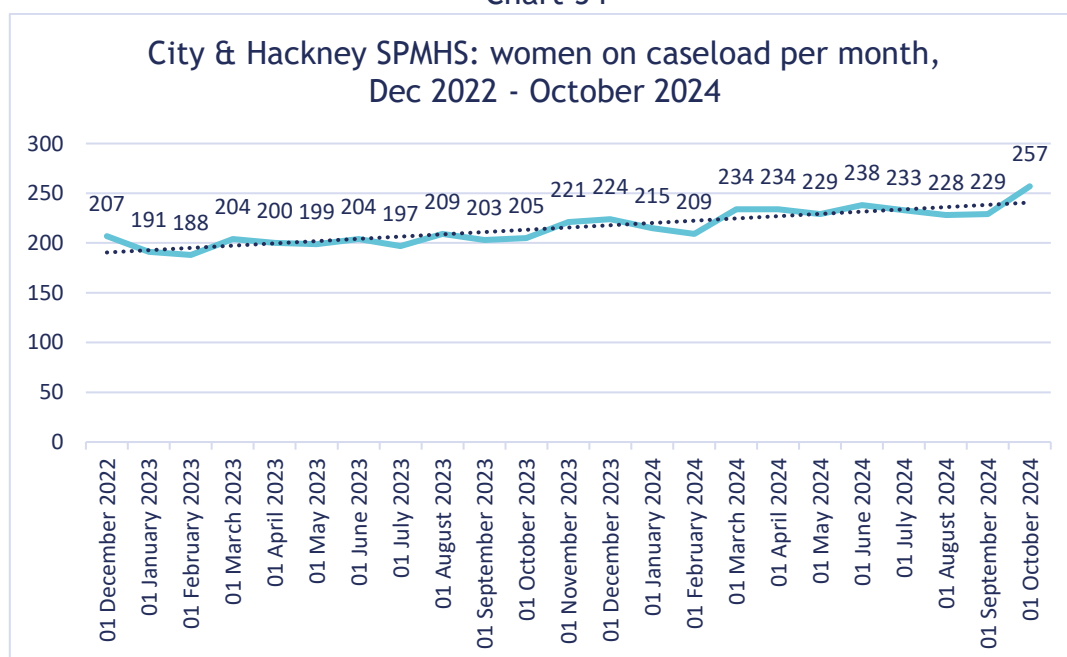
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Chart 53

City & Hackney SPMHS: waiting times, from assessment to treatment

Data points: Jan-23: 33, Feb-23: 39, Mar-23: 22, Apr-23: 23, May-23: 30, Jun-23: 22, Jul-23: 40, Aug-23: 27, Sep-23: 37, Oct-23: 39, Nov-23: 32, Dec-23: 26, Jan-24: 31, Feb-24: 33, Mar-24: 24, Apr-24: 43, May-24: 29, Jun-24: 32, Jul-24: 26, Aug-24: 34, Sep-24: 23, Oct-24: 41

Source: data supplied by NHS SPMHS

The number of women supported by the City & Hackney team increased between December 2022 and October 2024. In the 12 months up to October 2024, there has been a 27% increase in the number of women on the Team's caseload, rising from 205 women on 1st October 2023 to 257 women on the team's caseload as of 1st October 2024. See Chart 54.

Chart 54

City & Hackney SPMHS: women on caseload per month, Dec 2022 - October 2024

Data points: 01 December 2022: 207, 01 January 2023: 191, 01 February 2023: 188, 01 March 2023: 204, 01 April 2023: 200, 01 May 2023: 199, 01 June 2023: 204, 01 July 2023: 197, 01 August 2023: 209, 01 September 2023: 203, 01 October 2023: 205, 01 November 2023: 221, 01 December 2023: 224, 01 January 2024: 215, 01 February 2024: 209, 01 March 2024: 234, 01 April 2024: 234, 01 May 2024: 229, 01 June 2024: 238, 01 July 2024: 233, 01 August 2024: 228, 01 September 2024: 229, 01 October 2024: 257
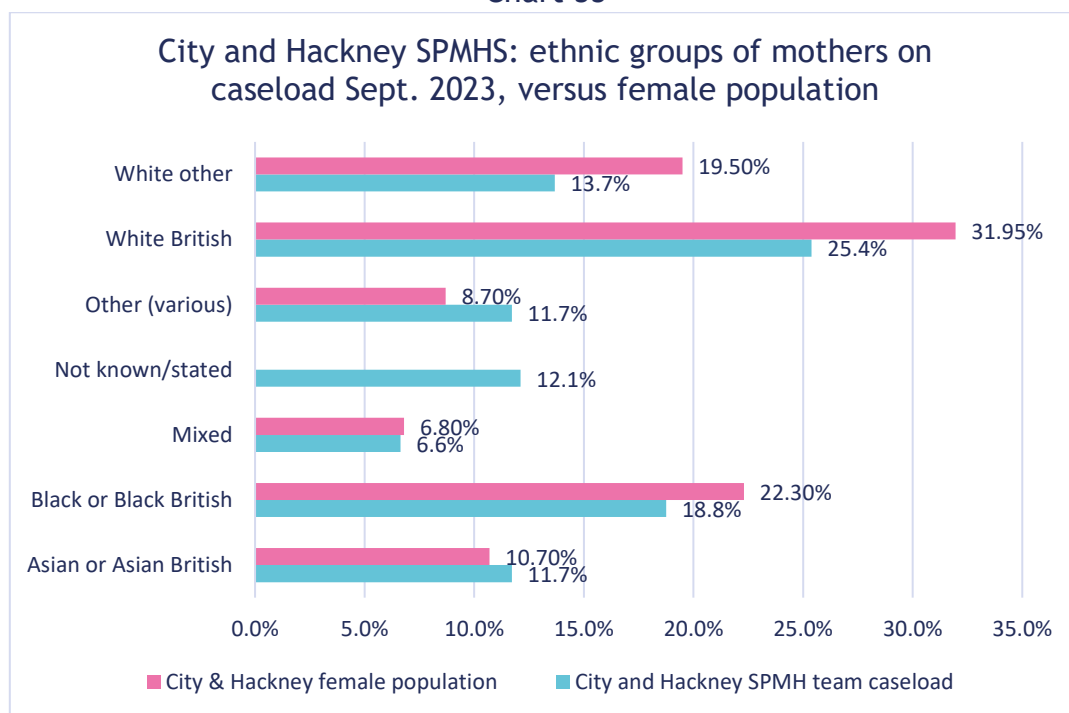
Source: data supplied by NHS SPMHS

The average number of women on the caseload between October 2023 and September 2024 was 226 each month.

In the 12 months up to 1st October 2024, 428 women had been treated by the service.

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Of the 256 women on the caseload as of 1st October 2024, 19% had a Black or Black British ethnicity and 25% White British. These proportions of these women in each ethnic group treated by the Service appear to be similar to the proportions of women who live City & Hackney as shown in chart 33, however it should be noted that 12% of women on the caseload do not have an ethnicity recorded.
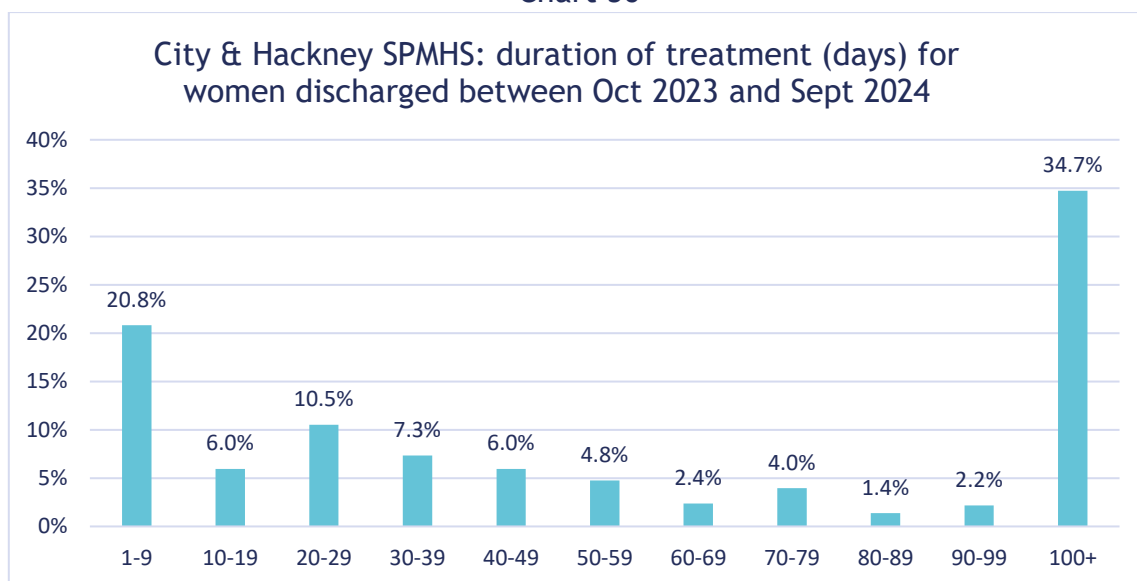
Chart 55

City and Hackney SPMHS: ethnic groups of mothers on caseload Sept. 2023, versus female population

Ethnic group	City & Hackney female population	City and Hackney SPMH team caseload
White other	19.50%	13.7%
White British	31.95%	25.4%
Other (various)	8.70%	11.7%
Not known/stated		12.1%
Mixed	6.80%	6.6%
Black or Black British	22.30%	18.8%
Asian or Asian British	10.70%	11.7%

Source: data supplied by NHS SPMHS

16% of women supported by the team at this time were aged 18-25 years, which is slightly lower than the proportion of women aged 18-25 who live in City & Hackney (19%).

67 or 26% of the 226 women on the caseload as of 1st October 2024 had a HoNOS completed; 69% of these had more than one HoNOS measure completed. 27% of the 256 women on the caseload had 2 or more CORE-10 measures completed.

45% of women discharged by the service in the 12-month period between October 2023 and September 2024 were treated for 60 days or more; 35% for 100 days or more. 38% of these women discharged had at least one CORE-10 measure completed; 19% competed 2 or more CORE-10 measures. 22% of women had a HoNOS completed; 14% had 2 or more HoNOS completed.
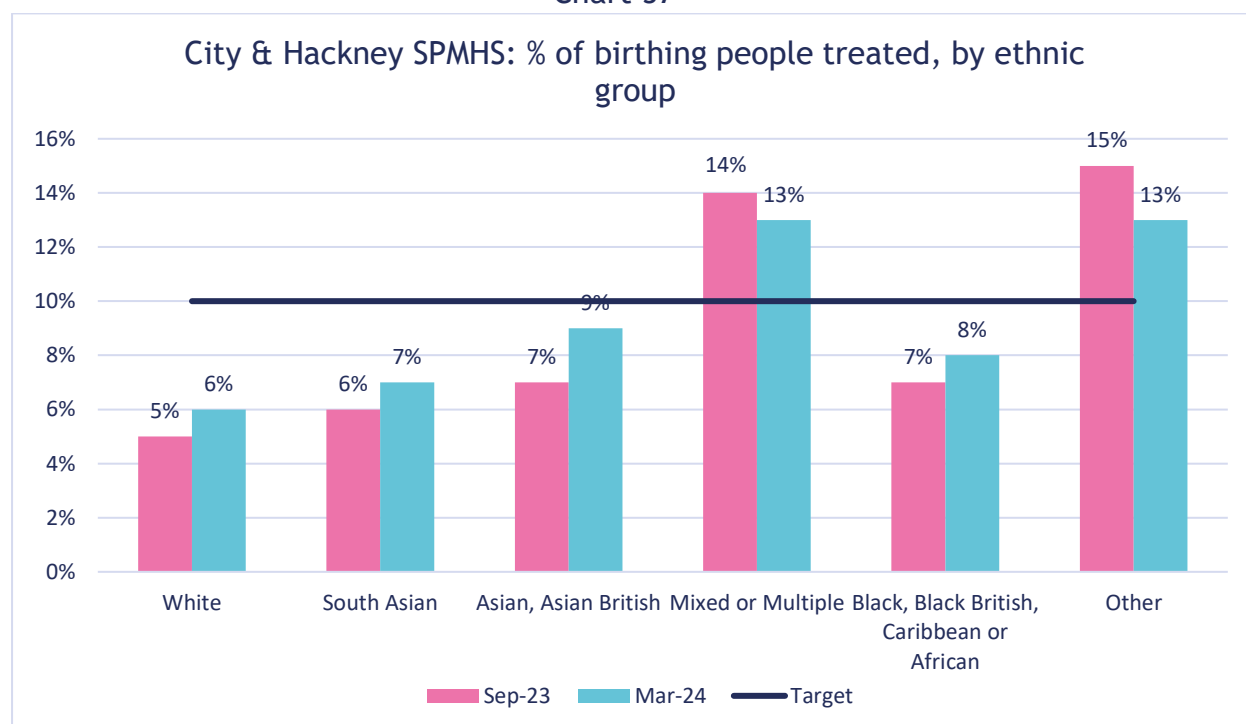
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Chart 56

City & Hackney SPMHS: duration of treatment (days) for women discharged between Oct 2023 and Sept 2024

- 1-9: 20.8%
- 10-19: 6.0%
- 20-29: 10.5%
- 30-39: 7.3%
- 40-49: 6.0%
- 50-59: 4.8%
- 60-69: 2.4%
- 70-79: 4.0%
- 80-89: 1.4%
- 90-99: 2.2%
- 100+: 34.7%

Source: data supplied by NHS SPMHS

10% of women who gave birth (ONS 2016) in City & Hackney accessed the City & Hackney SPMHS, which meets the NHS England access target. The percentage shown in the chart below is the number of patients accessing the SPMHS as a percentage of the estimated ethnic breakdown of 2016 ONS births:

Chart 57

City & Hackney SPMHS: % of birthing people treated, by ethnic group

Ethnic group	Sep-23	Mar-24
White	5%	6%
South Asian	6%	7%
Asian, Asian British	7%	9%
Mixed or Multiple	14%	13%
Black, Black British, Caribbean or African	7%	8%
Other	15%	13%

Target line: 10%

Source: data supplied by NHS SPMHS

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2. An exploration of need and community specialist provision in NELFT

This section presents data on the four London boroughs served by the North East London NHS Foundation Trust (NELFT): Barking & Dagenham, Waltham Forest, Redbridge and Havering. There is one SPMHS operating across these four boroughs, known as the Perinatal Parent Infant Mental Health Service (PPIMHS). The PPIMHS includes two teams: Barking & Dagenham and Havering; and Redbridge and Waltham Forest.

<div style="border:1px solid green; padding:10px;">

<u>Key findings</u>

The demographic profile of women of childbearing age
- The number of childbearing women ranges from 56,000 in Barking & Dagenham to 77,500 women in Redbridge.
- There is significant ethnic diversity across the four boroughs. In Redbridge, the largest ethnic group of women of childbearing age comprises Asian or Asian British women, whilst in Havering, 75% are White.
- A higher proportion of residents in the four boroughs were not born in the UK as compared to the whole of England and 17%-27% of the population who do not identify English as their main language do not speak English 'well' or 'at all'.

The prevalence of perinatal mental health risk factors
- In Waltham Forest and Barking & Dagenham, there are higher levels of deprivation than the London average. In Barking & Dagenham, there is a higher rate of children living in poverty compared to the London average.
- All four NELFT boroughs have higher rates of lone parent households than the London average.
- There are more families living in temporary accommodation in Redbridge than the London average. Havering has particularly high rates of households classified as homeless.
- Between 2-5% of people living in NELFT boroughs identify as LGB+.
- During 2022/23, in the general population in all NELFT boroughs, prevalence rates of mental health conditions were below the England average, with the exception of Waltham Forest.
- There are 7,690 children with child protection plans in place across London; 1016 children or 14% live in NELFT boroughs.

Who is giving birth?
- The rate of conceptions to women aged 15-17 years has increased in Waltham Forest, stayed approximately the same in Havering, and decreased in the other two boroughs and across London.

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- The number of mothers aged 12-17 years per 1,000 mothers is higher in Havering (0.76) and Barking & Dagenham (0.57) than the London average (0.28).
- Proportionally more women with Asian or Asian British ethnicities gave birth at Barking, Havering and Redbridge University Hospitals (42%) than the proportion of Asian or Asian British women in the NELFT boroughs (26%).
- There has been an increase in infant mortality rates in Redbridge, Waltham Forest and Barking & Dagenham. Rates of infant mortality have remained static in England and across London.

NELFT PPIMHS
- The average access rate of the birthing population to NELFT PPIMHS is 8.8%. Havering and Waltham Forest are meeting the 10% target.
- The number of women supported by NELFT PPIMHS has risen over the last two years by 4%.
- In July 2024, 24% of women supported by NELFT PPIMHS lived in the most deprived areas of the boroughs, 71% were aged 26-39 years and 38% had a White British ethnicity.
- Between September 2023 and August 2024, the highest number of referrals to the PPIMHS were made for women living in Waltham Forest (507) and the lowest number for women living in Barking & Dagenham (235). Correspondingly, during this time women from Waltham Forest made up the highest number of women on the PPIMHS caseload (217) and women from Barking & Dagenham the lowest (124).
- Across all four NELFT boroughs proportionally more Asian women were supported by the SPMHS compared to the local female populations. In Barking & Dagenham and Havering, proportionally fewer white women were supported than their local female populations. In Redbridge and Waltham Forest, proportionally fewer Black and Mixed women were supported. It is important to note that these conclusions are based on categorising women within five broad ethnic groups, and there will be in-group differences in access rates which require further exploration.

2.1 The demographic profile of women of childbearing age

The number of women of childbearing age (16-49 years) that live in the four NELFT boroughs varies between 56,000 and 77,500 women, as shown in Chart 58.
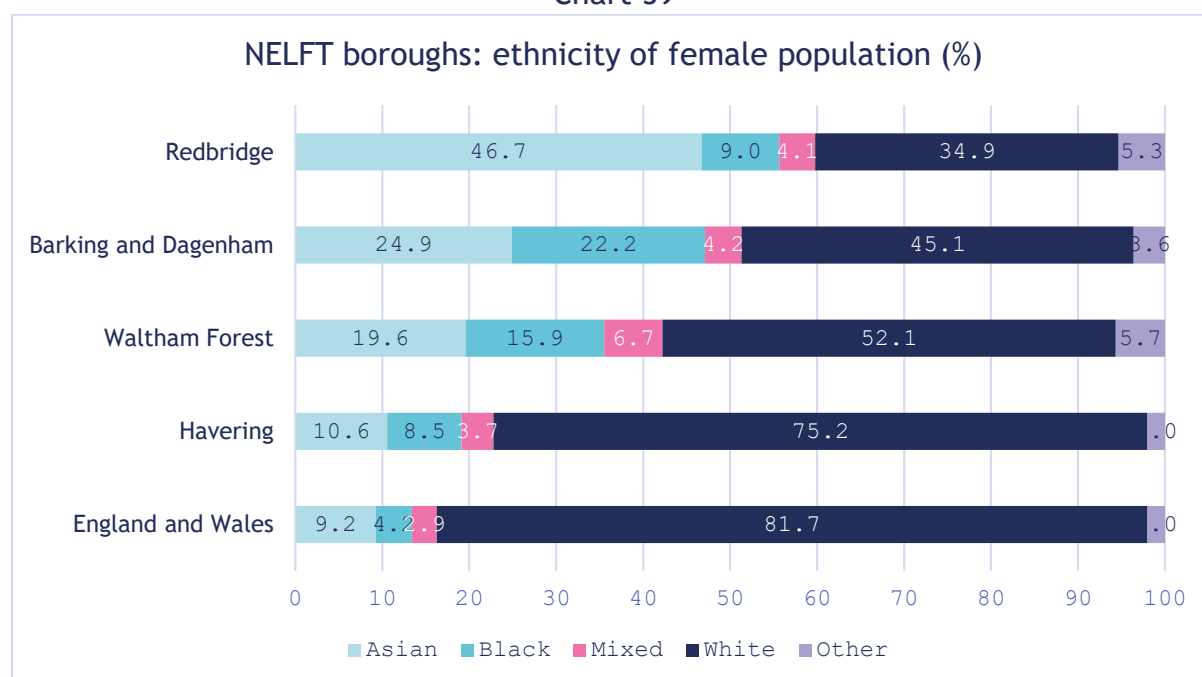
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Chart 58

NELFT boroughs: population size of women aged 16-49 years

Borough	Population
Barking and Dagenham	55,806
Havering	59,286
Redbridge	77,369
Waltham Forest	75,515
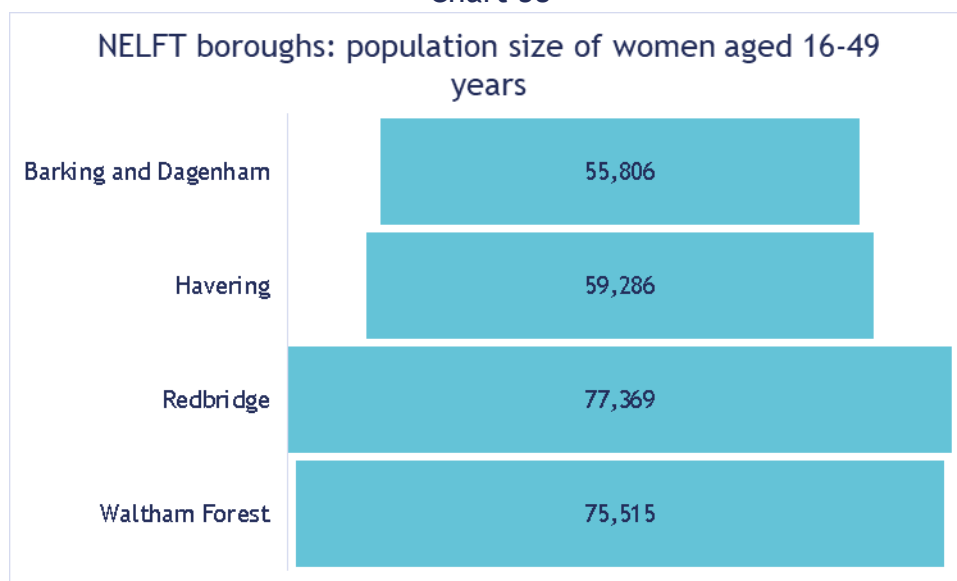
Source: ONS data

Ethnic diversity in the populations of women of childbearing age in varies across the four NELFT boroughs. For example, in Redbridge the largest ethnic group of women of childbearing age is Asian or Asian British women, comprising 47% of woman aged 16-45 years, whilst in Havering 75% of women of childbearing age are White.
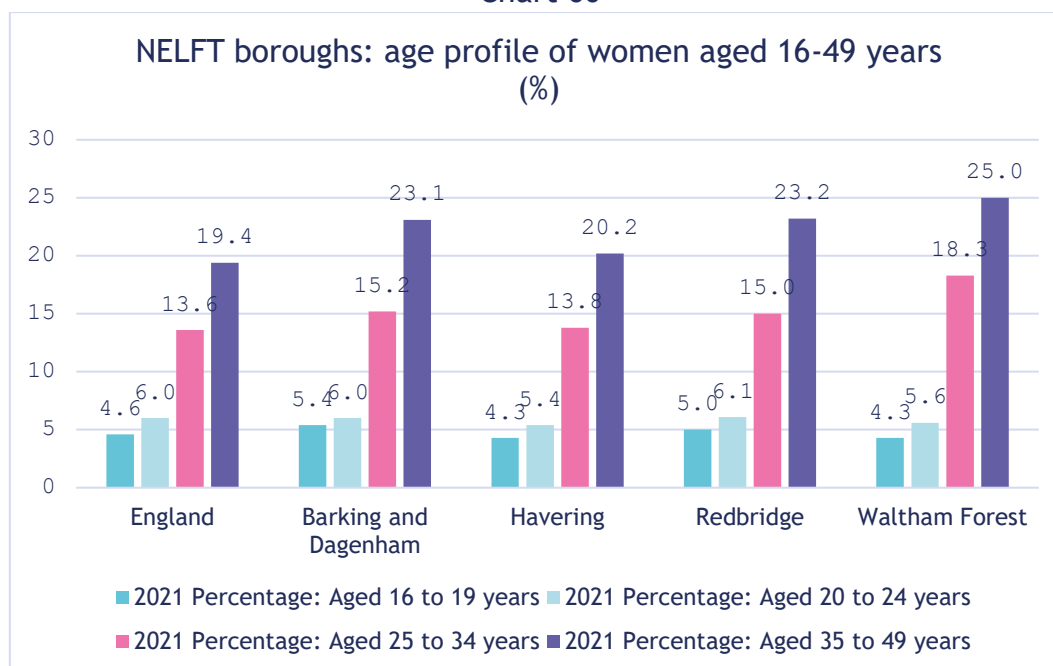
Chart 59

NELFT boroughs: ethnicity of female population (%)

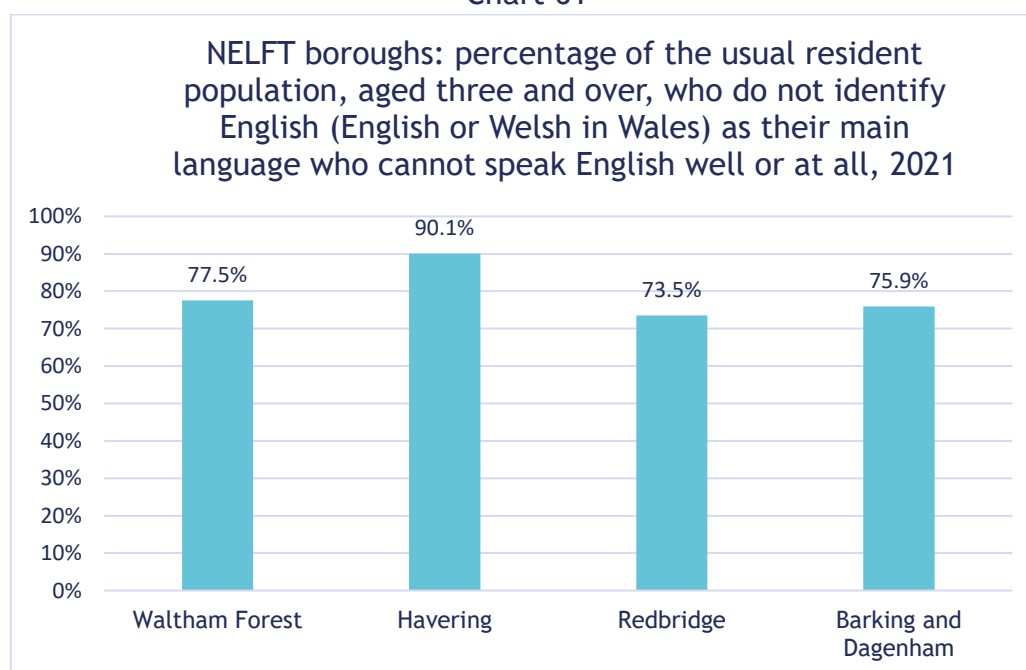| Borough	Asian	Black	Mixed	White	Other
Redbridge	46.7	9.0	4.1	34.9	5.3
Barking and Dagenham	24.9	22.2	4.2	45.1	3.6
Waltham Forest	19.6	15.9	6.7	52.1	5.7
Havering	10.6	8.5	3.7	75.2	.0
England and Wales	9.2	4.2	.9	81.7	.0

Source: ONS data

There are proportionally more women aged 25 to 49 years in the four boroughs than the average for England. Across NELFT, 23% of women are aged 35 to 49 years compared to 19% in England, see Chart 60.

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Chart 60

NELFT boroughs: age profile of women aged 16-49 years (%)

Source: ONS data

According to Census data, 10-27% of the NELFT population who do not identify English as their main language do not speak English as their main language.
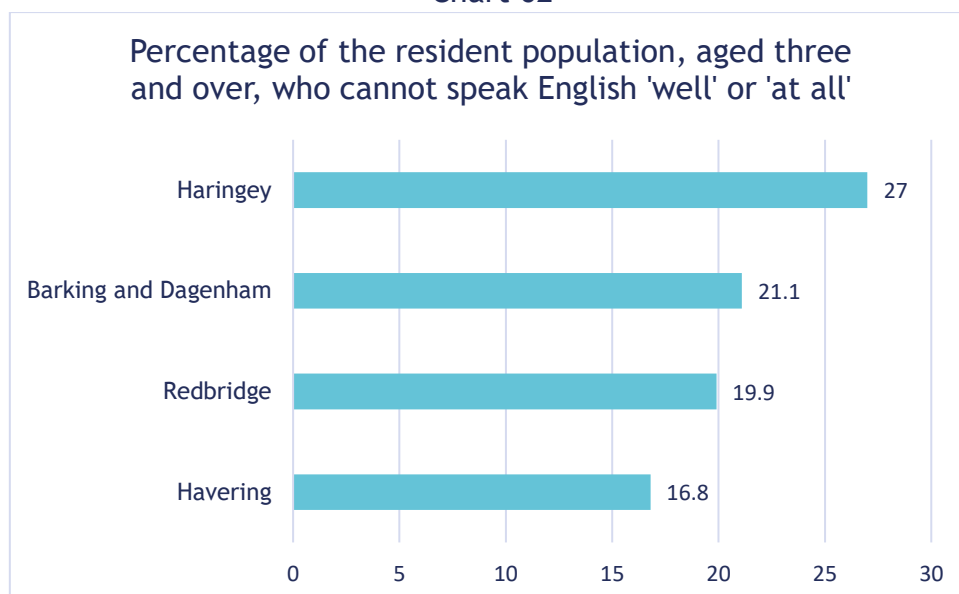
Chart 61

NELFT boroughs: percentage of the usual resident population, aged three and over, who do not identify English (English or Welsh in Wales) as their main language who cannot speak English well or at all, 2021

Source: ONS data, Census 2021

Between 17-27% of residents report that they cannot speal English 'well' or 'at all' in the Census 2021.

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Chart 62

Percentage of the resident population, aged three and over, who cannot speak English 'well' or 'at all'

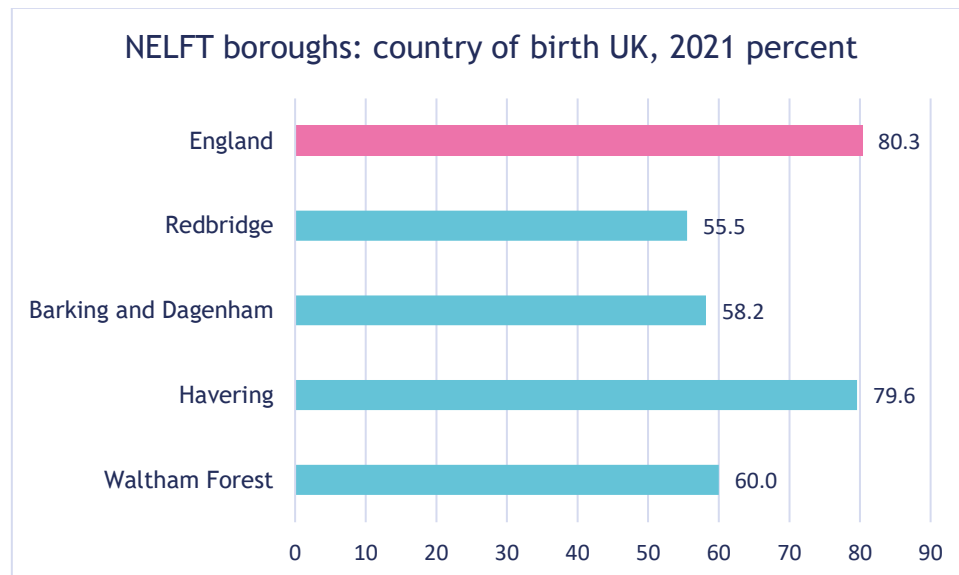| Borough	Percentage
Haringey	27
Barking and Dagenham	21.1
Redbridge	19.9
Havering	16.8

Source: ONS data, Census 2021

Census data also shows that higher proportions of residents in the four NELFT boroughs were not born in the UK as compared to the whole of England. Just under half of residents of Redbridge were born outside of the UK, in contrast to 20% of Havering residents, see Chart 63.

Chart 63

NELFT boroughs: country of birth UK, 2021 percent

Borough	Percent
England	80.3
Redbridge	55.5
Barking and Dagenham	58.2
Havering	79.6
Waltham Forest	60.0

Source: ONS data, Census 2021

Aside from English, a wide range of languages are spoken by residents of the four boroughs. Table 4 displays the most common of these languages in each borough.

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Table 4. Most common languages in each borough

Waltham Forest	Romain (percent)	Urdu (percent)	Bulgarian (percent)
	4	1.8	1.6
Havering	Romanian (percent)	Lithuanian (percent)	Panjabi (percent)
	2.3	0.9	0.6
Redbridge	Romanian (percent)	Bengali (percent)	Panjabi (percent)
	4.3	3.3	2.8
Barking & Dagenham	Romanian (percent)	Bengali (percent)	Lithuanian (percent)
	4.8	3.1	2.1

Source: Office for National Statistics – Census 2021

There are a range of religions that residents of the four boroughs follow, Table 5 presents the top three most common religions in each borough.

Table 5.

Barking & Dagenham	Christian (percent)	Muslim (percent)	Hindu (percent)
	45.4	24.4	3.0
Redbridge	Muslim (percent)	Christian (percent)	Hindu (percent)
	31.3	30.4	11.1
Havering	Christian (percent)	Muslim (percent)	Hindu (percent)
	52.2	6.2	2.5
Waltham Forest	Christian (percent)	Muslim (percent)	Hindu (percent)
	39.0	21.6	1.9

Source: ONS data, Census 2021

Census data shows how the total population of the four boroughs has changed between 2018-2021. All four boroughs experienced a growth rate higher than the London average; Barking & Dagenham saw the largest increase (18%), see Chart 64.
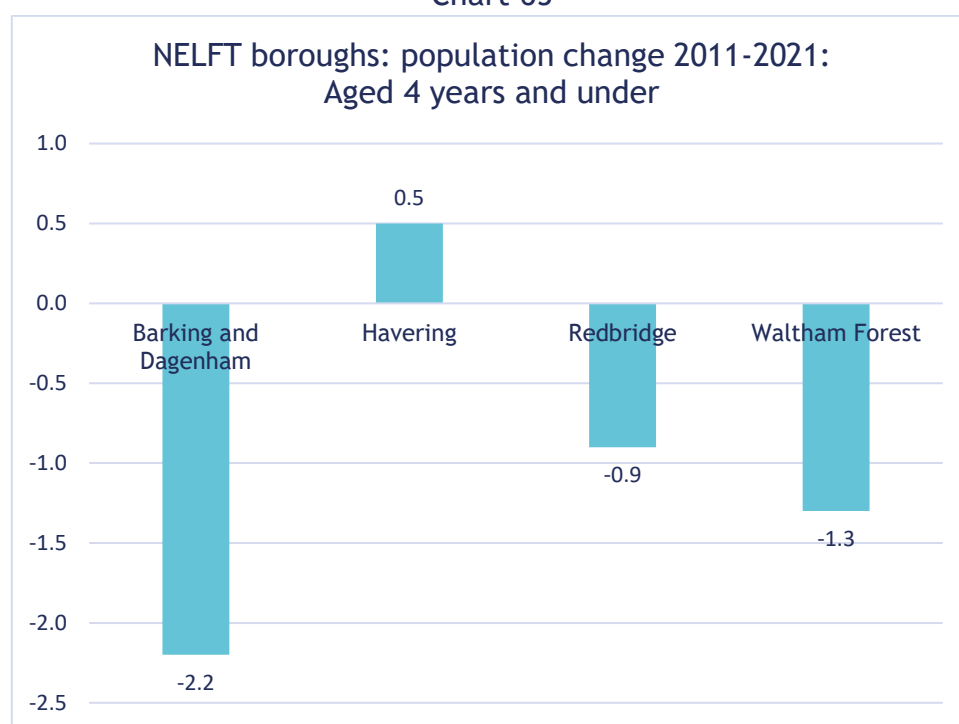
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Chart 64

% Population change 2011-2021

Borough	% Change
Barking & Dagenham	17.7%
Redbridge	11.2%
Havering	10.4%
Waltham Forest	7.8%
London average	7.7%
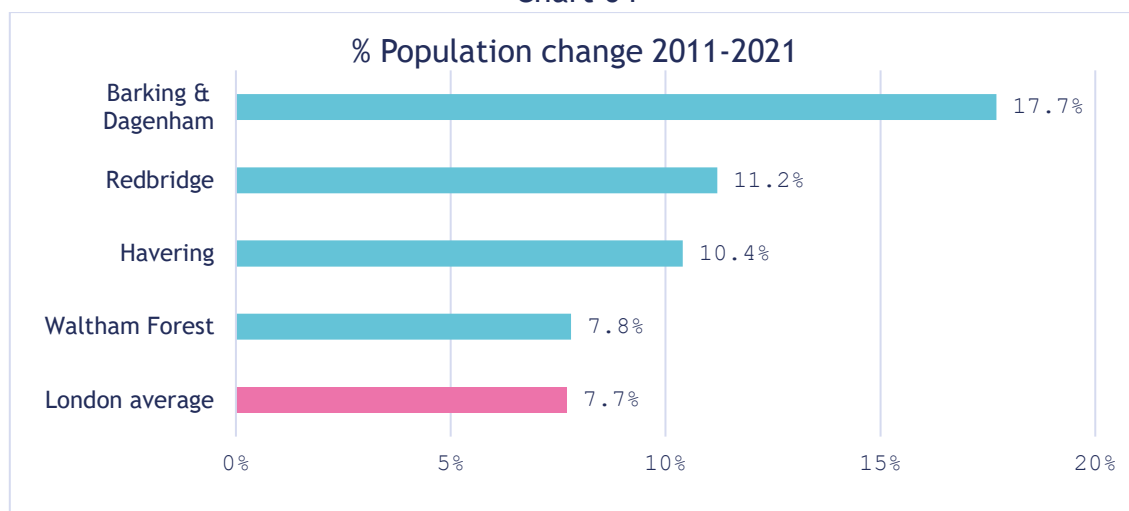
Source: ONS data

Between 2011 to 2021, the number of children aged 0-4 years fell in three of the four boroughs, between -2.2% in Barking & Dagenham to -0.9% in Hackney, whilst Havering had a small 0.5% increase.
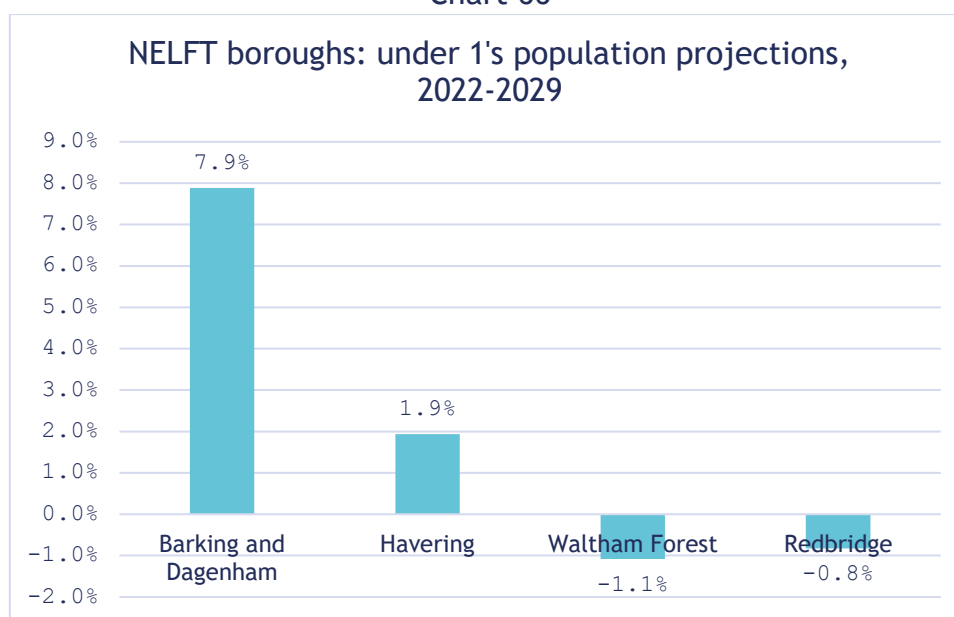
Chart 65

NELFT boroughs: population change 2011-2021: Aged 4 years and under

Borough	Change
Barking and Dagenham	-2.2
Havering	0.5
Redbridge	-0.9
Waltham Forest	-1.3

Source: ONS data

The number of children aged under 1 year is projected to increase in Barking & Dagenham by 7.9% and Havering by 1.9% between 2022 and 2029, whilst the number is expected to fall in the Waltham Forest (-1.1%) and Redbridge (-0.8%), see Chart 66.

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Chart 66

NELFT boroughs: under 1's population projections, 2022-2029

Barking and Dagenham: 7.9%
Havering: 1.9%
Waltham Forest: −1.1%
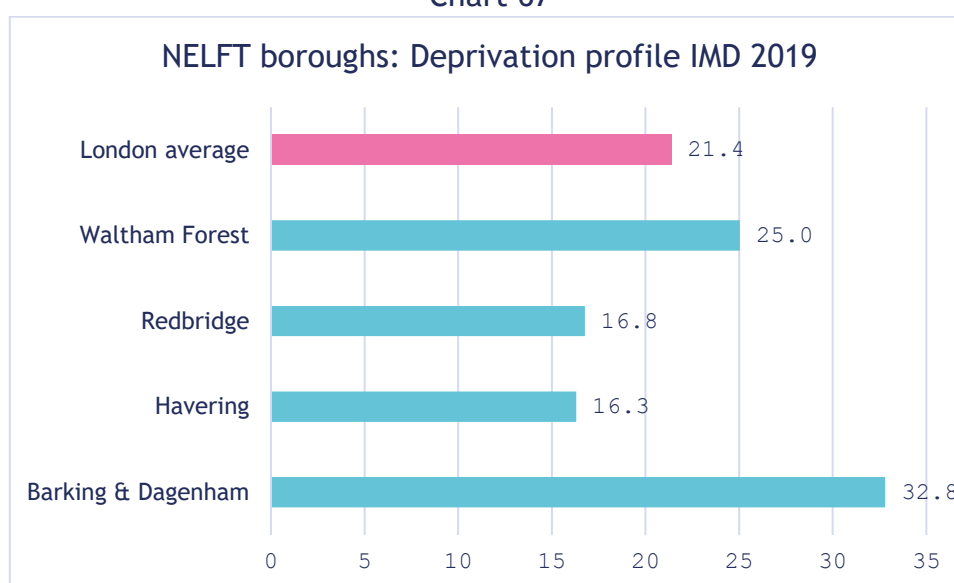Redbridge: −0.8%

Source: ONS data

2.2 The prevalence of perinatal mental health risk factors

Data on the prevalence of a range of risk factors relating to perinatal mental illness in the four NELFT boroughs is explored here.

Deprivation and poverty

The Index of Multiple Deprivation (IMD) score is a relative measure of deprivation that combines seven domains of deprivation, where a higher score represents higher levels of deprivation across the seven domains. In two of the four NELFT boroughs, Waltham Forest and Barking & Dagenham, there are higher levels of deprivation than the London average as shown in Chart 67.
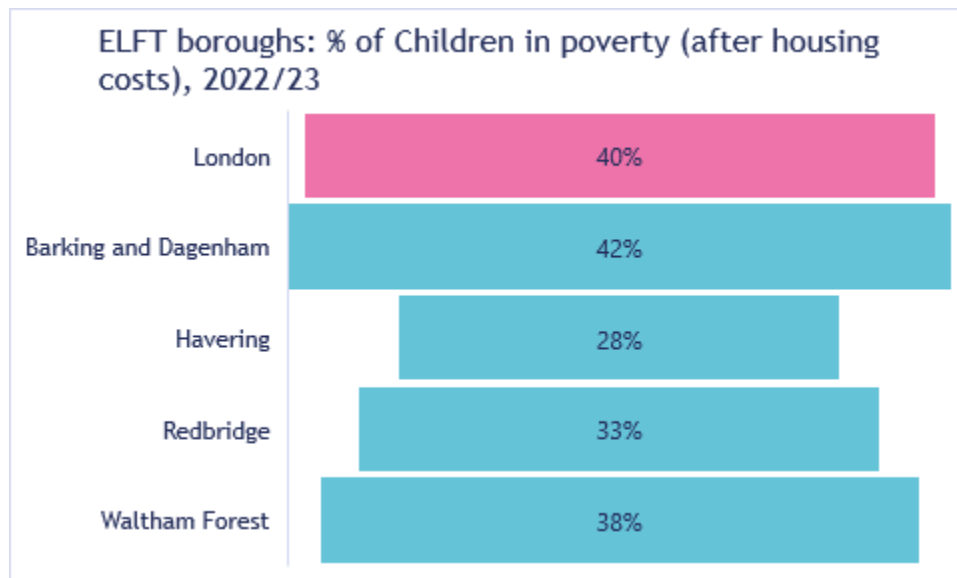
Chart 67

NELFT boroughs: Deprivation profile IMD 2019

London average: 21.4
Waltham Forest: 25.0
Redbridge: 16.8
Havering: 16.3
Barking & Dagenham: 32.8

Source: ONS data

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Three of the four NELFT boroughs have lower rates of children living in poverty (28-38% of children) than the London average (40%) whilst Barking & Dagenham has a higher rate (42%).
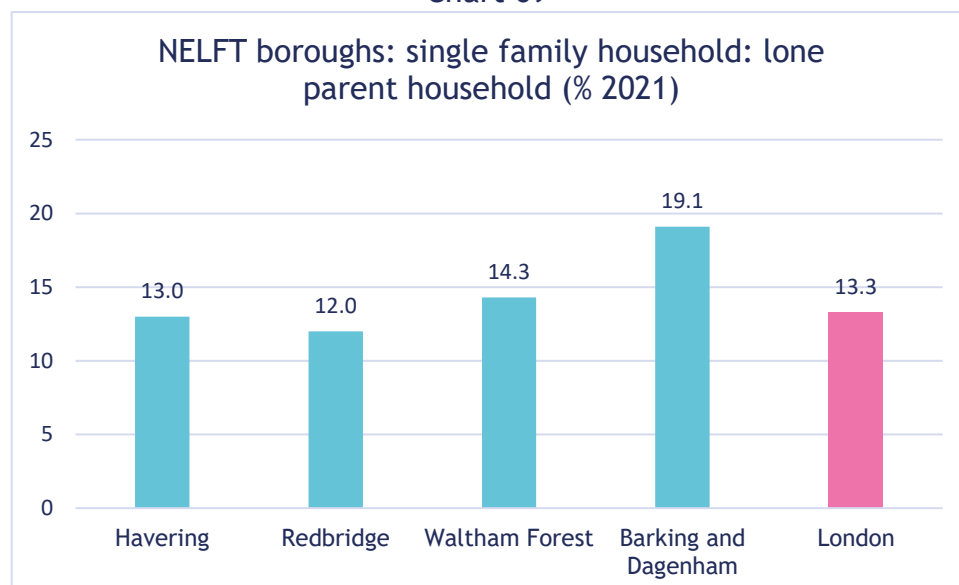
Chart 68

ELFT boroughs: % of Children in poverty (after housing costs), 2022/23

Borough	%
London	40%
Barking and Dagenham	42%
Havering	28%
Redbridge	33%
Waltham Forest	38%

Source: Children in low-income families: local area statistics, DWP

Single parenthood

A household can consist of a single family, more than one family or no families in the case of a group of unrelated people. In Barking & Dagenham 19% of single-family households are lone parent households; in Redbridge the proportion is 12%
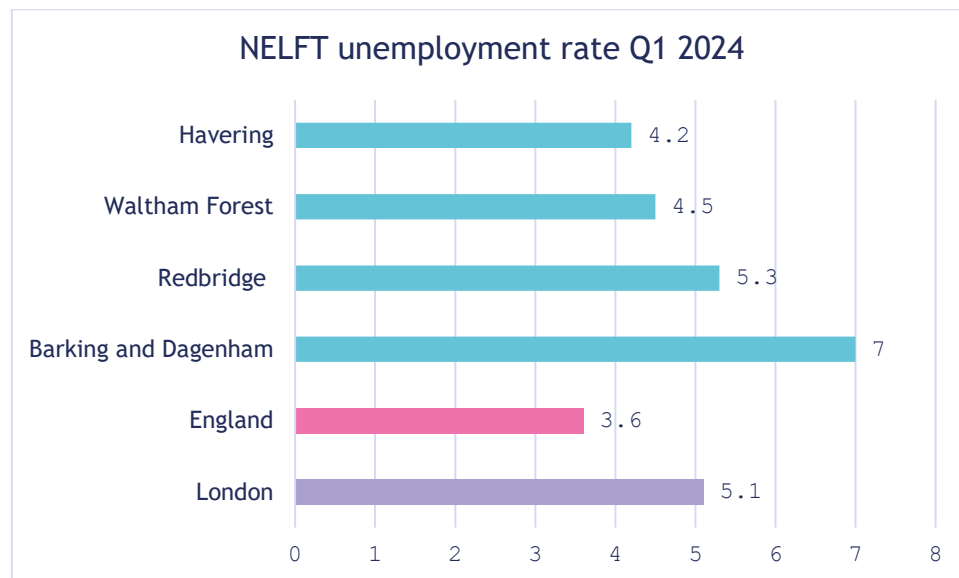
Chart 69

NELFT boroughs: single family household: lone parent household (% 2021)

Havering	Redbridge	Waltham Forest	Barking and Dagenham	London
13.0	12.0	14.3	19.1	13.3

Source: ONS data

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Unemployment

Both Redbridge and Barking & Dagenham have higher rates of unemployment than the London average rate. Rates for Havering and Waltham Forest are slightly below the London average but above the England average. See Chart 70.
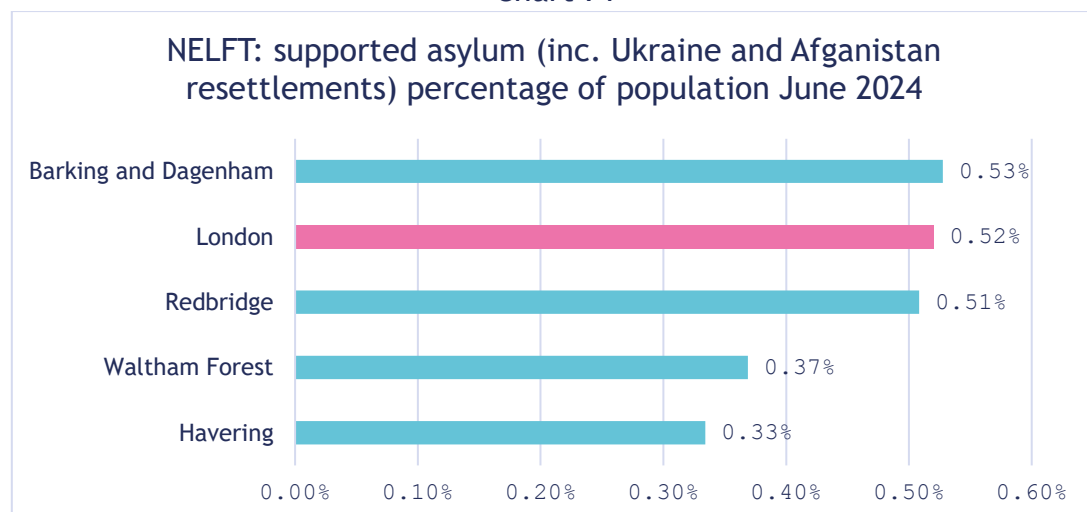
Chart 70

NELFT unemployment rate Q1 2024

Region	Rate
Havering	4.2
Waltham Forest	4.5
Redbridge	5.3
Barking and Dagenham	7
England	3.6
London	5.1

Source: ONS data

Asylum-seeking status

Redbridge and Barking & Dagenham have similar rates of asylum-seeking residents (including Ukraine and Afghanistan resettlements) as a proportion of their total populations compared to the London average, whilst the rates for Havering and Waltham Forest are lower.
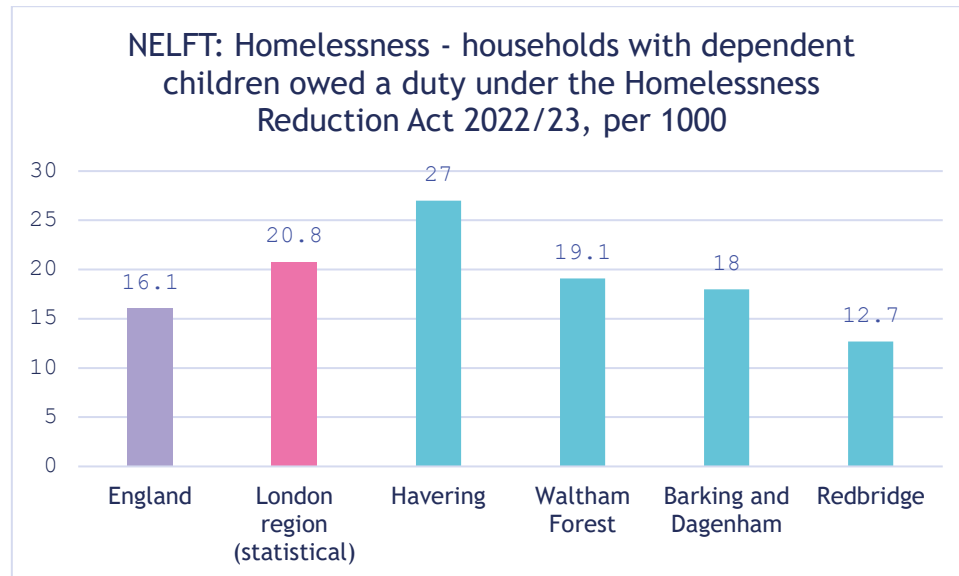
Chart 71

NELFT: supported asylum (inc. Ukraine and Afganistan resettlements) percentage of population June 2024

Region	Percentage
Barking and Dagenham	0.53%
London	0.52%
Redbridge	0.51%
Waltham Forest	0.37%
Havering	0.33%

Source: Immigration System Statistics, Ministry of Housing, Communities & Local Government

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Homelessness

Across NELFT boroughs, Havering has the highest number of households that are classified as homeless (27 per 1000). Redbridge has the lowest number (12.7 per 1000).
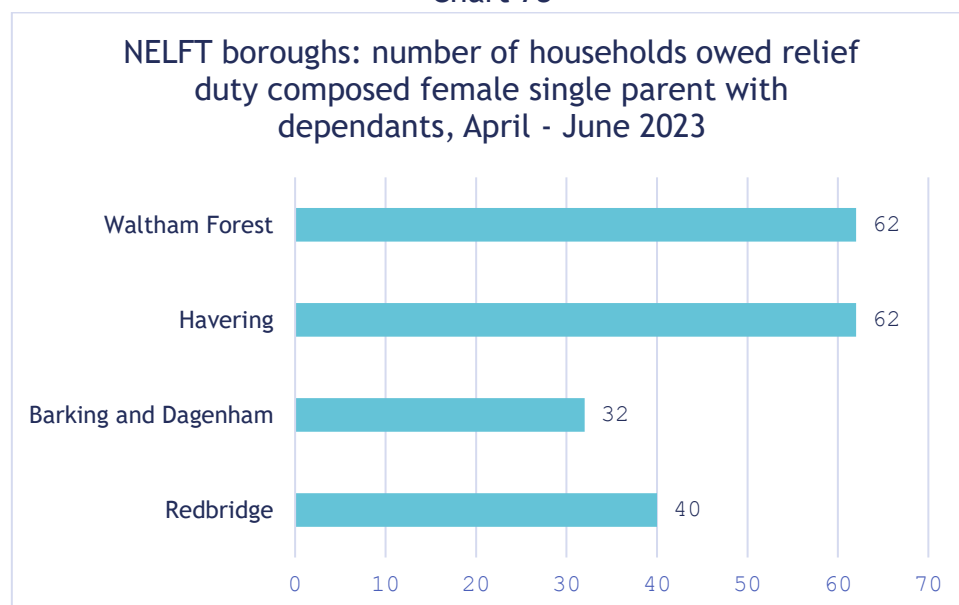
Chart 72

NELFT: Homelessness - households with dependent children owed a duty under the Homelessness Reduction Act 2022/23, per 1000

Values by category:
- England: 16.1
- London region (statistical): 20.8
- Havering: 27
- Waltham Forest: 19.1
- Barking and Dagenham: 18
- Redbridge: 12.7

Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Waltham Forest and Havering have the largest number of homeless single female parent households in the area (62 households or women), see Chart 73.
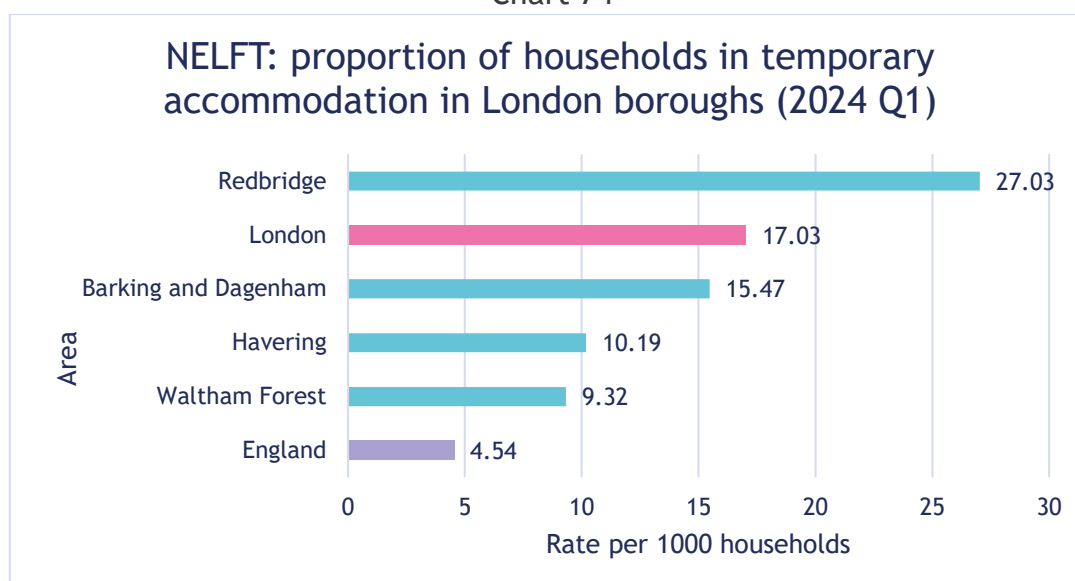
Chart 73

NELFT boroughs: number of households owed relief duty composed female single parent with dependants, April - June 2023

- Waltham Forest: 62
- Havering: 62
- Barking and Dagenham: 32
- Redbridge: 40

Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Living in temporary accommodation

The proportion of households living in temporary accommodation in NELFT boroughs is lower than the London (17%) and England averages (4.5%), with the exception of Redbridge (27%).

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Chart 74

NELFT: proportion of households in temporary accommodation in London boroughs (2024 Q1)

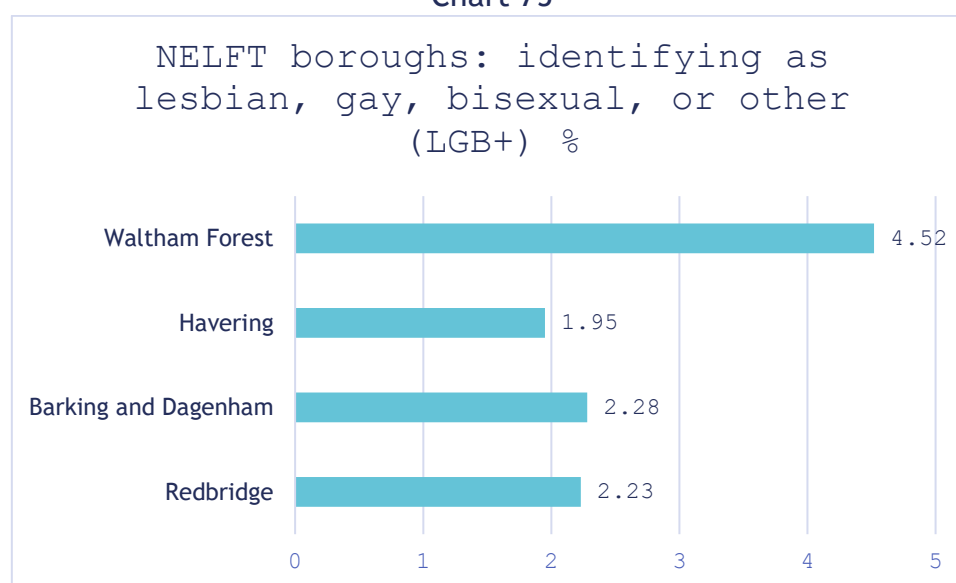| Area	Rate per 1000 households
Redbridge	27.03
London	17.03
Barking and Dagenham	15.47
Havering	10.19
Waltham Forest	9.32
England	4.54

Source: Ministry of Housing, Communities & Local Government data

Identifying as lesbian, gay, bisexual, or other (LGB+)

Census data shows that between 2-5% of people living in NELFT boroughs identify as LGB+, see Chart 75.

Chart 75

NELFT boroughs: identifying as lesbian, gay, bisexual, or other (LGB+) %

	LGB+ %
Waltham Forest	4.52
Havering	1.95
Barking and Dagenham	2.28
Redbridge	2.23

Source: ONS data, Census 2021

Gender identity

Compared to the average for England, higher proportions of London residents do not identify as their sex registered at birth, as seen in chart 76. Gender identity data is not available at borough level.

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Chart 76

Gender identity; % of people who don't identify the same as the sex registered at birth, Census 2021

	England	London
Gender identity different from sex registered at birth but no specific identity given (percent)	0.25	0.46
Trans woman (percent)	0.10	0.16
Trans man (percent)	0.10	0.16
Non-binary (percent)	0.06	0.08
All other gender identities (percent)	0.04	0.05

Source: ONS data, Census 2021

Children Looked After

There are between 241 and 429 children looked after in the four boroughs. The proportion of children looked after that are female ranges from 39% to 46%.

Table 6

NELFT – Children Looked After		Total	Male	Female
Barking & Dagenham	Number	429	231	198
	%	100%	54%	46%
Havering	Number	241	130	111
	%	100%	54%	46%
Redbridge	Number	315	190	125
	Percentage	100%	60%	40%
Waltham Forest	Number	343	210	133
	%	100%	61%	39%

Source: Explore Education Statistics via Gov.uk

Prevalence of mental health difficulties

QOF prevalence is a measure of how common a condition is in a specific area, based on the percentage of patients with that condition. It's a key part of the Quality and Outcomes Framework (QOF), a quality framework of indicators for general practice in the NHS.

All NELFT boroughs had prevalence rates of mental health conditions (all ages and genders) below the England average except for Waltham Forest during 2022/23.
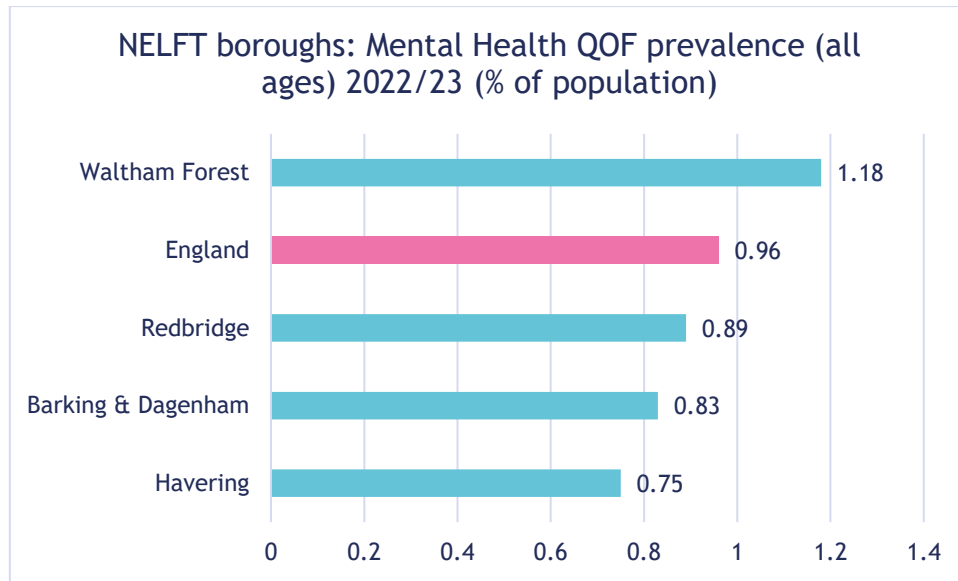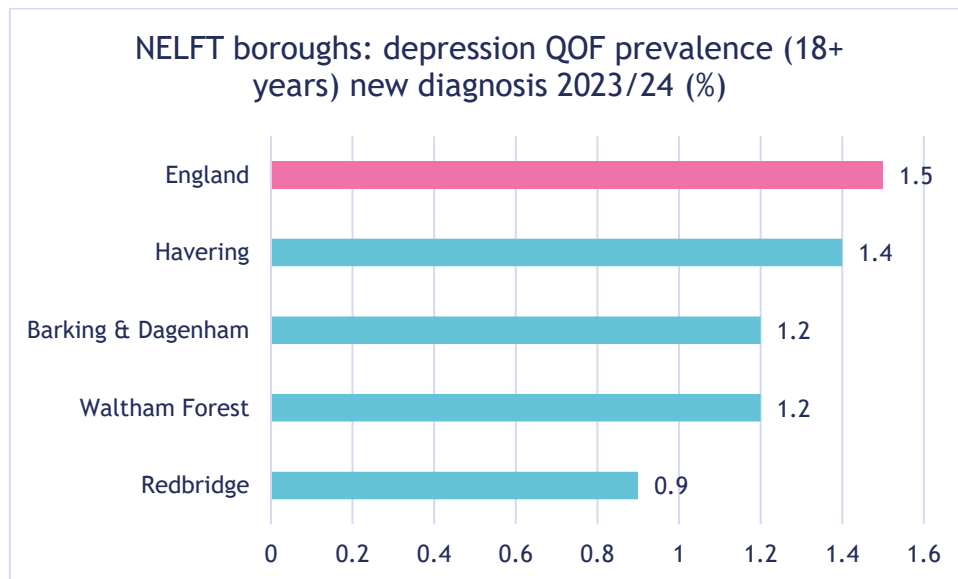
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Chart 77

NELFT boroughs: Mental Health QOF prevalence (all ages) 2022/23 (% of population)

Borough	Value
Waltham Forest	1.18
England	0.96
Redbridge	0.89
Barking & Dagenham	0.83
Havering	0.75

Source: NHS England via Fingertips

More recent data shows the prevalence of depression (new diagnosis, 18+ years) is lower in all NELFT boroughs than the England average.
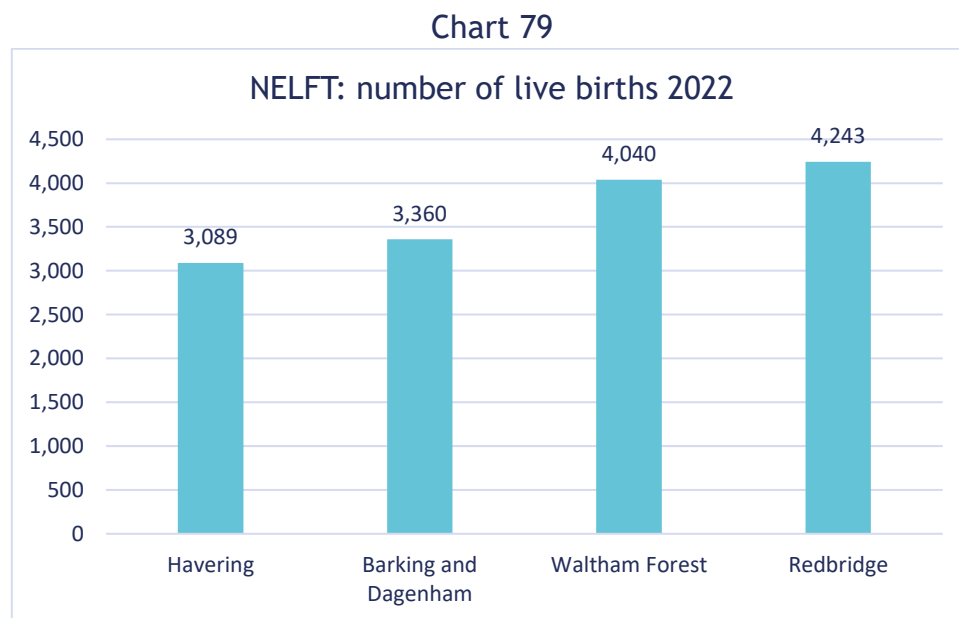
Chart 78

NELFT boroughs: depression QOF prevalence (18+ years) new diagnosis 2023/24 (%)

Borough	Value
England	1.5
Havering	1.4
Barking & Dagenham	1.2
Waltham Forest	1.2
Redbridge	0.9

Source: NHS England via Fingertips

Children with Child Protection Plans

There are 7,690 children with child protection plans in place across London; 1016 children or 14% live in the NELFT boroughs, compared to 13% in the NLFT boroughs and 11% in ELFT. There are between 250-295 children with plans in each of the four NELFT boroughs.
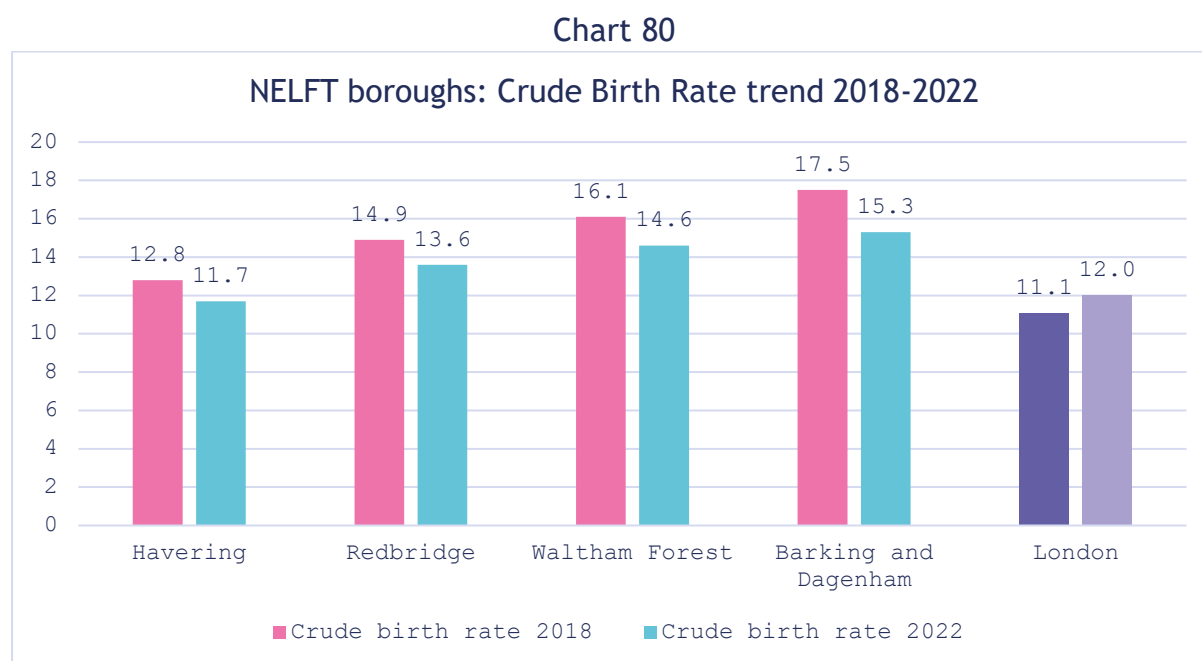
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2.3   Who is giving birth?

The number of live births in 2022, the most recent year for which data is available, varied from 3,089 in Havering to 4,243 in Redbridge. See Chart 79.

Chart 79

NELFT: number of live births 2022

Borough	Live births
Havering	3,089
Barking and Dagenham	3,360
Waltham Forest	4,040
Redbridge	4,243

Source: ONS data

The Crude Birth Rate (CBR) measures the number of live births in a population per 1,000 people in a given year. The CBR fell in each of the NELFT boroughs between 2018-2022 in contrast to a small increase across London. See Chart 80.

Chart 80

NELFT boroughs: Crude Birth Rate trend 2018-2022

Borough	Crude birth rate 2018	Crude birth rate 2022
Havering	12.8	11.7
Redbridge	14.9	13.6
Waltham Forest	16.1	14.6
Barking and Dagenham	17.5	15.3
London	11.1	12.0

Source: ONS data

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Under 18 conceptions and young mothers

The rate of conceptions to women aged 15-17 years has been falling since 2018 in both Barking & Dagenham and Redbridge, in line with the fall across London. Waltham Forest saw an increase between 2020 and 2022, and the rate in Havering remained approximately the same, see Chart 81.
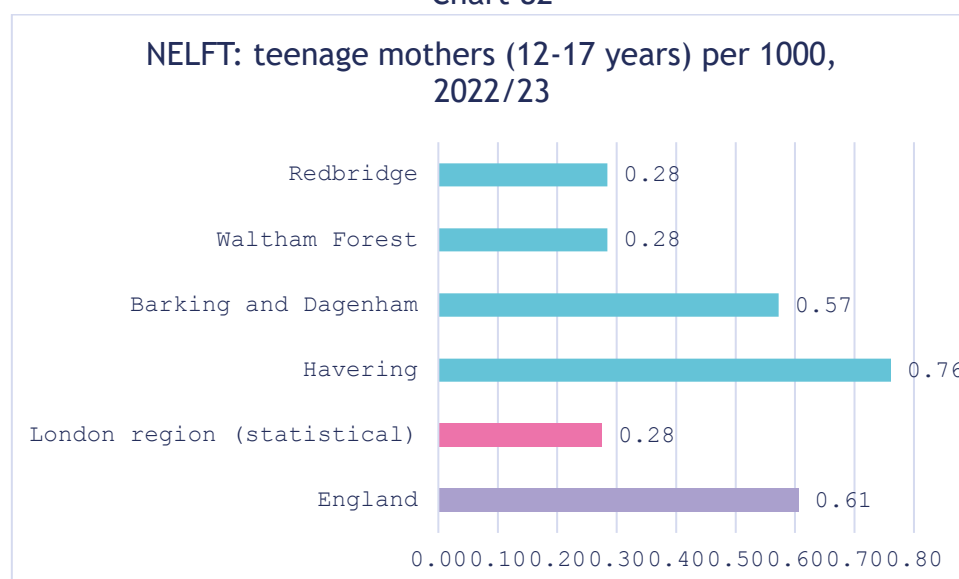
Chart 81
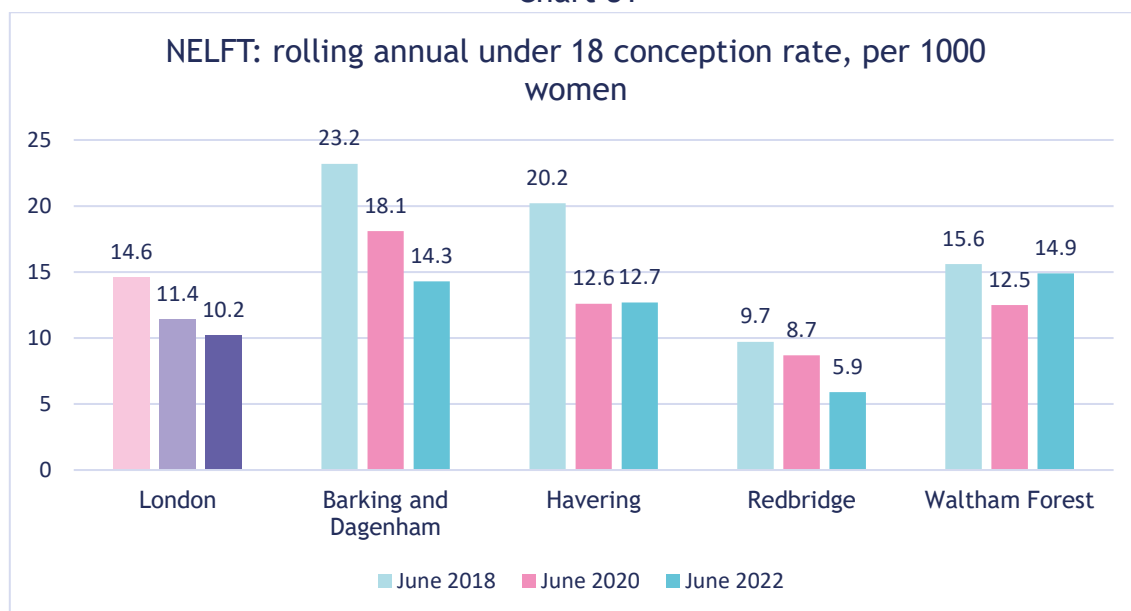
NELFT: rolling annual under 18 conception rate, per 1000 women

	June 2018	June 2020	June 2022
London	14.6	11.4	10.2
Barking and Dagenham	23.2	18.1	14.3
Havering	20.2	12.6	12.7
Redbridge	9.7	8.7	5.9
Waltham Forest	15.6	12.5	14.9

Source: ONS data

The number of teenage mothers (aged 12-17 years) per 1,000 mothers is higher in Havering (0.76) and Barking & Dagenham (0.57) than the London average (0.28). See Chart 82.

Chart 82

NELFT: teenage mothers (12-17 years) per 1000, 2022/23

	per 1000
Redbridge	0.28
Waltham Forest	0.28
Barking and Dagenham	0.57
Havering	0.76
London region (statistical)	0.28
England	0.61

Source: ONS data

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Smoking at the time of delivery
During 2022/23, 4.6-4.8 per 1000 women in the NELFT boroughs who gave birth smoked at the time of delivery, similar to the average for London (4.6) and below the England average (8.8).

Infant mortality
The infant mortality rate compares the number of deaths of infants under one year old in a given year per 1,000 live births in the same year. This rate has remained static in England and across London between 2021 and 2023, whilst Redbridge, Waltham Forest and Barking & Dagenham saw their rates increase. See Chart 83.

Chart 83
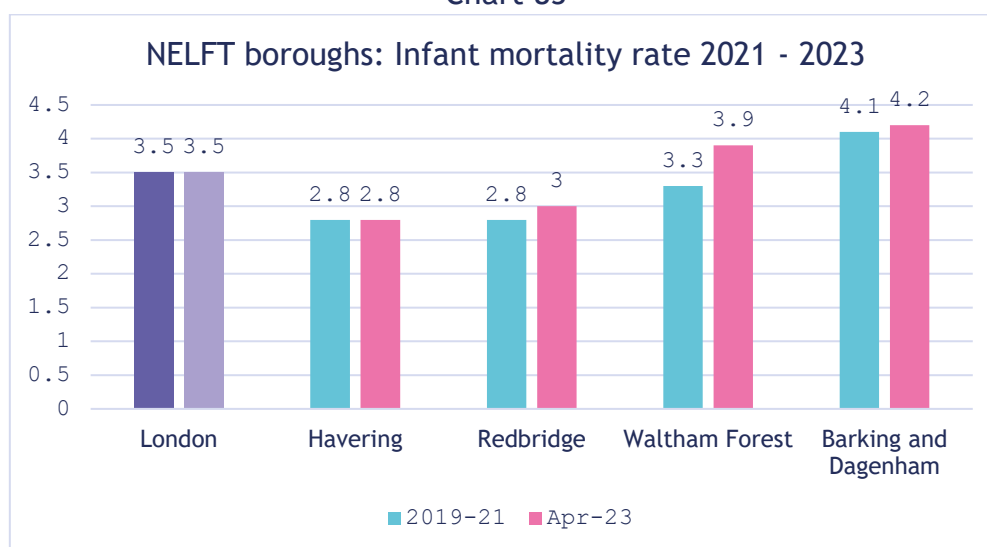
Source: ONS data

Births at Barking, Havering and Redbridge University Hospitals
To understand the characteristics of women who are giving birth in NELFT boroughs, it is necessary to explore data from Barking, Havering and Redbridge University Hospitals which includes King George Hospital, Goodmayes and Queen's Hospital, Romford.

Whilst there is a small proportion of women who live outside of NELFT boroughs that give birth at Barking, Havering and Redbridge University Hospitals, data on births at these hospitals provides a good picture of who is giving birth in the area.

In the 12 months between July 2023 and June 2024 there were 7,190 births at Barking, Havering and Redbridge University Hospitals, an average of 599 per month. 61% of the mothers of these babies were aged 25-34 years.
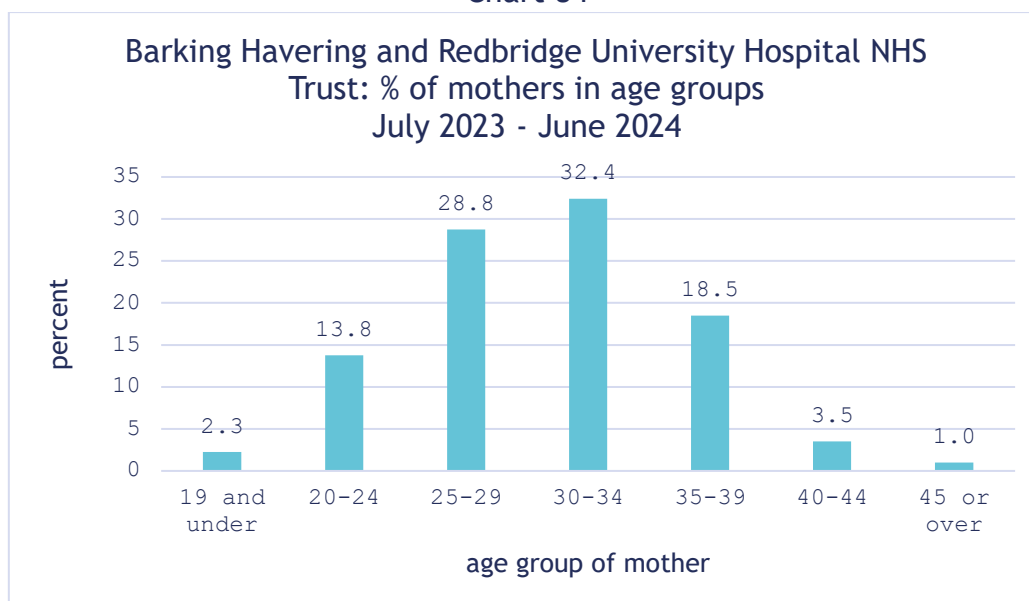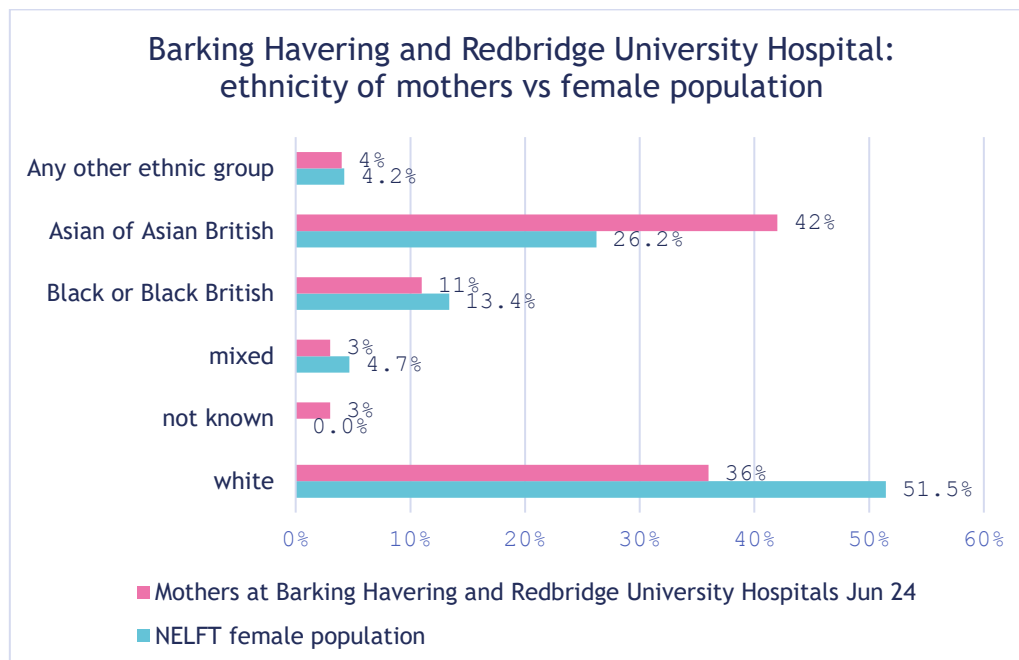
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Chart 84

Barking Havering and Redbridge University Hospital NHS Trust: % of mothers in age groups July 2023 - June 2024

Values by age group of mother (percent):
- 19 and under: 2.3
- 20–24: 13.8
- 25–29: 28.8
- 30–34: 32.4
- 35–39: 18.5
- 40–44: 3.5
- 45 or over: 1.0

Source: NHS Digital Maternity Services Dashboard

Proportionally more women with Asian or Asian British ethnicities gave birth at Barking, Havering and Redbridge University Hospitals (42%) than the proportion of women with this ethnicity in the female population living in NELFT boroughs (26%); proportionally fewer White women gave birth.

Chart 85

Barking Havering and Redbridge University Hospital: ethnicity of mothers vs female population

Ethnicity	Mothers at Barking Havering and Redbridge University Hospitals Jun 24	NELFT female population
Any other ethnic group	4%	4.2%
Asian of Asian British	42%	26.2%
Black or Black British	11%	13.4%
mixed	3%	4.7%
not known	3%	0.0%
white	36%	51.5%

Source: NHS Digital Maternity Services Dashboard

44% of those that gave birth at Barking, Havering and Redbridge University Hospitals in June 2024 lived in the three most deprived areas of England (based upon IMD deciles), see Chart 86.
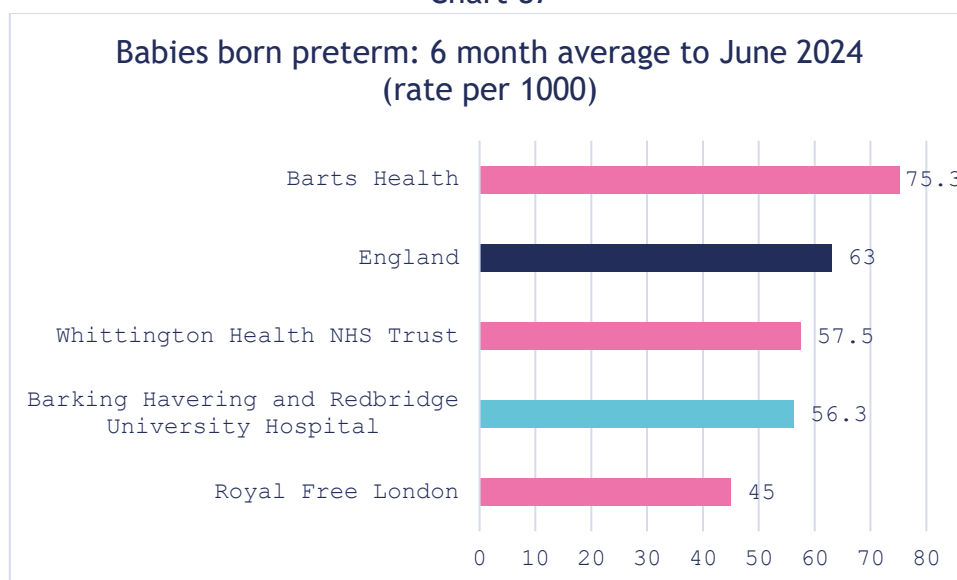
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Chart 86

Barking Havering and Redbridge University Hospital: Index of Deprivation of mothers giving birth June 2024 (%)

Decile	Value
1st Decile…	2
2nd Decile	24
3rd Decile	18
4th Decile	18
5th Decile	11
6th Decile	11
7th Decile	7
8th Decile	4
9th Decile	4
10th Decile…	2

■ Barking Havering and Redbridge University Hospital
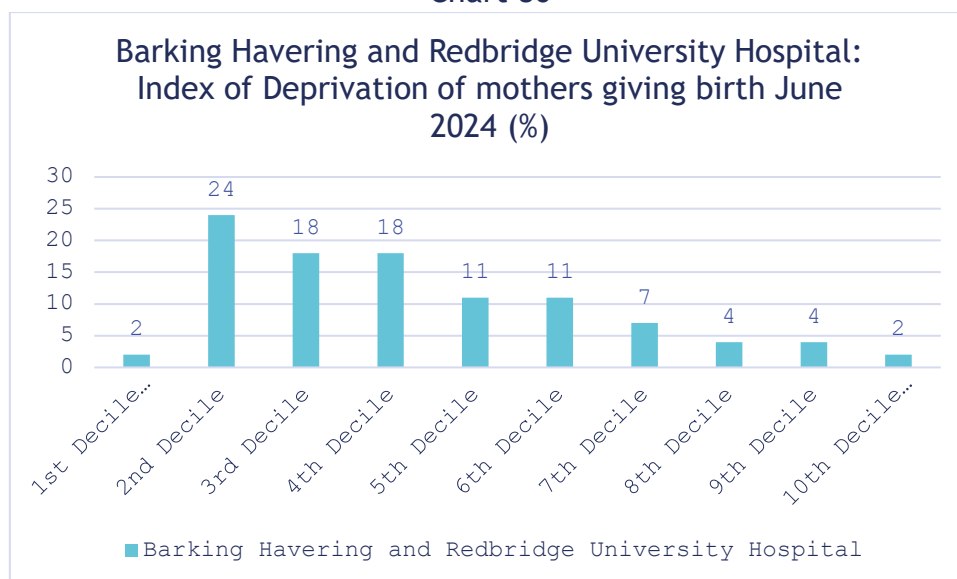
Source: NHS Digital Maternity Services Dashboard

19% of mothers who gave birth at Barking, Havering and Redbridge University Hospitals in the 12 months between July 2023 and June 2024 had Complex Social Factors recorded.

The rate of babies born preterm at Barking, Havering and Redbridge University Hospitals (56.3 per 1,000) was lower the England average (63 per 1,000) in the 6 months to June 2024. See Chart 87.

Chart 87

Babies born preterm: 6 month average to June 2024 (rate per 1000)

Trust	Rate per 1000
Barts Health	75.3
England	63
Whittington Health NHS Trust	57.5
Barking Havering and Redbridge University Hospital	56.3
Royal Free London	45

Source: NHS Digital Maternity Services Dashboard

2.4 Community specialist perinatal mental health support

This section provides data on the delivery of the community Specialist Perinatal Mental Health Service (SPMHS) offer for women in NELFT boroughs. There is one

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SPMHS operating across these four boroughs, known as the Perinatal Parent Infant Mental Health Service (PPIMHS). The PPIMHS includes two teams: Barking & Dagenham and Havering; and Redbridge and Waltham Forest. All available data is provided in this section.

The PPIMHS provides two pathways of support: perinatal psychiatric provision and parent-infant therapy provision. The perinatal psychiatric provision is offered to women over 18 with a pre-existing SMI diagnosis and women who develop mental health difficulties in the postnatal period. The service is available to women from preconception to 12 months postnatal. Recent data shows there are 55 staff in total working in the service, 36 WTE. The staffing model includes:

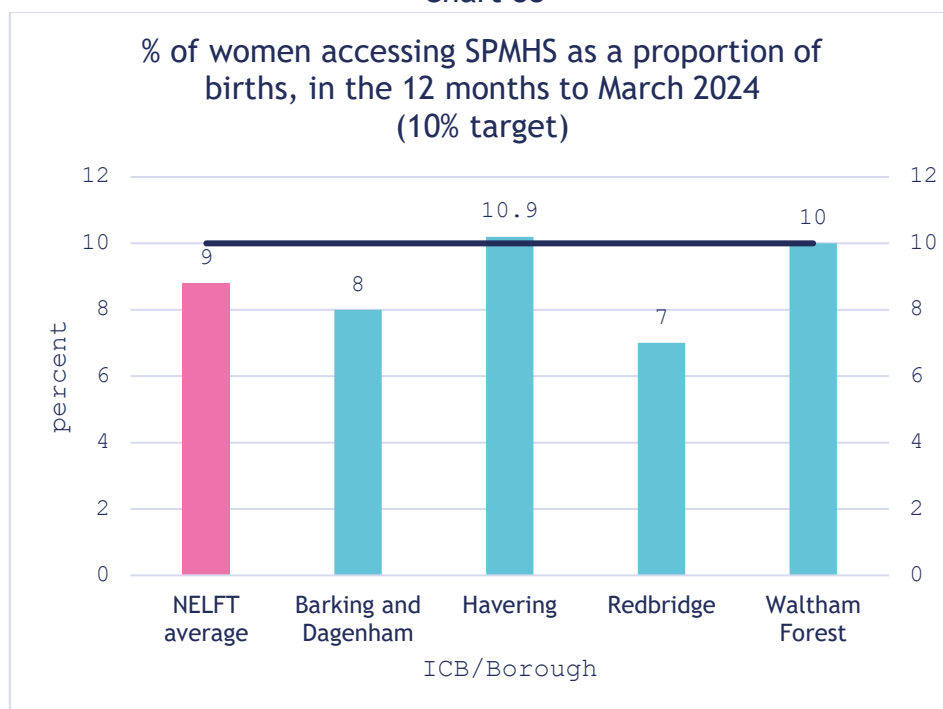| Job role	PPIMHS (WTE)
Administrators	4.0 (band 4)
Clinical lead	4.0 (band 7)
Consultant psychiatrists	3.0
Nursery nurse	4.0 (band 4)
Occupational therapist	2.0 (band 7)
Operational lead	1.0 (band 8b)
Perinatal mental health Practitioner	4.0 (band 6)
Perinatal nurse	8.0 (band 7)
Pharmacist	1.0 (band 8a)
Psychologists	1.0 (band 8c) 9.5
Referral coordinator	1.0 (band 3)
Specialist trainee doctor	1.0
Speciality doctor	1.0
STP coordinator	1.0 (band 3)
Team lead	2.0 (band 8a)
Triage coordinator	1.0 (band 3)

The associated maternal mental health service is TULIP.

Access rates
The NHS Long Term Plan commits to increasing access to specialist perinatal mental health services to 10% of the birth population. The average access rate across the NELFT boroughs in the 12 months to March 2024 was 9%. Data shows that Havering and Waltham Forest are meeting the 10% target whilst the rates for Barking & Dagenham (8%) and Redbridge (7%) are below target, as shown in Chart 88.
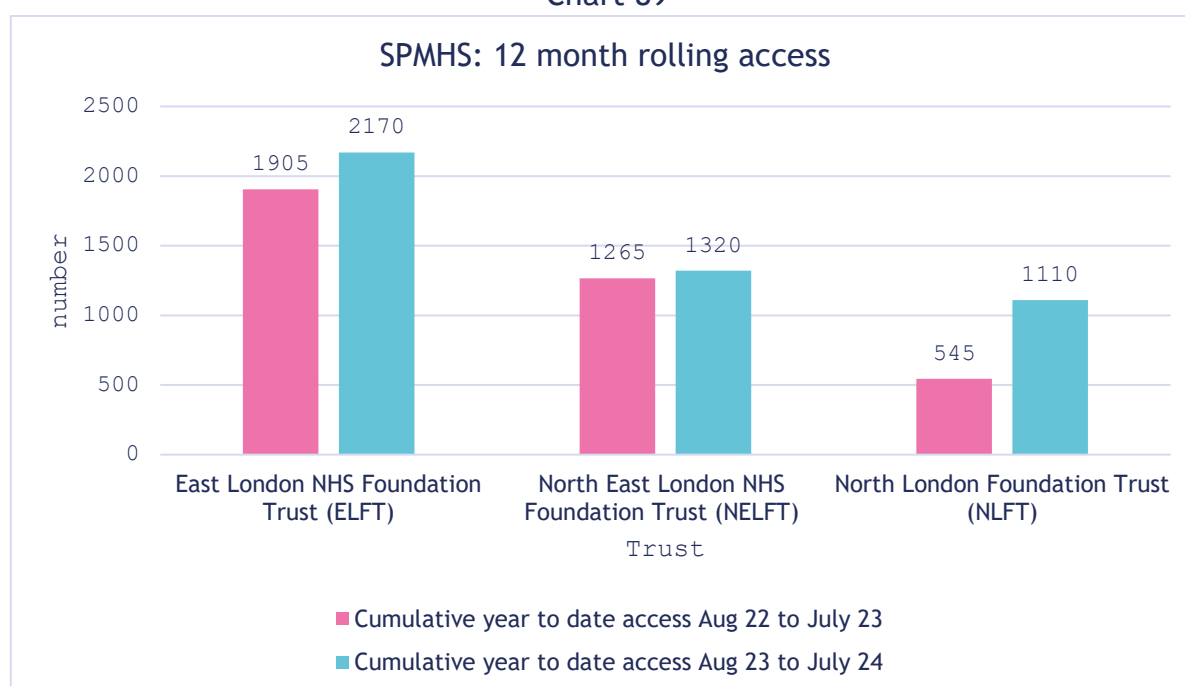
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Chart 88

% of women accessing SPMHS as a proportion of births, in the 12 months to March 2024 (10% target)

Source: NHS NEL Operating Plan Dashboard 2024-2025 data

The number of women supported by the PPIMHS in the NELFT boroughs has risen slightly over the last two years, by 4%. Chart 89 presents the rising number of women accessing support for each of the three NCEL Perinatal PC Trusts.

Chart 89

SPMHS: 12 month rolling access

- Cumulative year to date access Aug 22 to July 23
- Cumulative year to date access Aug 23 to July 24

Source: NHSE Perinatal Mental Health Dashboard

The NELFT PPIMHS received between 20-42 referrals each month from each of the four boroughs between September 2023 and October 2024. The average number of

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women from the four boroughs being supported (caseload) each month was between 124 and 217 women, as shown in Chart 90.

Chart 90
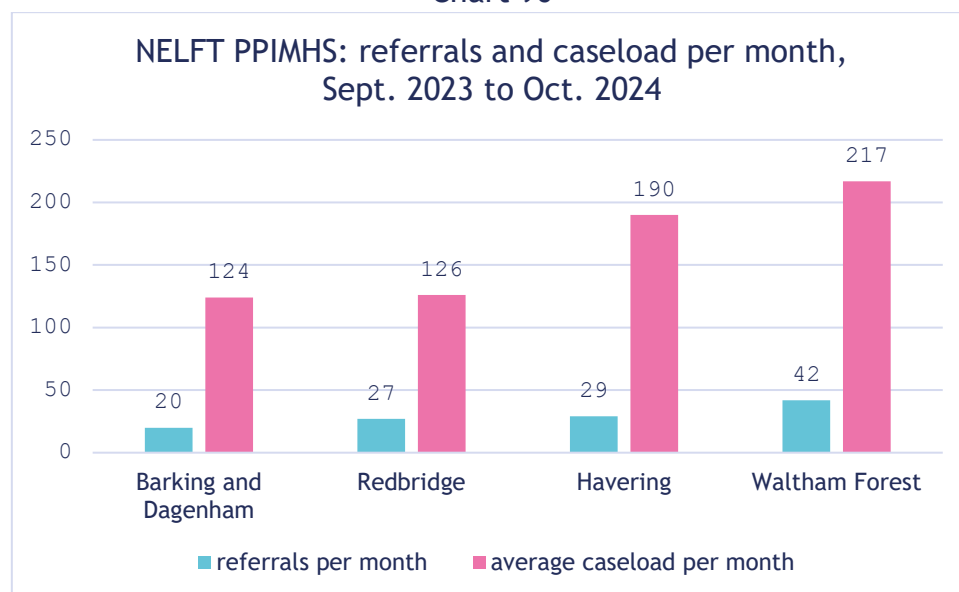
NELFT PPIMHS: referrals and caseload per month, Sept. 2023 to Oct. 2024

Source: data supplied by NHS SPMHS

Benchmarks

NHS England presents data for SPMHS by Trust for the following pertinent benchmarks: deprivation status of service users, their ages and their ethnicities. Data from July 2024 shows that 24% of women supported by NELFT PPIMHSs lived in the most deprived areas of the boroughs. 71% were aged 26-39 years and 38% had a White British ethnicity, Table 7.

Table 7

		Deprivation benchmark % of women on caseload living in the most deprived quintile	Age group benchmark: 26-39 years % of women on caseload aged 26-39 years	Ethnicity benchmark: White British % of women on caseload ethnicity White British
Jul-24	North London Foundation Trust	23.4	71.2	32.7
Jul-24	East London Foundation Trust	34.6	64.9	32.8
Jul-24	**North East London Foundation Trust**	**24.3**	**71.3**	**37.8**

Source: NHSE Perinatal Mental Health Dashboard

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Barking & Dagenham

Between September 2023 and August 2024, there were a total of 235 referrals to the PPIMHS from Barking & Dagenham, an average of 20 per month. During the same time period, there were on average 124 women on the caseload per month. The ethnic groups of women seen between September 2023 and August 2024 is shown here compared to the female population of the borough:
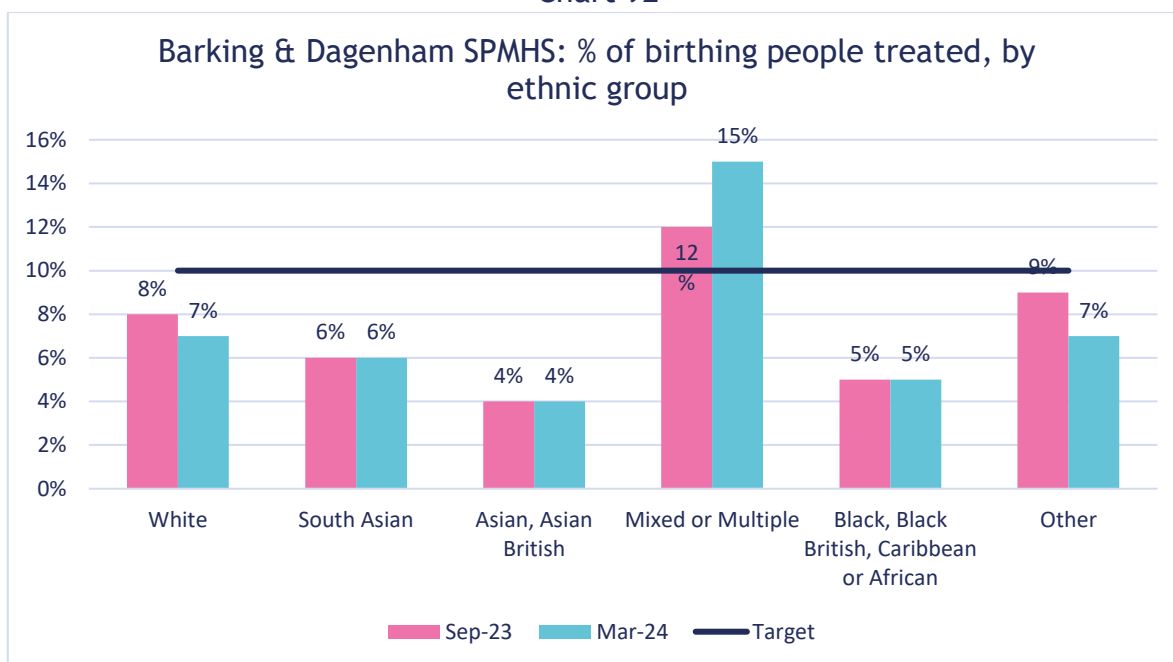
Chart 91

Barking & Dagenham: ethnicity of women seen by SPMHS (Sept '23 - Aug '24) vs female population (%)

	Asian	Black	Mixed	White	Other
Barking & Dagenham female population	24.9%	22.2%	4.2%	45.1%	3.6%
Barking & Dagenham seen by SPMHS	29.6%	20.8%	4.0%	41.8%	3.8%
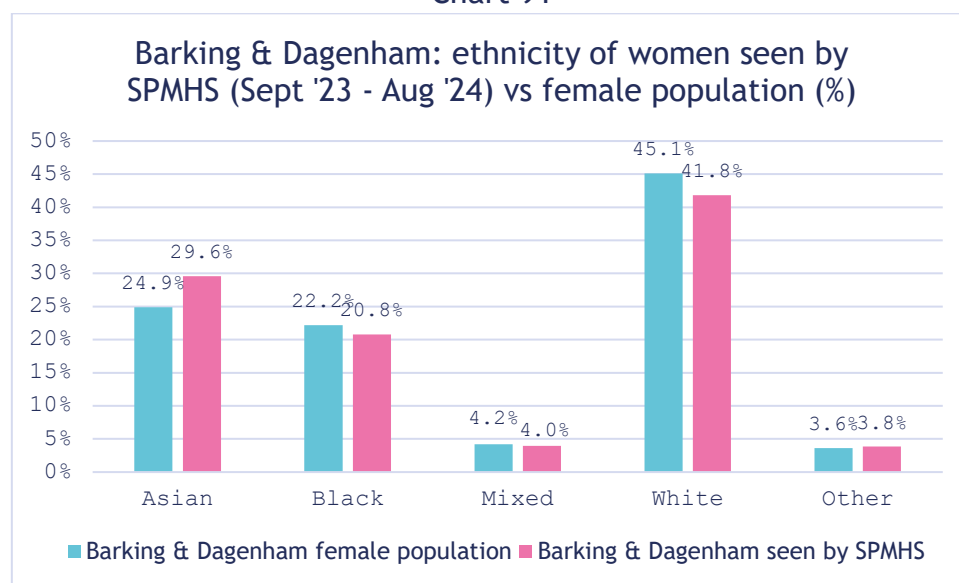
Source: data supplied by NHS SPMHS

8% of the birthing population of Barking & Dagenham were supported by the PPIMHS during 2023/24, below the 10% target. The percentage shown in the chart below is the number of patients accessing perinatal services as a percentage of the estimated ethnic breakdown of 2016 ONS births:

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Chart 92

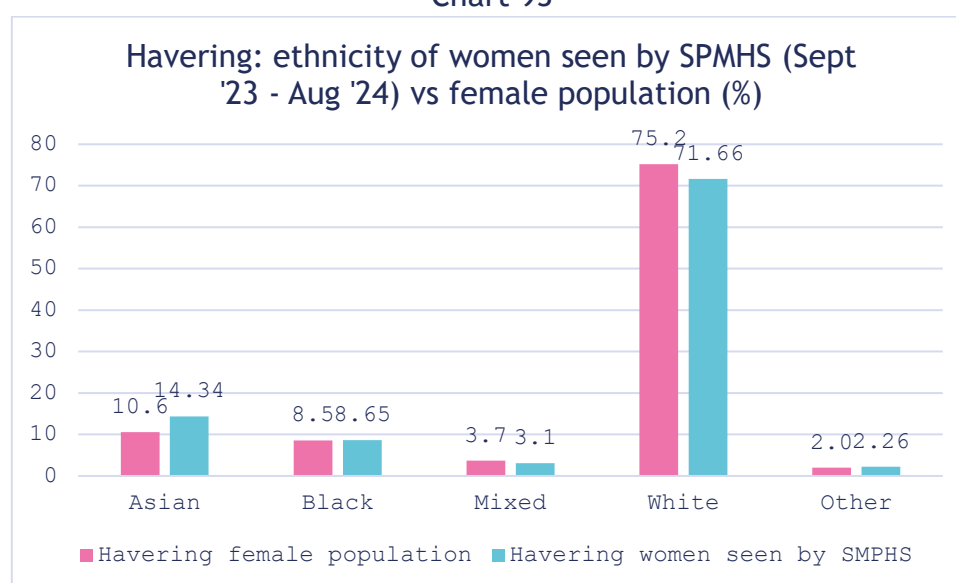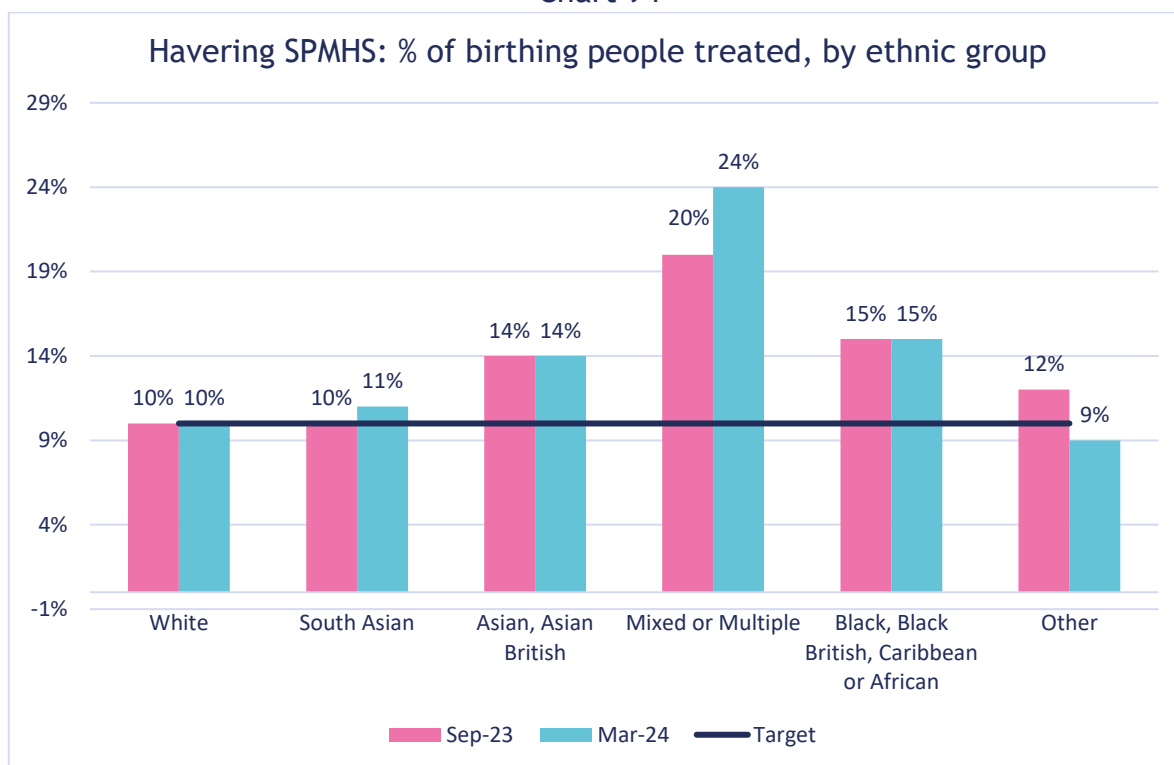**Barking & Dagenham SPMHS: % of birthing people treated, by ethnic group**

Source: data supplied by NHS SPMHS

Havering

Between September 2023 and August 2024, there were a total of 349 referrals to the PPIMHS from Havering, an average of 29 per month. During the same time period, there were on average 190 women on the caseload per month.

The ethnic groups of women seen between September 2023 and August 2024 is shown here compared to the female population of the borough:

Chart 93

Havering: ethnicity of women seen by SPMHS (Sept '23 - Aug '24) vs female population (%)

Source: data supplied by NHS SPMHS

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10.2% of the birthing population of Havering were supported by the PPIMHS during 2023/24, slightly above the 10% target. The percentage shown in the chart below is the number of patients accessing perinatal services as a percentage of the estimated ethnic breakdown of 2016 ONS births:
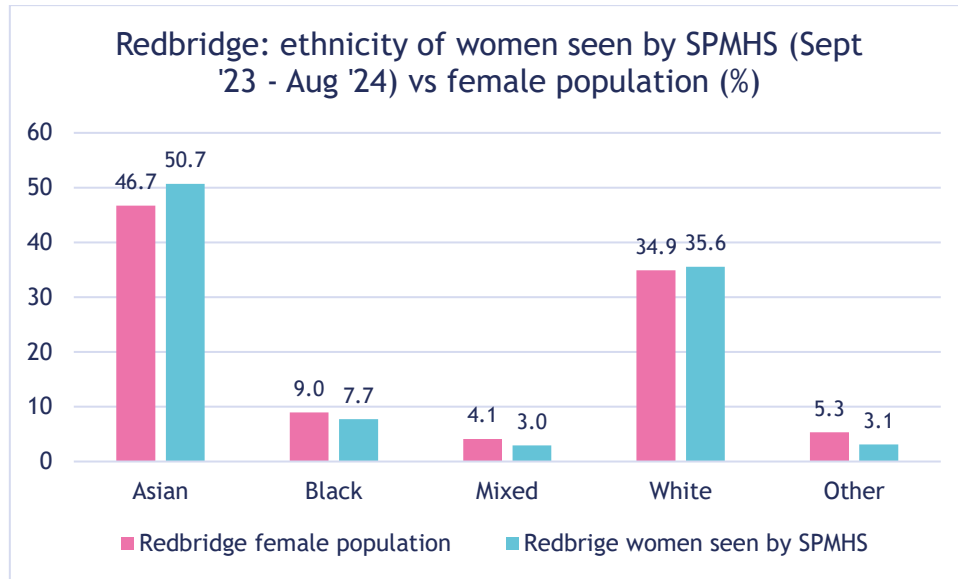
Chart 94

Havering SPMHS: % of birthing people treated, by ethnic group

Source: data supplied by NHS SPMHS

Redbridge

Between September 2023 and August 2024, there were a total of 300 referrals to PPIMHS from Redbridge, an average of 27 per month. During the same time period, there were on average 126 women on the caseload per month.

The ethnic groups of women seen between September 2023 and August 2024 is shown here compared to the female population of the borough:
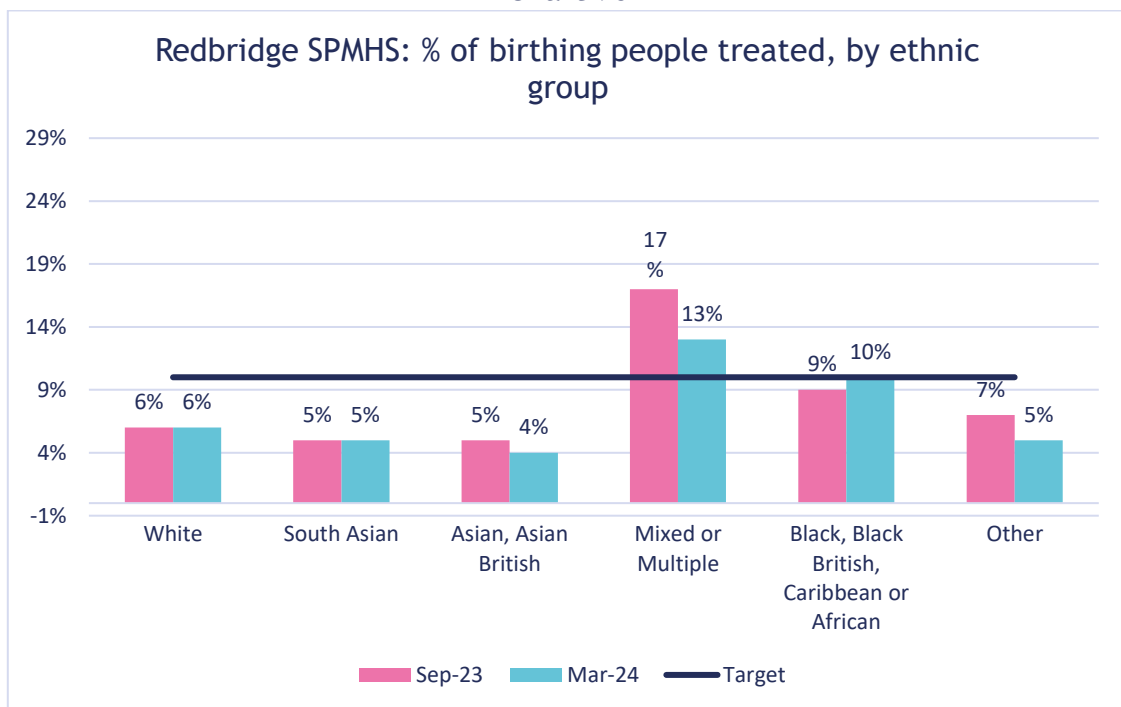
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Chart 95

Redbridge: ethnicity of women seen by SPMHS (Sept '23 - Aug '24) vs female population (%)

Asian: Redbridge female population 46.7, Redbrige women seen by SPMHS 50.7
Black: 9.0, 7.7
Mixed: 4.1, 3.0
White: 34.9, 35.6
Other: 5.3, 3.1

■ Redbridge female population ■ Redbrige women seen by SPMHS

Source: data supplied by NHS SPMHS

7% of the birthing population of Havering were supported by the PPIMHS during 2023/24, below the 10% target. The percentage shown in the chart below is the number of patients accessing perinatal services as a percentage of the estimated ethnic breakdown of 2016 ONS births:
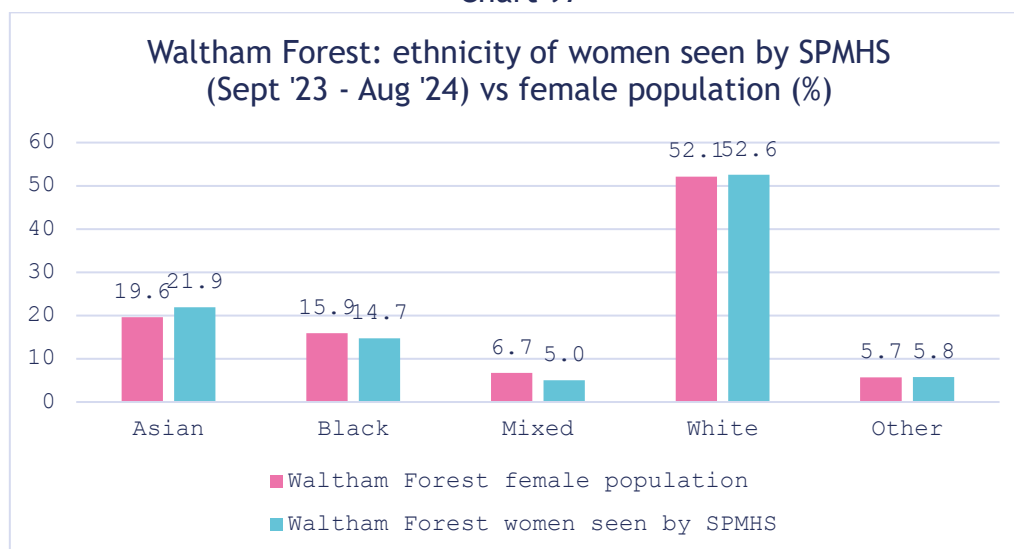
Chart 96

Redbridge SPMHS: % of birthing people treated, by ethnic group

White: Sep-23 6%, Mar-24 6%
South Asian: 5%, 5%
Asian, Asian British: 5%, 4%
Mixed or Multiple: 17%, 13%
Black, Black British, Caribbean or African: 9%, 10%
Other: 7%, 5%

■ Sep-23 ■ Mar-24 — Target

Source: data supplied by NHS SPMHS

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Waltham Forest

Between September 2023 and August 2024, there were a total of 507 referrals to PPIMHS from Waltham Forest, an average of 42 per month. During the same time period, there were on average 217 women on the caseload per month.

The ethnic groups of women seen between September 2023 and August 2024 is shown here compared to the female population of the borough:
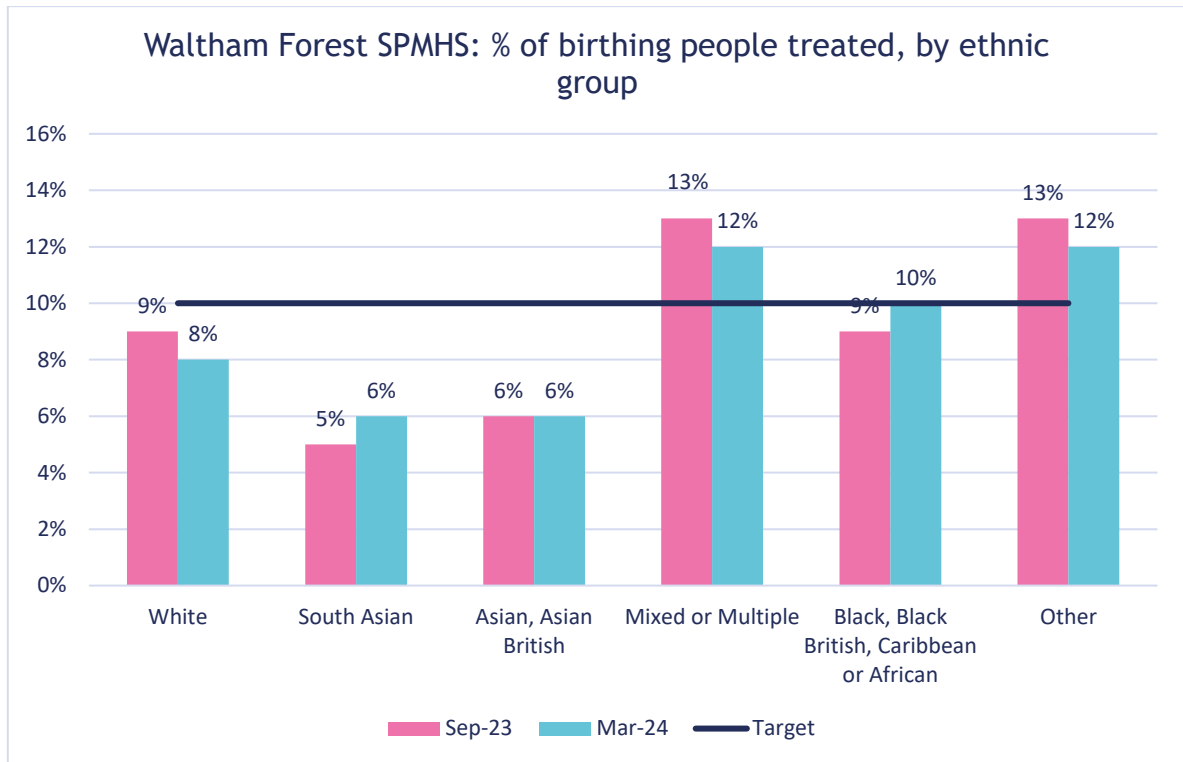
Chart 97

Waltham Forest: ethnicity of women seen by SPMHS (Sept '23 - Aug '24) vs female population (%)

Ethnicity	Waltham Forest female population	Waltham Forest women seen by SPMHS
Asian	19.6	21.9
Black	15.9	14.7
Mixed	6.7	5.0
White	52.1	52.6
Other	5.7	5.8

Source: data supplied by NHS SPMHS

10% of the birthing population of Waltham Forest were supported by the PPIMHS during 2023/24, equal to the 10% target. The percentage shown in the chart below is the number of patients accessing perinatal services as a percentage of the estimated ethnic breakdown of 2016 ONS births:

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Chart 98

Waltham Forest SPMHS: % of birthing people treated, by ethnic group

Source: data supplied by NHS SPMHS

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3. An exploration of need and community specialist provision in NLFT

This section presents data on the five boroughs served by the North London NHS Foundation Trust (NLFT): Barnet, Enfield, Haringey, Camden and Islington. There is one SPMHS operating across these five boroughs. The SPMHS includes three teams: Barnet; Enfield and Haringey; and Camden and Islington.

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Key findings

The demographic profile of women of childbearing age
- The number of women of childbearing age varies from 63,000 in Camden to 96,000 women in Barnet.
- Approximately 50-60% of women in each of the five boroughs are White. In Barnet and Camden 19% of women (aged 16-45 years) have an Asian or Asian British ethnicity whilst in Haringey 19% of women of childbearing are Black or Black British.
- In Enfield, Haringey and Brent, 22-28% of people cannot speak English 'well' or 'at all'.

The prevalence of perinatal mental health risk factors
- In Islington, Haringey and Enfield, there are higher levels of deprivation than the London average. Rates of children living in poverty are between 1% and 15% lower across the boroughs than the London average.
- All boroughs have higher rates of lone parent households than the London average.
- The proportion of households living in temporary accommodation in Enfield and Haringey are higher than the London average. Islington has a high number of households that are classified as homeless.
- Between 2-8% of people living in the NLFT boroughs identify as LGB+.
- During 2022/23, in the general population in all NLFT boroughs, prevalence rates of mental health conditions were above the England average.
- There are 7,690 children with child protection plans in place across London; 1016 or 13% live in the NLFT boroughs.

Who is giving birth?
- The rate of conceptions of women aged 15-17 years has been falling since 2018 in four of the boroughs, with the exception of Camden.
- The proportions of women giving birth in local hospitals from Asian, Black, Mixed, Other and White ethnicities were similar to the proportion of women living in NLFT boroughs in each ethnic group.
- There has been an increase in infant mortality rates in four of the five boroughs (with the exception of Brent), whereas as rates in London and England have remained static.
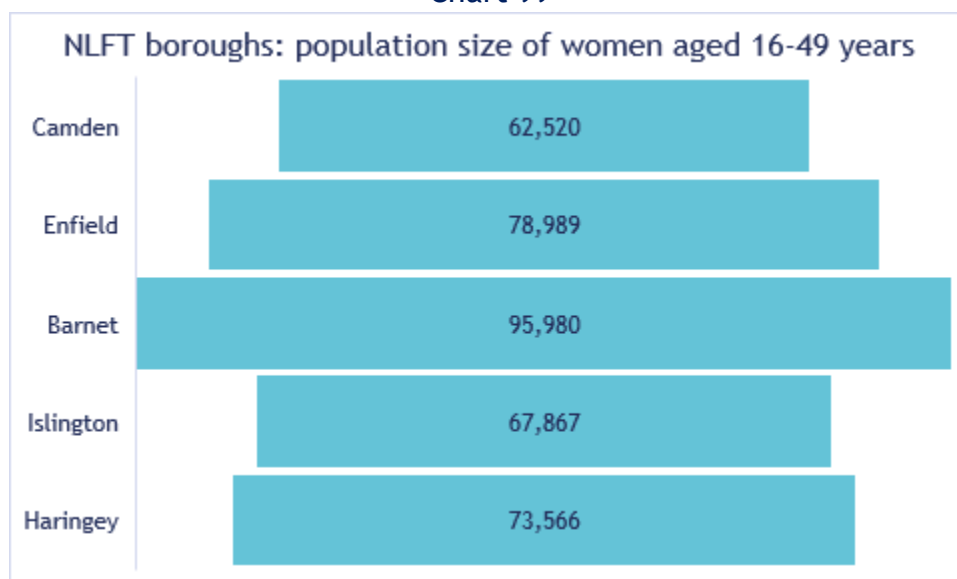
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NLFT SPMHS
- The average access rate of the birthing population to NLFT SPMHSs is 8.4%.
- The number of women supported by NLFT SPMHSs has risen over the last two years by 19%.
- July 2024 shows that 24% of women supported by the NLFT SPMHS lived in the most deprived areas of the boroughs. 71% were aged 26-39 years and 33% had a White British ethnicity.
- Between April 2023 and March 2024, referral numbers steadily increased from an average of 121 to 137 women per month.
- The average wait times for women to be assessed were 22-24 days between April 2023 and August 2024, meeting the 28 days target. However, the proportion of women who were assessed within four weeks of their referral being received (55-62%) was below the 80% target in the time period. The percentage of women referred to the NLFT SPMHS where treatment starts within 6 weeks of assessment was between 90-93%, substantially over 75% target.
- The number of women supported by the NLFT SPMHS has increased since April 2023; in the 12 months to September 2024 a total of 1346 women accessed support.
- The proportion of women from White and Asian ethnic groups seen by the teams appears to lower than the proportion of women in these ethnic groups in the local populations, whilst proportionally more women with Other ethnicities have been treated. However, caution should be taken with this finding as a) there were between 16% and 20% of women across the three teams for whom ethnicity was not stated or known, and b) these conclusions are based on categorising women within five broad ethnic groups, and there will be in-group differences in access rates which require further exploration.
- CQUIN targets for outcome measure completion are not being met by the SPMHS.

3.1 The demographic profile of women of childbearing age

The number of women of childbearing age (16-49 years) that live in the five NLFT boroughs varies between 63,000 to 96,000 women, as shown in Chart 99.
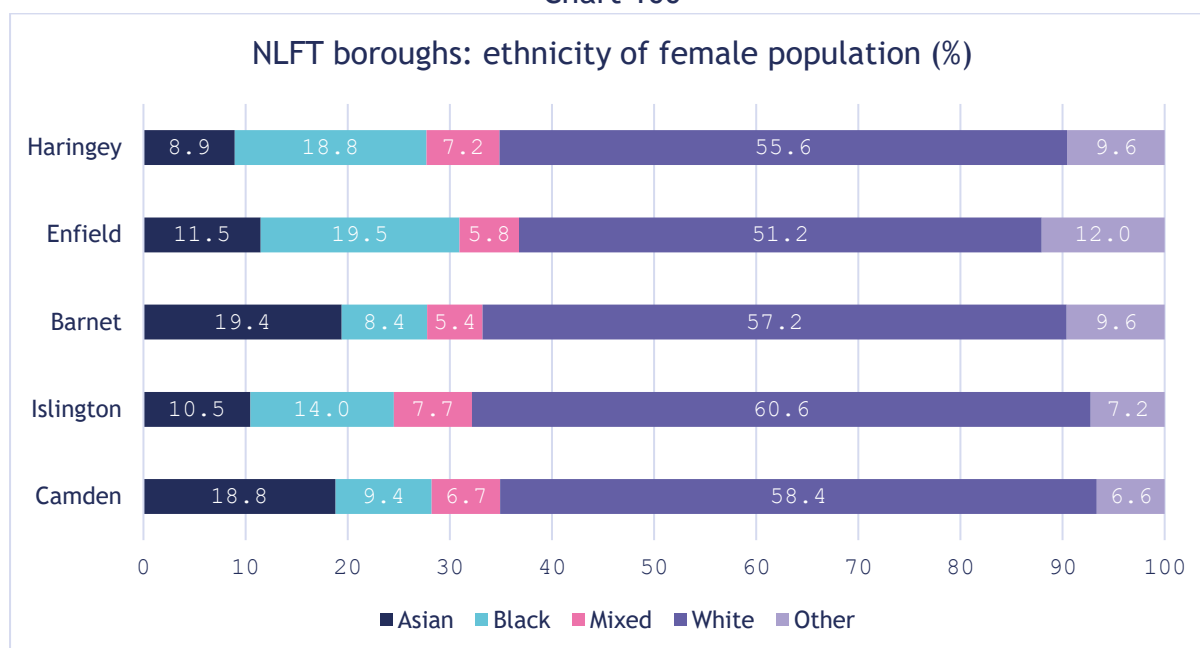
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Chart 99

NLFT boroughs: population size of women aged 16-49 years

Borough	Population
Camden	62,520
Enfield	78,989
Barnet	95,980
Islington	67,867
Haringey	73,566

Source: ONS data

There is ethnic diversity in the populations of women of childbearing age across the five NLFT boroughs. For example, in Barnet and Camden 19% of women well have an Asian or Asian British ethnicity whilst in Haringey 19% of women of childbearing are Black or Black British.
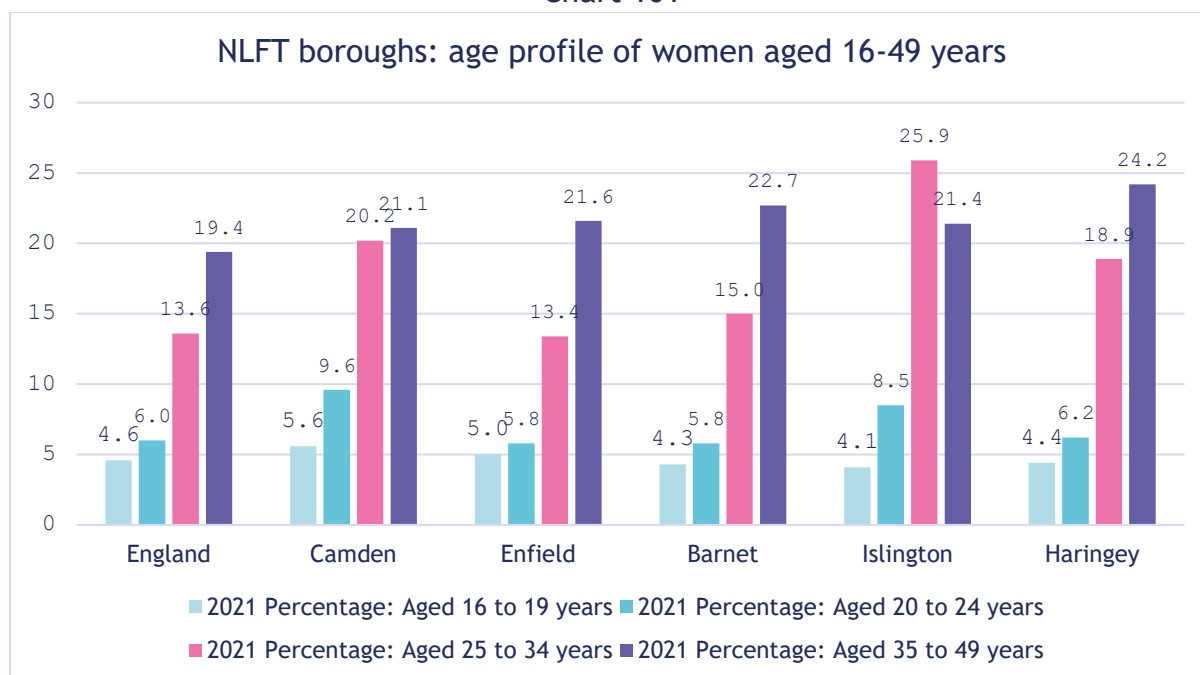
Chart 100

NLFT boroughs: ethnicity of female population (%)

Borough	Asian	Black	Mixed	White	Other
Haringey	8.9	18.8	7.2	55.6	9.6
Enfield	11.5	19.5	5.8	51.2	12.0
Barnet	19.4	8.4	5.4	57.2	9.6
Islington	10.5	14.0	7.7	60.6	7.2
Camden	18.8	9.4	6.7	58.4	6.6

Source: ONS data

There are proportionally more women aged 25 to 49 years in the five boroughs than the average for England. Notably, in Islington 26% of women are aged 25-34 years in contrast to the England average 14%. Across NLFT 22% of women are aged 35 to 49 years compared to 19% in England, see Chart 101.
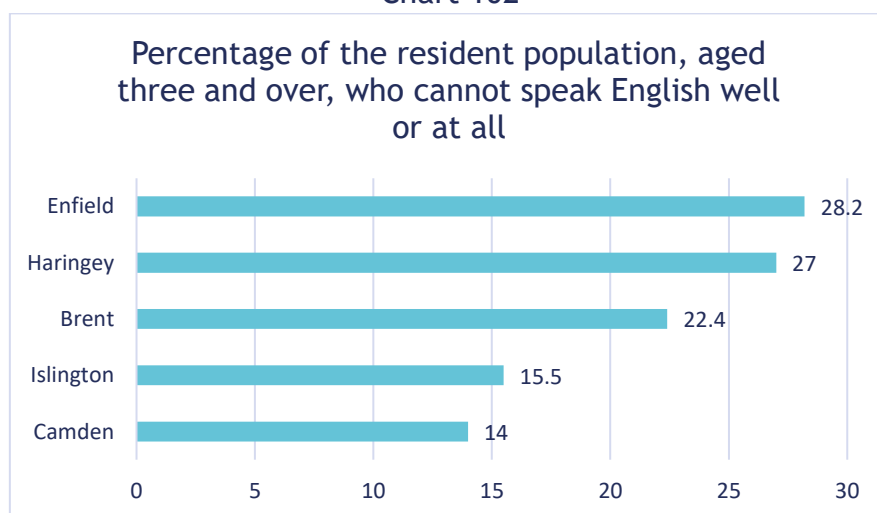
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Chart 101

NLFT boroughs: age profile of women aged 16-49 years

Legend:
- 2021 Percentage: Aged 16 to 19 years
- 2021 Percentage: Aged 20 to 24 years
- 2021 Percentage: Aged 25 to 34 years
- 2021 Percentage: Aged 35 to 49 years

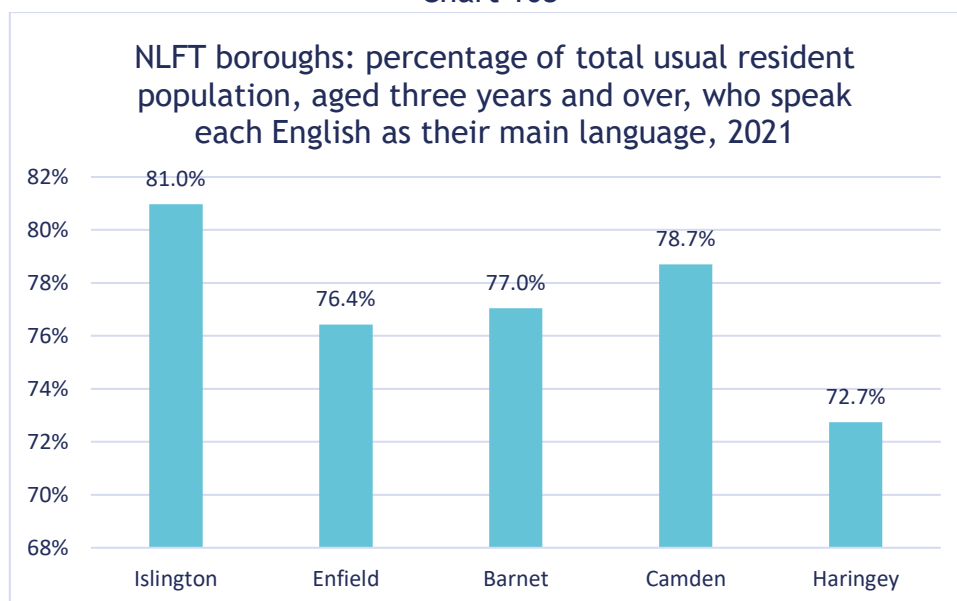| Borough	Aged 16-19	Aged 20-24	Aged 25-34	Aged 35-49
England	4.6	6.0	13.6	19.4
Camden	5.6	9.6	20.2	21.1
Enfield	5.0	5.8	13.4	21.6
Barnet	4.3	5.8	15.0	22.7
Islington	4.1	8.5	25.9	21.4
Haringey	4.4	6.2	18.9	24.2

Source: ONS data

Data from the last Census 2021 shows that 14-28% of people who reside in NLFT boroughs cannot speak English 'well' or 'at all'.

Chart 102

Percentage of the resident population, aged three and over, who cannot speak English well or at all

Borough	Percentage
Enfield	28.2
Haringey	27
Brent	22.4
Islington	15.5
Camden	14

Census data shows the proportions of all residents in the NLFT boroughs that speak English as their main language. 19-27% of the population in NLFT boroughs do not speak English as their main language.

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Chart 103

NLFT boroughs: percentage of total usual resident population, aged three years and over, who speak each English as their main language, 2021

Source: Office for National Statistics – Census 2021

Census data also shows that higher proportions of residents in the five NLFT boroughs were not born in the UK as compared to the whole of England. Between 41-48% of residents were born outside of the UK, in contrast to 20% of England residents, see Chart 104.

Chart 104

NLFT boroughs: country of birth UK, 2021 percent
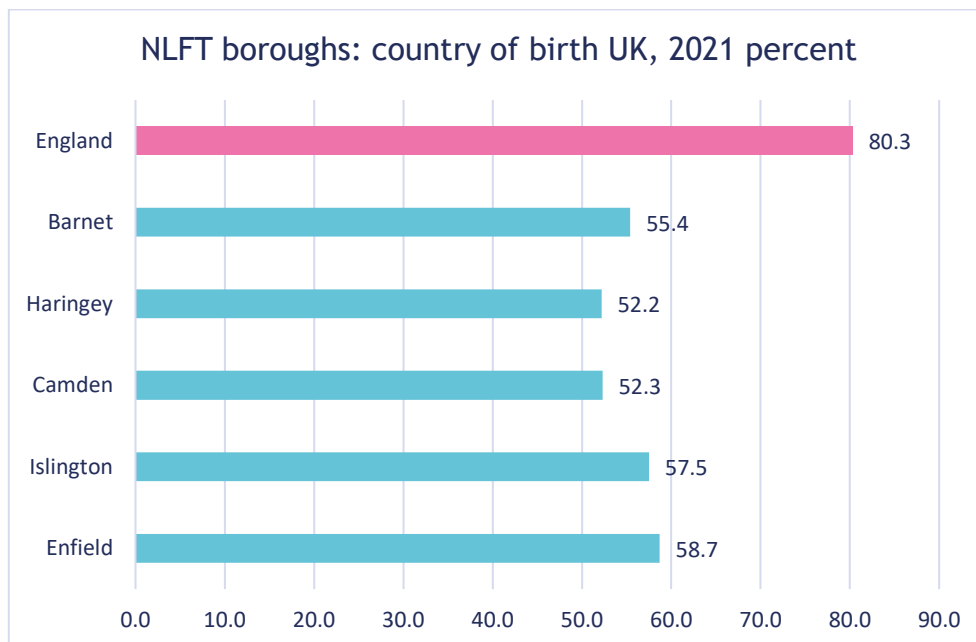
Source: Office for National Statistics – Census 2021

Aside from English, a wide range of languages are spoken by residents of the five boroughs. Table 8 displays the most common of these languages in each borough.

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Table 8.

Islington	Spanish (percent)	French (percent)	Italian (percent)
	2.2	1.8	1.8
Haringey	Turkish (percent)	Spanish (percent)	Polish (percent)
	3.8	3.1	2.3
Enfield	Turkish (percent)	Romanian (percent)	Bulgarian (percent)
	5.9	1.8	1.8
Camden	French (percent)	Bengali (percent)	Spanish (percent)
	2.2	2.0	1.7
Barnet	Romanian (percent)	Persian or Farsi (percent)	Polish (percent)
	3.0	2.2	1.5

Source: Office for National Statistics – Census 2021

There are a range of religions that residents of the five boroughs follow, Table 9 presents the top three most common religions in each borough.
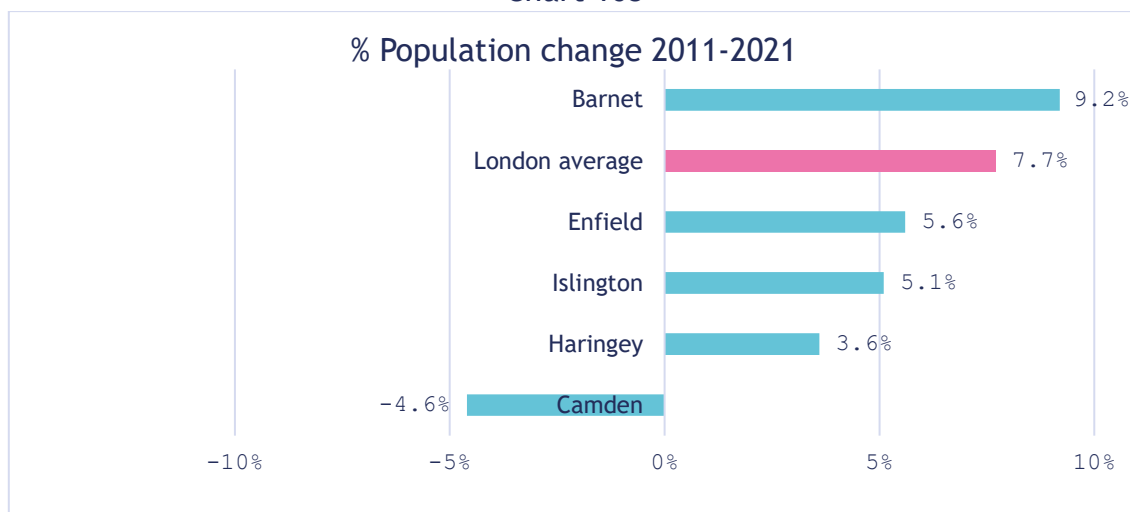
Table 9.

Camden	Christian (percent)	Muslim (percent)	Jewish (percent)
	31.4	16.1	4.8
Islington	Christian (percent)	Muslim (percent)	Jewish (percent)
	34.7	11.9	1.3
Barnet	Christian (percent)	Jewish (percent)	Muslim (percent)
	36.6	14.5	12.2
Enfield	Christian (percent)	Muslim (percent)	Hindu (percent)
	46.4	18.6	3.1
Haringey	Christian (percent)	Muslim (percent)	Jewish (percent)
	39.3	12.6	3.6

Source: Office for National Statistics – Census 2021

Census data shows how the total population of the five boroughs has changed between 2018-2021. Whilst Camden experienced a 4.6% decline in population, Enfield, Islington and Haringey experienced rates of increases lower than the average for London. Barnet experienced the largest population change in the time period, a 9.2% increase, see Chart 105.
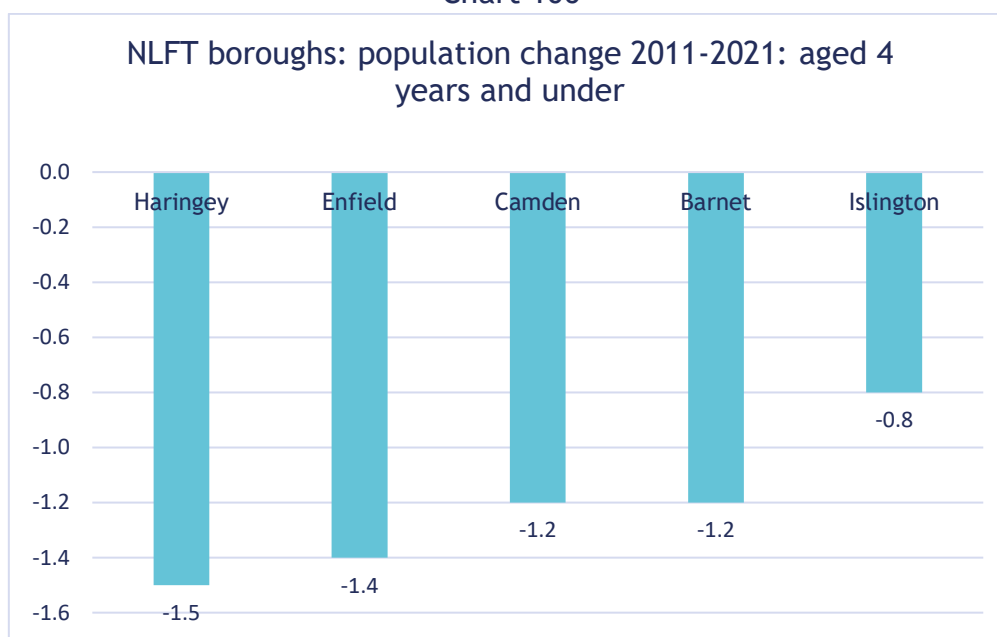
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Chart 105

% Population change 2011-2021

Borough	%
Barnet	9.2%
London average	7.7%
Enfield	5.6%
Islington	5.1%
Haringey	3.6%
Camden	−4.6%

Source: ONS data

Between 2011 to 2021, the number of children aged 0-4 years fell in all five of the NLFT boroughs, between -1.5 in Haringey and -0.8 in Islington.
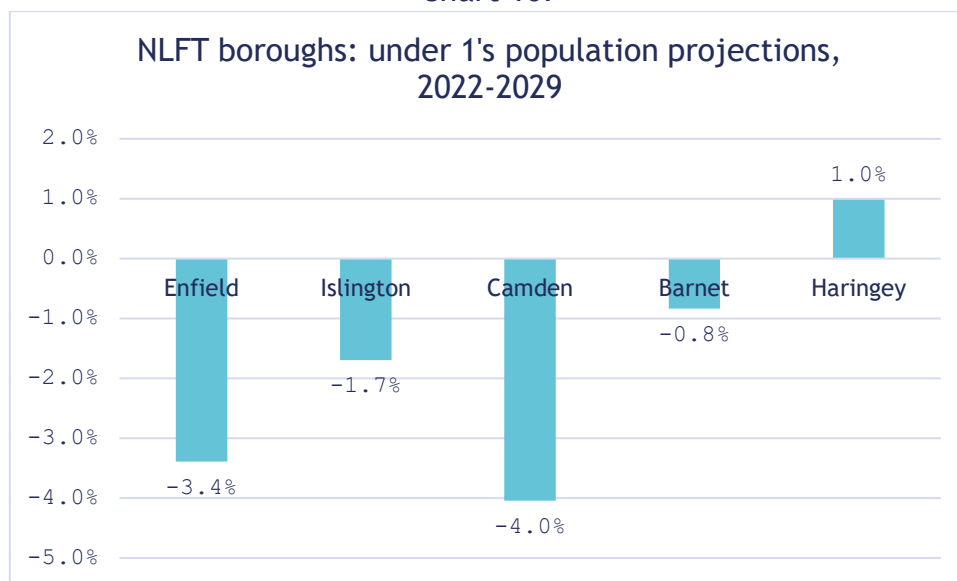
Chart 106

NLFT boroughs: population change 2011-2021: aged 4 years and under

Borough	Value
Haringey	-1.5
Enfield	-1.4
Camden	-1.2
Barnet	-1.2
Islington	-0.8

Source: ONS data

The number of children aged under 1 year is projected to fall between 2022 and 2029 in four of the five NLFT boroughs; in Haringey, there is an expected rise of 1%, see Chart 107.

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Chart 107

**NLFT boroughs: under 1's population projections, 2022-2029**

Source: ONS data

3.2 The prevalence of perinatal mental health risk factors

Data on the prevalence of a range of risk factors relating to perinatal mental illness in the five NLFT boroughs is explored here.

Deprivation and poverty

The Index of Multiple Deprivation (IMD) score is a relative measure of deprivation that combines seven domains of deprivation, where a higher score represents higher levels of deprivation across the seven domains. In three of the five NLFT boroughs, Islington, Haringey and Enfield, there are higher levels of deprivation than the London average as shown in Chart 108.
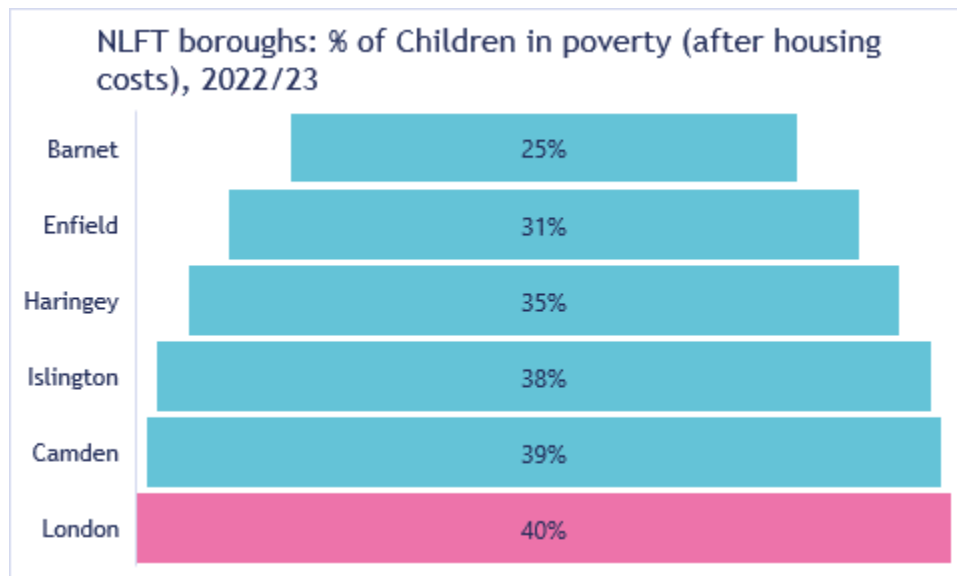
Chart 108

NLFT boroughs: Deprivation profile IMD 2019

Source: ONS data

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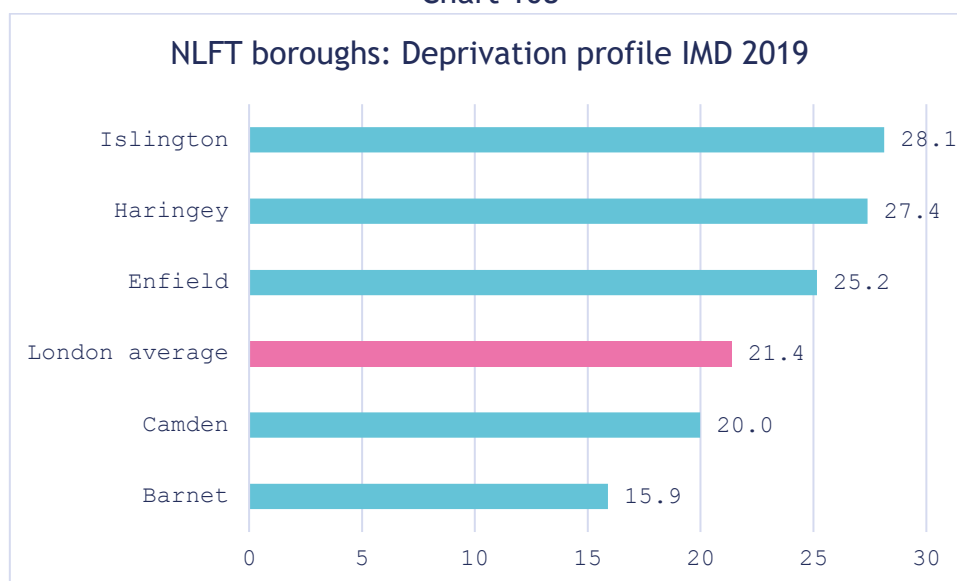
All five of the NLFT boroughs have lower rates of children living in poverty (25-39% of children) than the London average (40%).

Chart 109

NLFT boroughs: % of Children in poverty (after housing costs), 2022/23

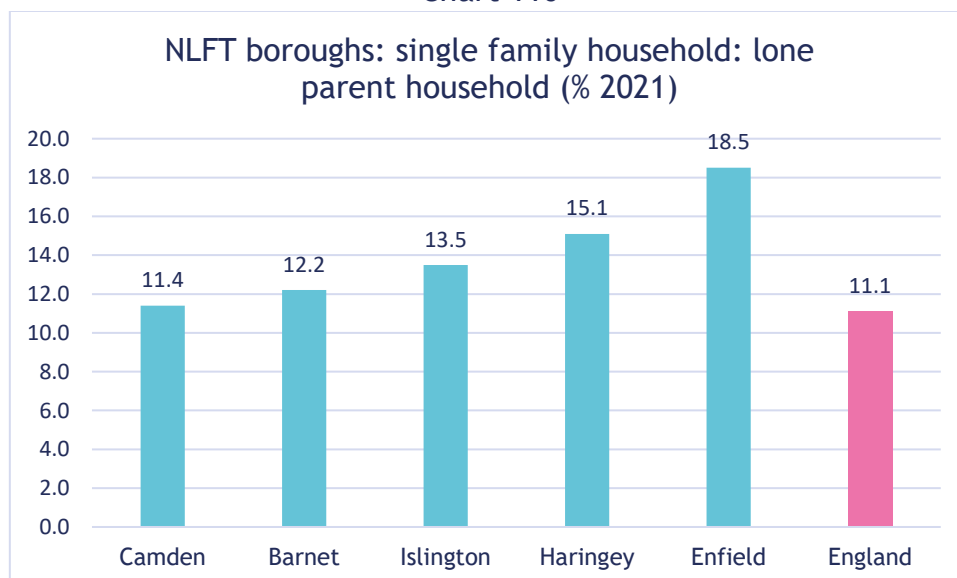| Borough	%
Barnet	25%
Enfield	31%
Haringey	35%
Islington	38%
Camden	39%
London	40%

Source: Children in low-income families: local area statistics, DWP

Single parenthood

All boroughs have higher rates of lone parent households than the London average. 19% of single-family households are lone parent households in Enfield.

Chart 110

NLFT boroughs: single family household: lone parent household (% 2021)

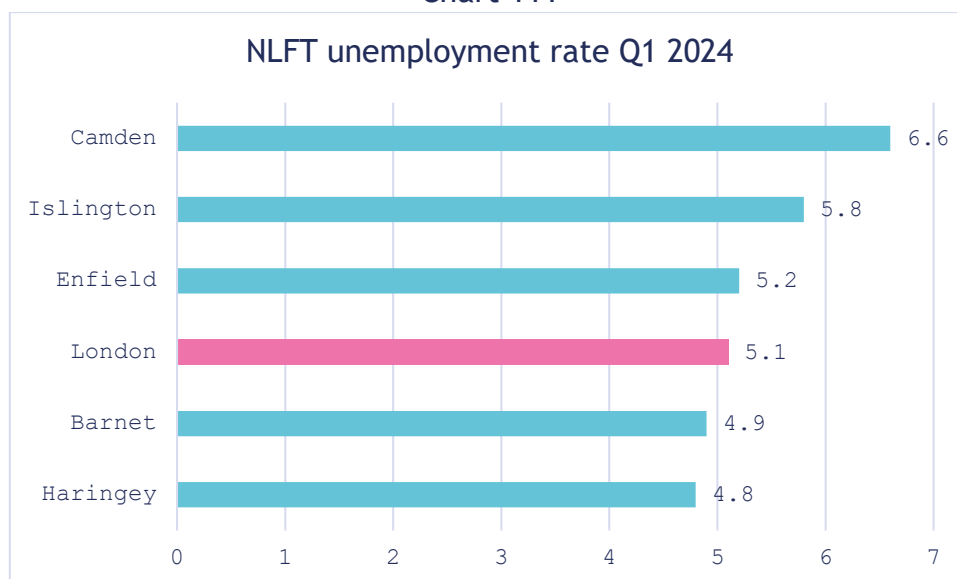|	Camden	Barnet	Islington	Haringey	Enfield	England
%	11.4	12.2	13.5	15.1	18.5	11.1

Source: ONS data

Unemployment

Camden, Islington and Enfield have higher rates of unemployment than the London average rate. Rates for Barnet and Haringey are slightly below the London average but above the England average. See Chart 111.

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Chart 111

NLFT unemployment rate Q1 2024

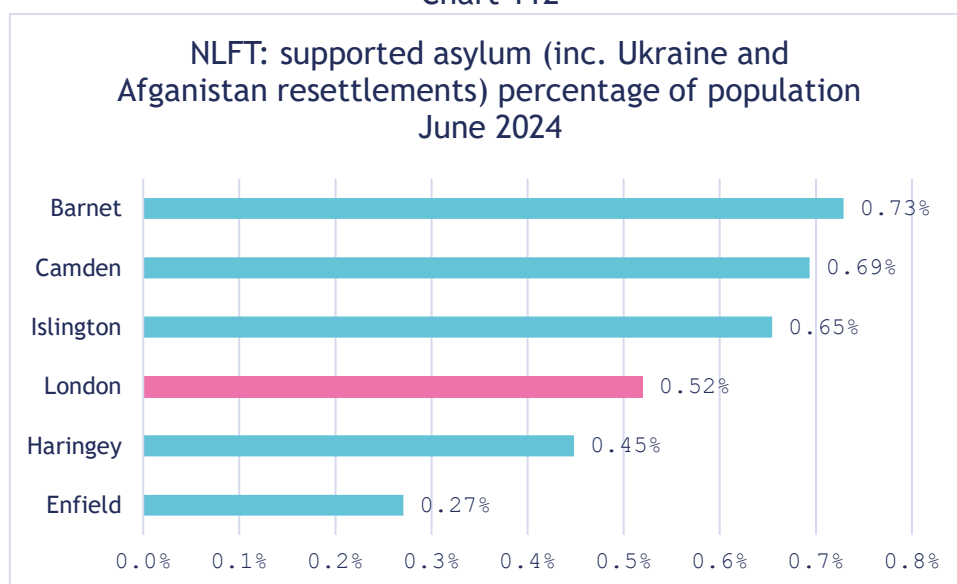| Borough	Rate
Camden	6.6
Islington	5.8
Enfield	5.2
London	5.1
Barnet	4.9
Haringey	4.8

Source: ONS data

Asylum-seeking status

Barnet, Camden and Islington have higher rates of asylum-seeking residents (including Ukraine and Afghanistan resettlements) as a proportion of their total populations compared to the London average, whilst the rates for Haringey and Enfield are lower.
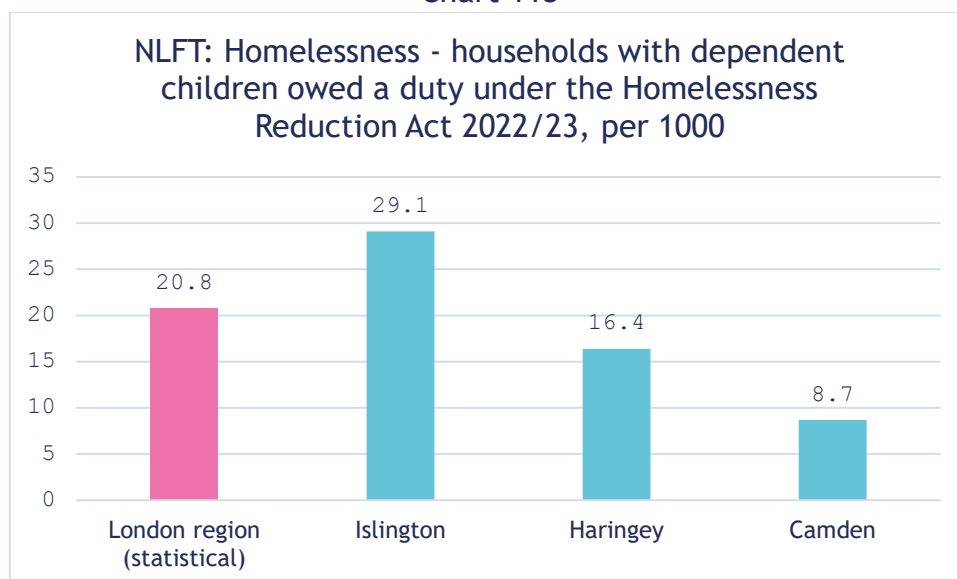
Chart 112

NLFT: supported asylum (inc. Ukraine and Afganistan resettlements) percentage of population June 2024

Borough	Percentage
Barnet	0.73%
Camden	0.69%
Islington	0.65%
London	0.52%
Haringey	0.45%
Enfield	0.27%

Source: Immigration System Statistics, Ministry of Housing, Communities & Local Government

Homelessness

Data on homelessness is available for Islington, Camden and Haringey. Of these, Islington has the highest number of households that are classified as homeless (29 per 1000). Camden and Haringey have lower rates than the London average.
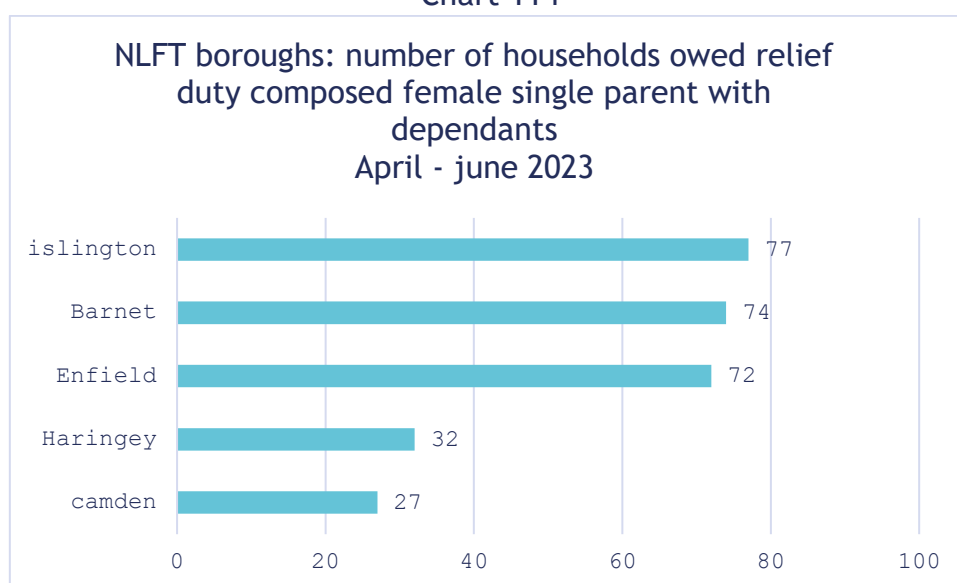
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Chart 113

NLFT: Homelessness - households with dependent children owed a duty under the Homelessness Reduction Act 2022/23, per 1000

A bar chart showing values: London region (statistical) 20.8, Islington 29.1, Haringey 16.4, Camden 8.7.

Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Islington, Barnet and Enfield have the largest number of households that are composed of homeless single female parents; (72-77 households or women), see Chart 114.
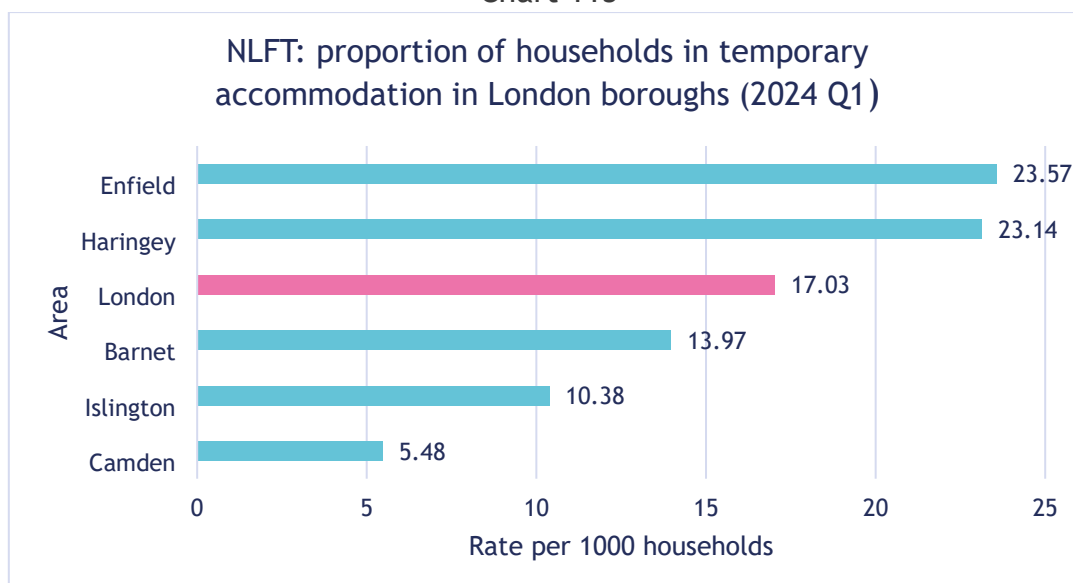
Chart 114

NLFT boroughs: number of households owed relief duty composed female single parent with dependants April - june 2023

A horizontal bar chart showing: islington 77, Barnet 74, Enfield 72, Haringey 32, camden 27.

Source: Department for Levelling Up, Housing & Communities data, via Gov.uk

Living in temporary accommodation
The proportion of households living in temporary accommodation in Enfield and Haringey are higher than the London average (17%) whilst the rate is lower in Barnet, Islington and Camden.

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Chart 115

NLFT: proportion of households in temporary accommodation in London boroughs (2024 Q1)

Enfield — 23.57
Haringey — 23.14
London — 17.03
Barnet — 13.97
Islington — 10.38
Camden — 5.48

Area
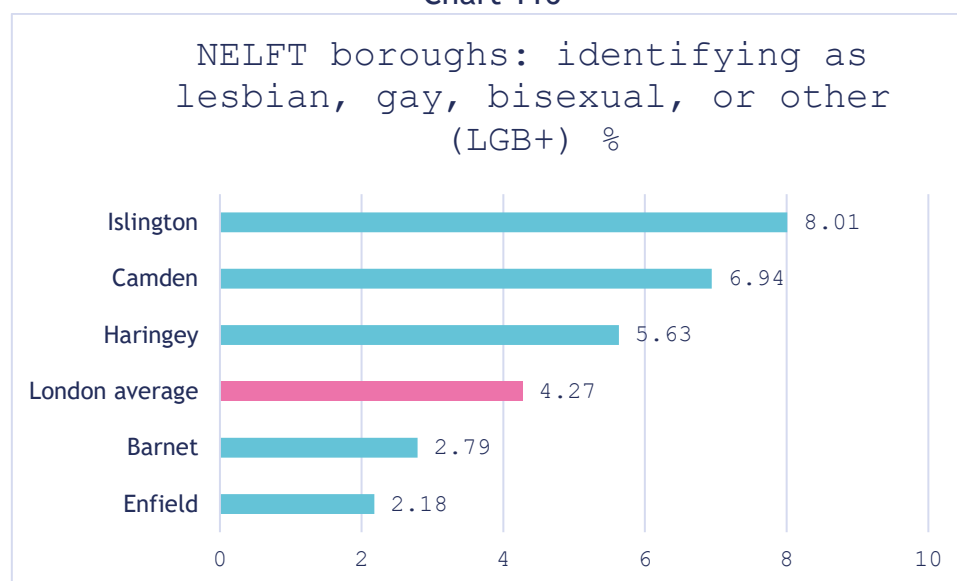
Rate per 1000 households

Source: Ministry of Housing, Communities & Local Government data

Identifying as lesbian, gay, bisexual, or other (LGB+)
Census data shows that between 2-8% of people living in the NLFT boroughs identify as LGB+, see Chart 116.
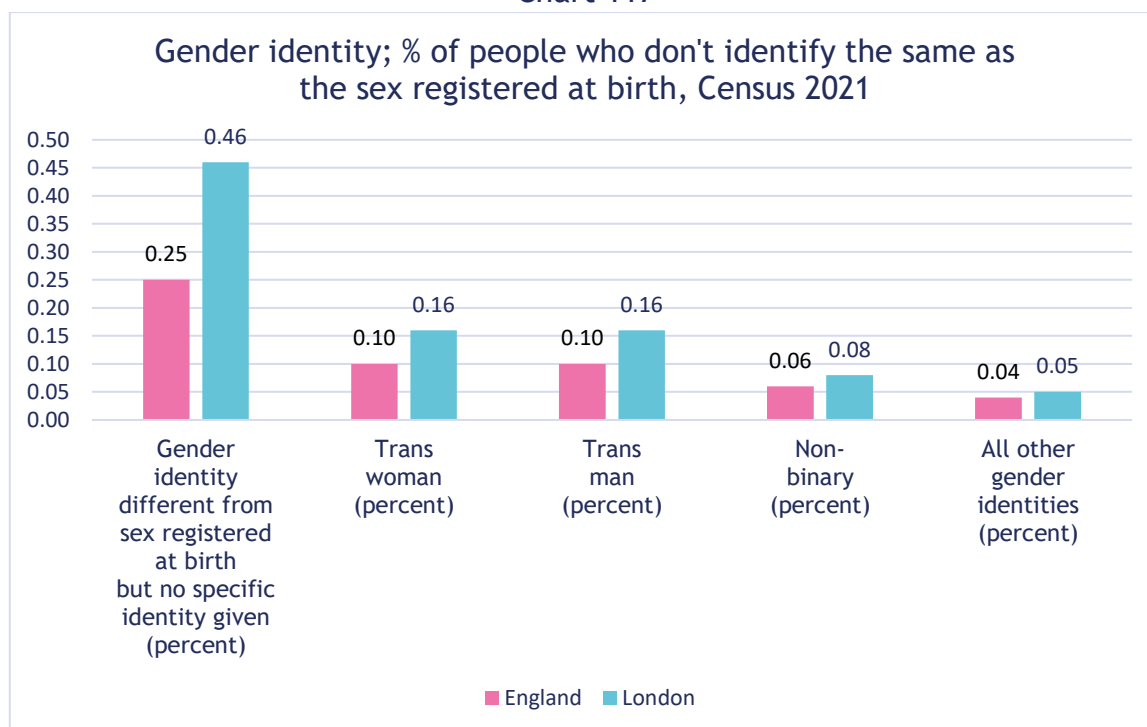
Chart 116

NELFT boroughs: identifying as lesbian, gay, bisexual, or other (LGB+) %

Islington — 8.01
Camden — 6.94
Haringey — 5.63
London average — 4.27
Barnet — 2.79
Enfield — 2.18

Source: ONS data, Census 2021

Gender identity
Compared to the average for England, higher proportions of London residents do not identify as their sex registered at birth, as seen in Chart 117. Gender identity data is not available at borough level.

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Chart 117

Gender identity; % of people who don't identify the same as the sex registered at birth, Census 2021

Source: ONS data, Census 2021

Children Looked After

There are between 197 and 423 children looked after in each of the five NLFT boroughs. The proportion of children looked after that are female ranges from 38% to 46%.
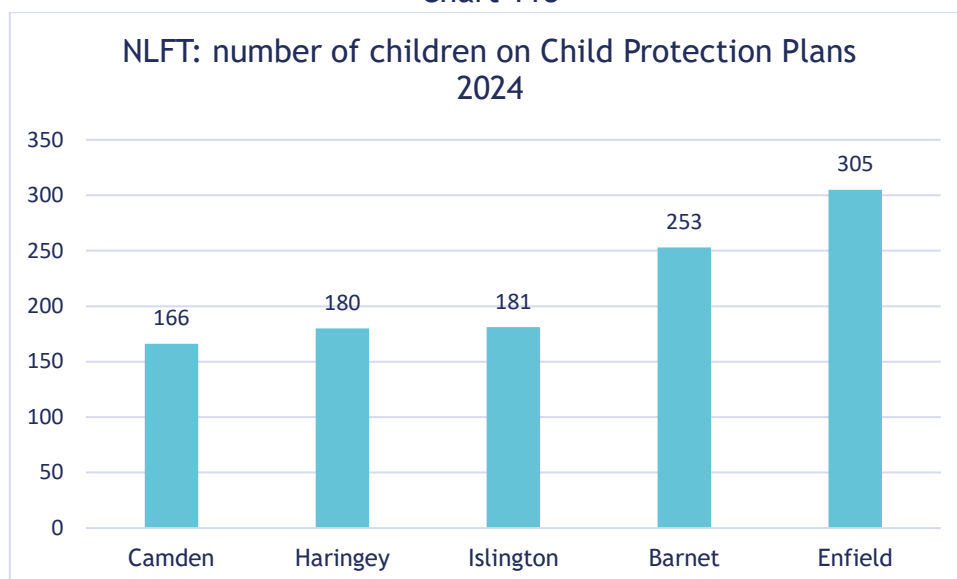
Table 10

NLFT – Children Looked After		Total	Male	Female
Camden	Number	197	122	75
	Percentage	100%	62%	38%
Haringey	Number	370	219	151
	Percentage	100%	59%	41%
Islington	Number	325	174	151
	Percentage	100%	54%	46%
Barnet	Number	334	204	130
	Percentage	100%	61%	39%
Enfield	Number	423	245	178
	Percentage	100%	58%	42%

Source: Explore Education Statistics via Gov.uk

Children with Child Protection Plans

There are 7,690 children with child protection plans in place across London; 1016 children live in the NLFT boroughs, which is 13% of the London total, compared to 14% in the NELFT boroughs and 11% in ELFT. Enfield has the highest number of children on child protection plans (305 children) out of the five NLFT boroughs.

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Chart 118

NLFT: number of children on Child Protection Plans 2024

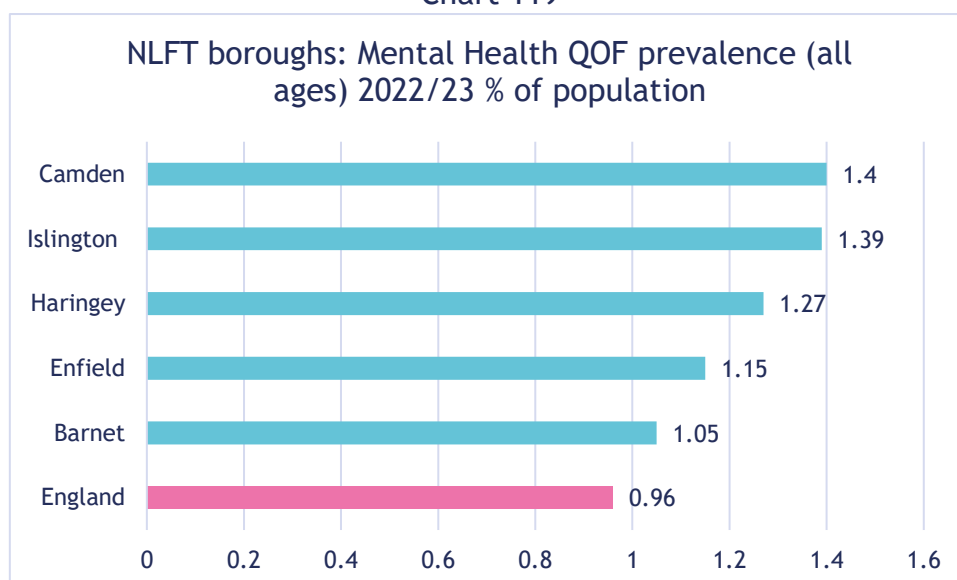| Borough	Number
Camden	166
Haringey	180
Islington	181
Barnet	253
Enfield	305

Source: Explore Education Statistics via Gov.uk

Prevalence of mental health difficulties

QOF prevalence is a measure of how common a condition is in a specific area, based on the percentage of patients with that condition. It's a key part of the Quality and Outcomes Framework (QOF), a quality framework of indicators for general practice in the NHS.

All NLFT boroughs had prevalence rates of mental health conditions (all ages and genders) above the England average during 2022/23.
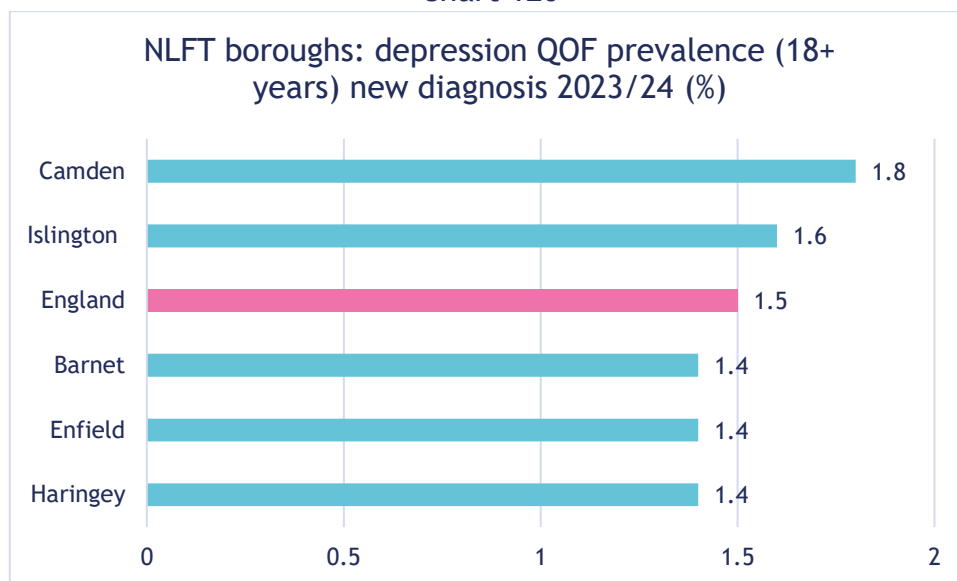
Chart 119

NLFT boroughs: Mental Health QOF prevalence (all ages) 2022/23 % of population

Area	% of population
Camden	1.4
Islington	1.39
Haringey	1.27
Enfield	1.15
Barnet	1.05
England	0.96

Source: NHS England via Fingertips

More recent data shows the prevalence of depression (new diagnosis, 18+ years); Camden and Islington have higher rates than the England average whilst the rates for Barnet, Enfield and Haringey are slightly lower.

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Chart 120

NLFT boroughs: depression QOF prevalence (18+ years) new diagnosis 2023/24 (%)

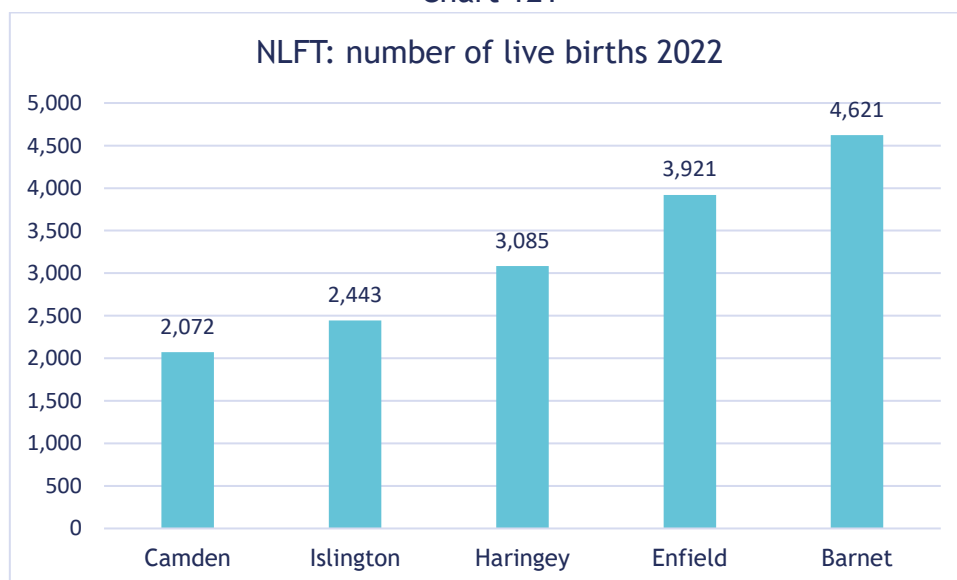| Borough	Value
Camden	1.8
Islington	1.6
England	1.5
Barnet	1.4
Enfield	1.4
Haringey	1.4

Source: NHS England via Fingertips

3.3   Who is giving birth?

The number of live births in 2022, the most recent year for which data is available, varied from 2,072 in Camden to 4,621 in Barnet. See Chart 121.
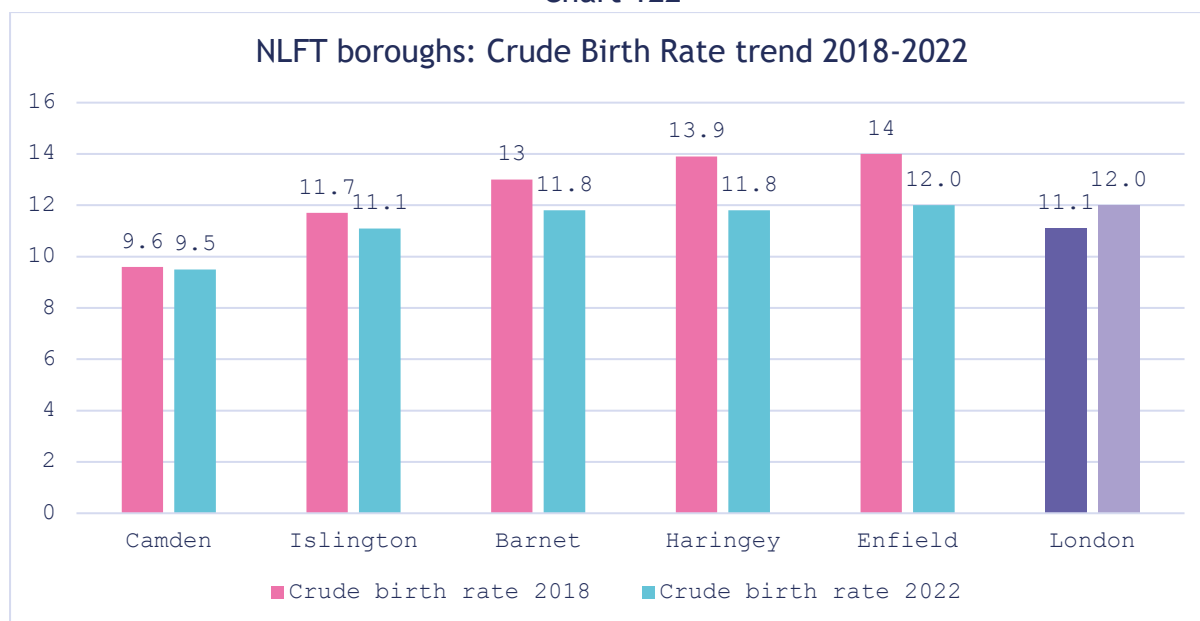
Chart 121

NLFT: number of live births 2022

Borough	Live births
Camden	2,072
Islington	2,443
Haringey	3,085
Enfield	3,921
Barnet	4,621

Source: ONS data

The Crude Birth Rate (CBR) measures the number of live births in a population per 1,000 people in a given year. The CBR fell in each of the NLFT boroughs between 2018-2022 in contrast to a small increase across London. See Chart 122.

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Chart 122

NLFT boroughs: Crude Birth Rate trend 2018-2022

Camden: 9.6, 9.5
Islington: 11.7, 11.1
Barnet: 13, 11.8
Haringey: 13.9, 11.8
Enfield: 14, 12.0
London: 11.1, 12.0

Crude birth rate 2018 ■ Crude birth rate 2022

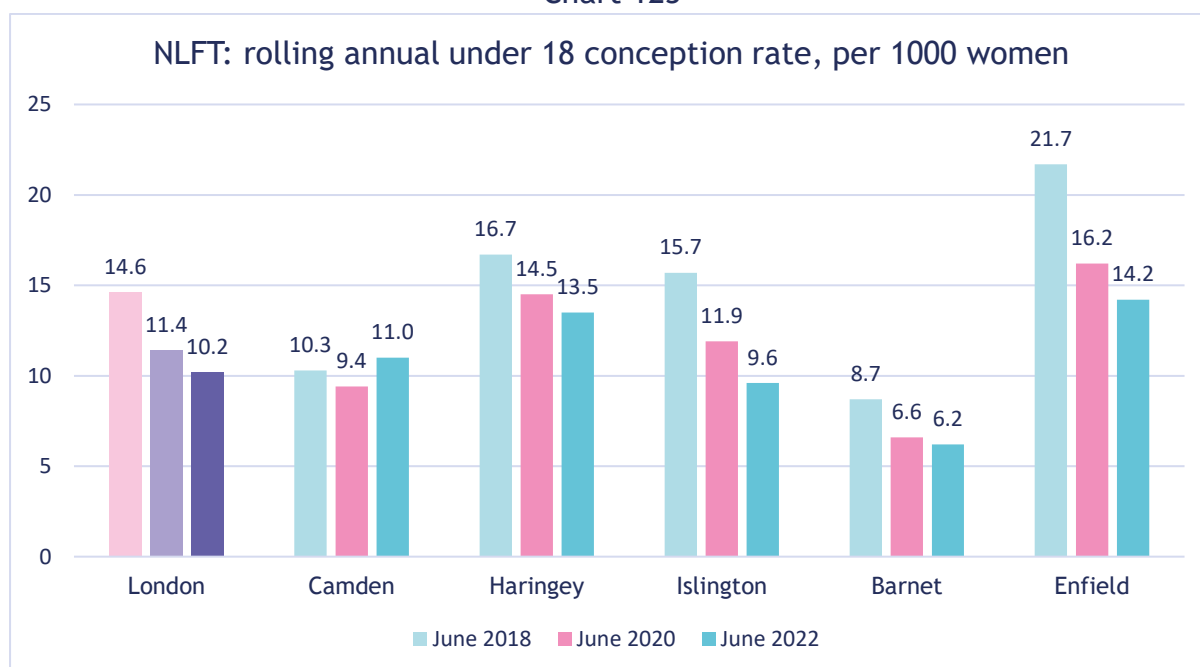Source: ONS data

Under 18 conceptions and young mothers

The rate of conceptions of women aged 15-17 years has been falling since 2018 in four of the five NLFT boroughs, in line with the fall across London. Camden experienced an increase between 2020 and 2022, see Chart 123.

Chart 123

NLFT: rolling annual under 18 conception rate, per 1000 women

London: 14.6, 11.4, 10.2
Camden: 10.3, 9.4, 11.0
Haringey: 16.7, 14.5, 13.5
Islington: 15.7, 11.9, 9.6
Barnet: 8.7, 6.6, 6.2
Enfield: 21.7, 16.2, 14.2
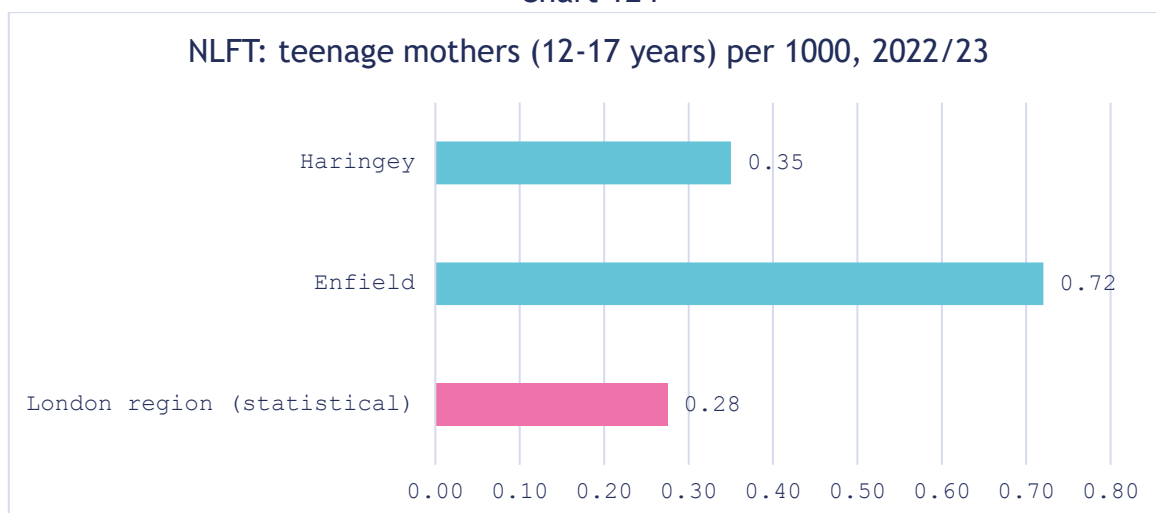
■ June 2018 ■ June 2020 ■ June 2022

Source: ONS data

The number of teenage mothers (aged 12-17 years) per 1,000 mothers is higher in Haringey (0.35) and Enfield (0.72) than the London average (0.28). Data is not available for the other NLFT boroughs.

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Chart 124

### NLFT: teenage mothers (12-17 years) per 1000, 2022/23

Source: ONS data

Smoking at the time of delivery

During 2022/23, 5.4-5.5 per 1000 women in the NLFT boroughs who gave birth smoked at the time of delivery, above the average for London (4.6).

Infant mortality

The infant mortality rate compares the number of deaths of infants under one year old in a given year per 1,000 live births. This rate has remained static in England and across London between 2021 and 2023. Whilst four of the five NLFT boroughs saw their rates increase, Brent experienced a decrease.

Chart 125

NLFT boroughs: Infant mortality rate 2021 - 2023 (number per 1,000 live births)
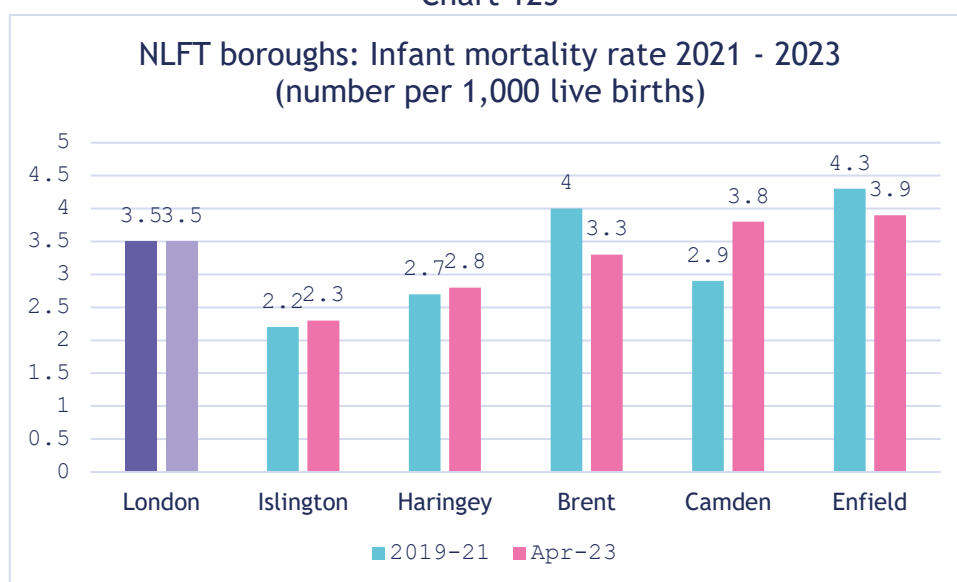
Source: OHID, based on Office for National Statistics data

Births at Royal Free London and Whittington Health NHS Trust hospitals
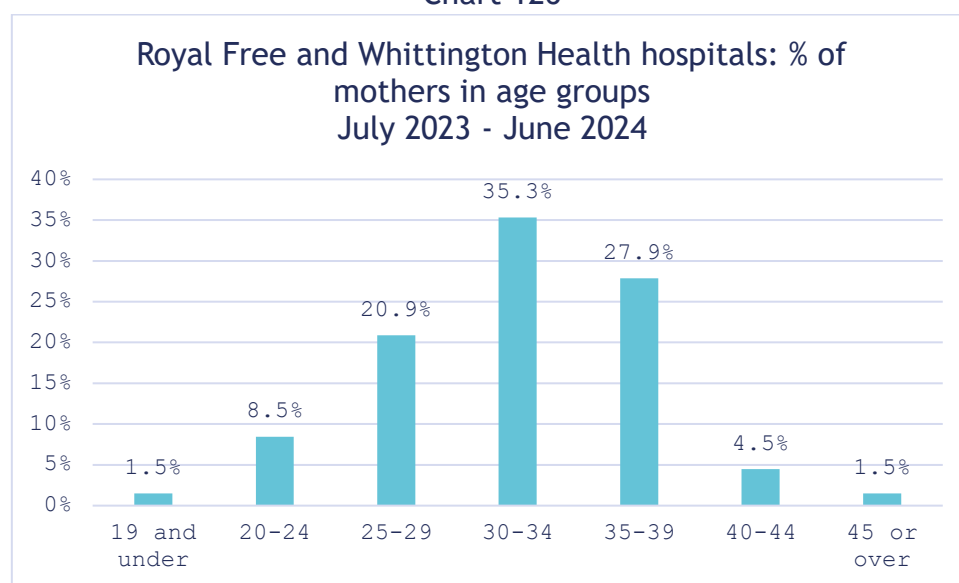
To understand the characteristics of women who are giving birth in NLFT it is necessary to explore data from Royal Free London and Whittington Health NHS Trust hospitals which includes Barnet Hospital, the Royal Free Hospital (Camden) and Whittington Hospital (Islington).

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Whilst there are a small number of women who live in areas outside of the NLFT borough who give birth at a Royal Free London and Whittington Health hospital, data on births at these hospitals provides a good picture of who is giving birth in the region.

In the 12 months between July 2023 and June 2024 there were 6,000 births at Royal Free London, an average of 500 per month. 61% of the mothers of these babies were aged 25-34 years. In the same period there were 2,550 births at Whittington Health hospital, an average of 213 per month.

56% of the mothers of these babies were aged 25-34 years; 34% were aged 35 and over.
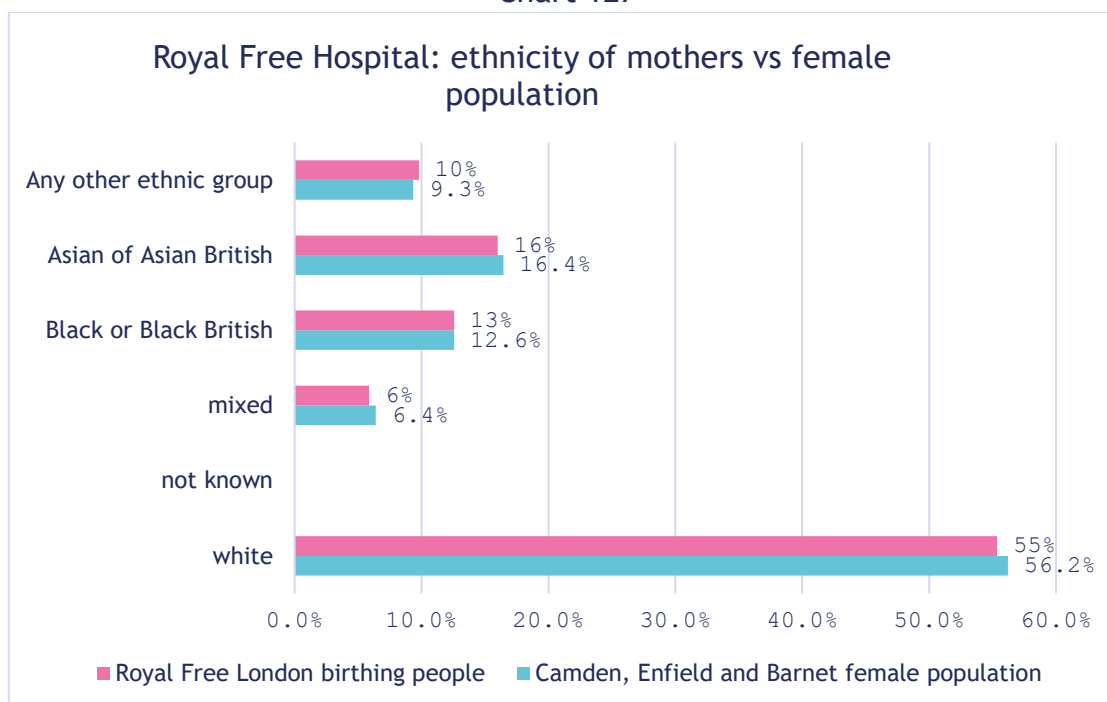
Chart 126

Royal Free and Whittington Health hospitals: % of mothers in age groups July 2023 - June 2024

Age group	%
19 and under	1.5%
20-24	8.5%
25-29	20.9%
30-34	35.3%
35-39	27.9%
40-44	4.5%
45 or over	1.5%

Source: NHS Digital Maternity Services Dashboard

The proportions of women who gave birth at the Royal Free hospital in the 12 months to July 2024 in each ethnic group were similar to the proportion of women living in Camden, Enfield and Barent in each ethnic group.
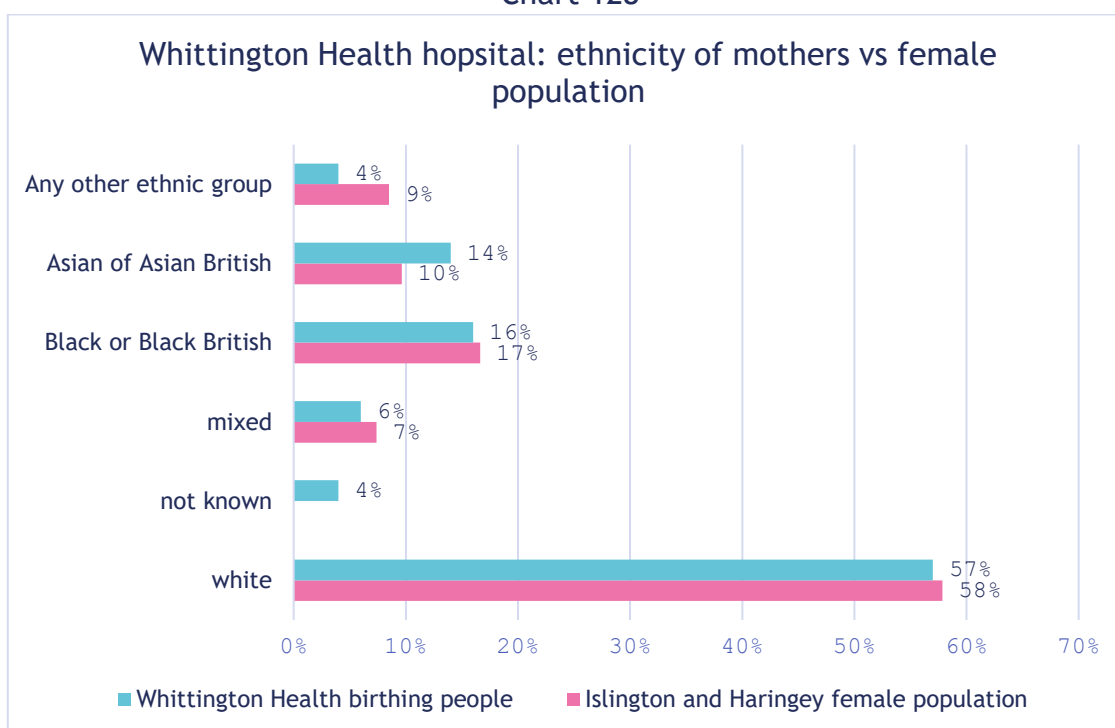
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Chart 127

Royal Free Hospital: ethnicity of mothers vs female population

Ethnic group	Royal Free London birthing people	Camden, Enfield and Barnet female population
Any other ethnic group	10%	9.3%
Asian of Asian British	16%	16.4%
Black or Black British	13%	12.6%
mixed	6%	6.4%
not known		
white	55%	56.2%

■ Royal Free London birthing people   ■ Camden, Enfield and Barnet female population

Source: NHS Digital Maternity Services Dashboard

Similarly, the proportions of women who gave birth at the Whittington Health hospital in the 12 months to July 2024 in each ethnic group were similar to the proportion of women living in Islington and Haringey in each ethnic group.
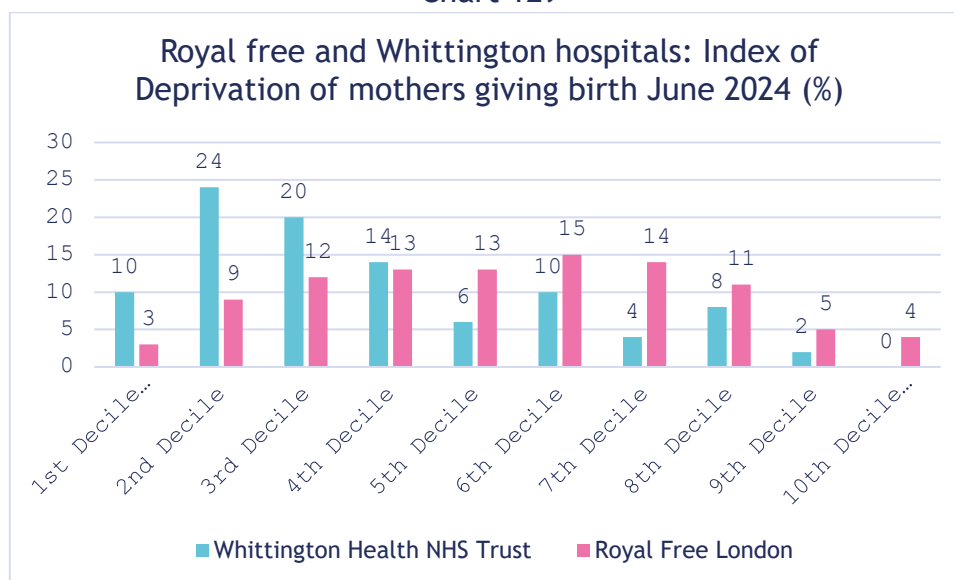
Chart 128

Whittington Health hopsital: ethnicity of mothers vs female population

Ethnic group	Whittington Health birthing people	Islington and Haringey female population
Any other ethnic group	4%	9%
Asian of Asian British	14%	10%
Black or Black British	16%	17%
mixed	6%	7%
not known	4%	
white	57%	58%

■ Whittington Health birthing people   ■ Islington and Haringey female population

Source: NHS Digital Maternity Services Dashboard

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There are distinct differences in the deprivation profile (based upon the IMD score) of mothers who gave birth at the Royal Free and Whittington hospitals. During June 2024, 24% of birthing people at the Royal Free hospital lived in the three most deprived areas of England compared to 54% of those giving birth at Whittington Health hospital, see Chart 129.
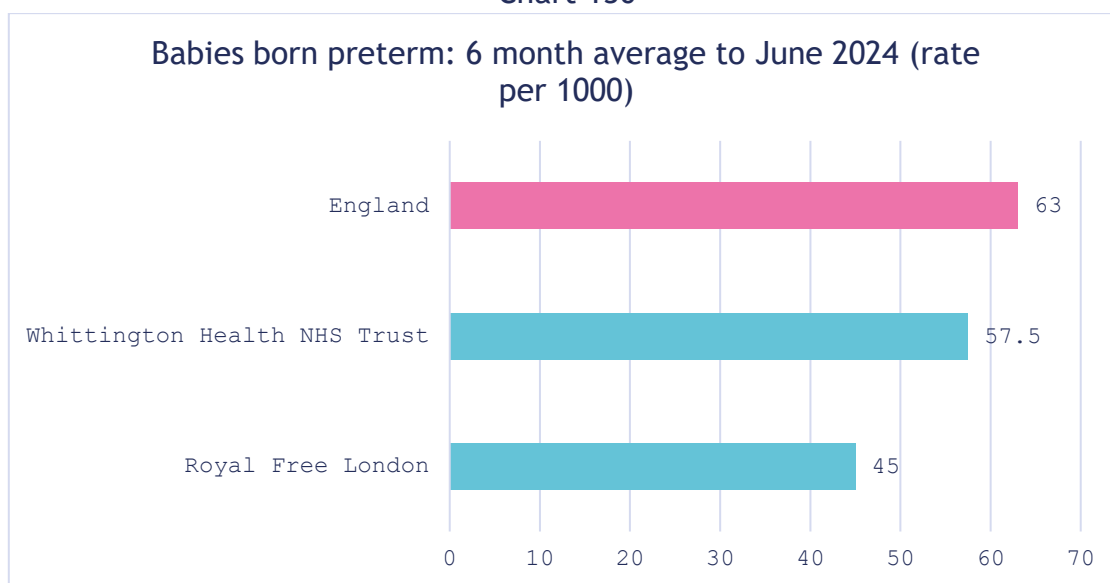
Chart 129

Royal free and Whittington hospitals: Index of Deprivation of mothers giving birth June 2024 (%)

Decile	Whittington Health NHS Trust	Royal Free London
1st Decile	10	3
2nd Decile	24	9
3rd Decile	20	12
4th Decile	14	13
5th Decile	6	13
6th Decile	10	15
7th Decile	4	14
8th Decile	8	11
9th Decile	2	5
10th Decile	0	4

Source: NHS Digital Maternity Services Dashboard

16% of mothers who gave birth at Whittington Health hospital in the 12 months between July 2023 and June 2024 had Complex Social Factors recorded. 13% of mothers who gave birth at the Royal Free London had Complex Social Factors recorded over the same time period.

The rate of babies born preterm at both hospitals (45-58 per 1,000) was lower the England average (63 per 1,000) during the 6 months to June 2024.

Chart 130

Babies born preterm: 6 month average to June 2024 (rate per 1000)

	rate per 1000
England	63
Whittington Health NHS Trust	57.5
Royal Free London	45

Source: NHS Digital Maternity Services Dashboard

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3.4 Community specialist perinatal mental health support

This section provides data on the delivery of the community Specialist Perinatal Mental Health Service (SPMHS) offer for women in NLFT boroughs. There is one SPMHS operating across these five boroughs. The SPMHS includes three teams: SPMHS South Team (Camden and Islington); SPMHS East Team (Enfield and Haringey); and SPMHS West Team (Barnet). All available data is provided in this section.

The NLFT SPMHS provides support for women during pregnancy and up to 24 months who have a pre-existing or new-onset mental illness. The staffing model comprises 46.95 WTE and includes:

Job role	WTE
Administrators	1.0 (band 6) 1.0 (band 5) 3.0 (band 4) 1.0 (band 3)
Assistant practitioner	2.8 (band 4)
Consultant psychiatrists	4.8
Nursery nurse	1.0 (band 5) 4.2 (band 4)
Occupational Therapist	1.7 (band 7) 1.2 (band 6)
Operational lead	2.0 (band 8a)
Peer support worker	0.8 (band 4)
Perinatal nurse	6.4 (band 7) 7.6 (band 6)
Pharmacist	0.7 (band 8a)
Psychologists	1.0 (band 8b) 3.7 (band 8a) 2.9 (band 7) 2.0 (band 4)
Social worker	1.0 (band 7) 2.0 (band 6)

The associated maternal mental health services are Maple South for the SPMHS South Team, Maple East for the SPMHS East Team, and Maple West for the SPMHS West Team.

Access rates
The NHS Long Term Plan commits to increasing access to specialist perinatal mental health services to 10% of the birth population. The average access rate across the NLFT boroughs increased from 7.8% during the 12 months to March 2024 to 8.4% in the 12 months to September 2024.

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The number of women referred to the NLFT SPMHS increased between April 2023 and March 2024, as shown in Chart 131. An average of 126 women were referred each month in the 12-month period.

Chart 131

NLP SPMHS: number of referrals April '23 - March '24
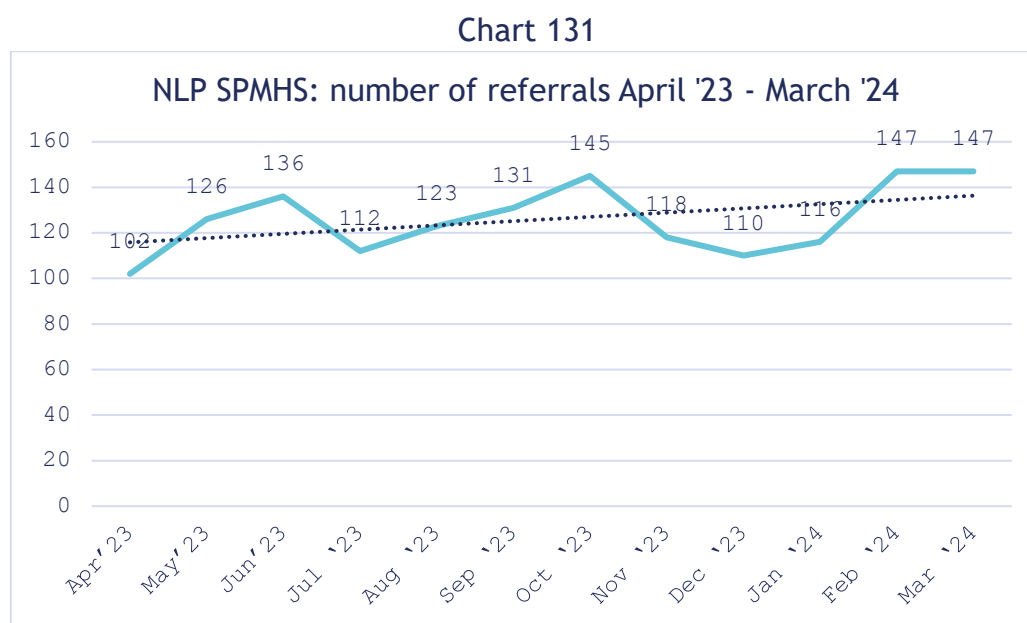
Source: data supplied by NHS SPMHS

NLFT SPMHS experienced a 19% increase in the number of women who accessed support between April 2023 and September 2024, as shown in Chart 132.
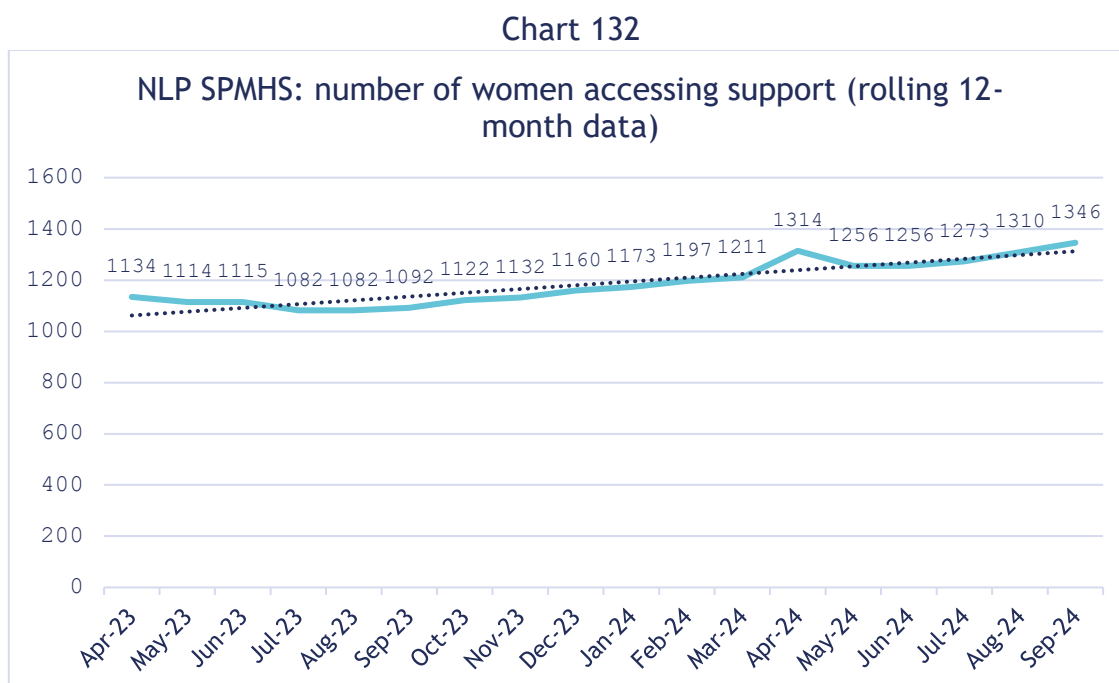
Chart 132

NLP SPMHS: number of women accessing support (rolling 12-month data)

Source: data supplied by NHS SPMHS

Benchmarks
NHS England presents data for SPMHS by Trust for the following pertinent benchmarks: deprivation status of service users, their ages and their ethnicities.

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Data from July 2024 shows that 24% of women supported by the NLFT SPMHS lived in the most deprived areas of the region. 71% were aged 26-39 years and 33% had a White British ethnicity, Table 11.

Table 11

		Deprivation benchmark % of women on caseload living in the most deprived quintile	Age group benchmark: 26-39 years % of women on caseload aged 26-39 years	Ethnicity benchmark: White British % of women on caseload ethnicity White British
Jul-24	**North London Foundation Trust**	**23.4**	**71.2**	**32.7**
Jul-24	East London Foundation Trust	34.6	64.9	32.8
Jul-24	North East London Foundation Trust	24.3	71.3	37.8

Source: NHSE Perinatal Mental Health Dashboard

Performance indicators

Data for the NLFT SPMHS shows that the average wait times for women to be assessed following referral were 22-24 days between April 2023 and August 2024 meeting the 28 days target. However, the proportion of women who were assessed within four weeks of their referral being received (55-62%) was below the 80% target in the time period. The percentage of women referred to the NLFT SPMHS where treatment starts within 6 weeks of assessment was between 90-93%, substantially over 75% target.

Did Not Attend (DNA) rates for the service rose during the time period from 15% to 19% meeting the target of fewer than 20%.

Table 12.

Indicator	Target	Actual for 2023/24	Actual for Q1 2024/25	Actual for Q2 2024/25
Average waiting times for initial assessment	28 days	24.7 days	22 days	24 days
Assessed within 4 weeks of referral received	>80%	55.5%	62%	57.4%
Percentage of referrals to psychological treatment where treatment starts within 6 weeks	>75%	89.8%	93.4%	No data

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DNA rates	<20%	15.1%	15.2%	19.4%
Number of women accessing MBUs	-	7	3	6

In April-June (quarter 1) 2024,107 women commenced psychological treatment. 100 (93.4%) started treatment within 6 weeks from the referral date; 6 women (5.6%) waited between 7-9 weeks and 1 woman waited between 10+ weeks to start treatment.
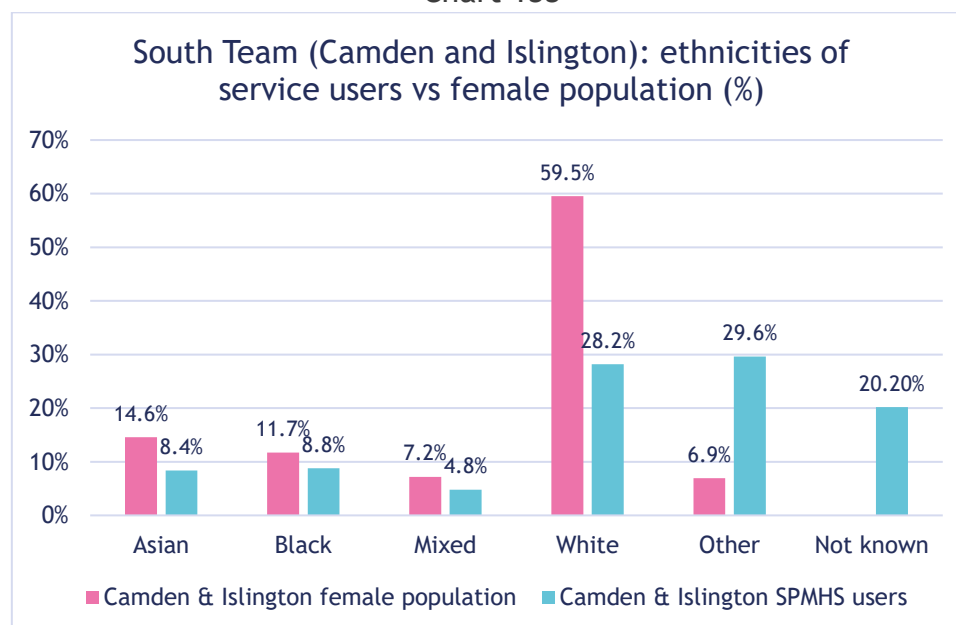
Out of 1346 service users in the 12 months to September 2024, 244 or 18% lived in one of the most the socially deprived areas of the NLFT boroughs.

A total of 50 POEMS were completed in 2023-24; this is 7.8% of the women discharged (641) from the NLFT SPMHS who had received two or more appointments with the services, below the target of more than 50%.

South Team (Camden and Islington)

Proportionally fewer White and Asian women were seen by the South Team compared to proportion of women in the population. Proportionally more women with 'Other' ethnicities were seen by the team compared to the population. In addition, 20% of women treated did not have their ethnicity recorded, and therefore caution should be taken with this finding.
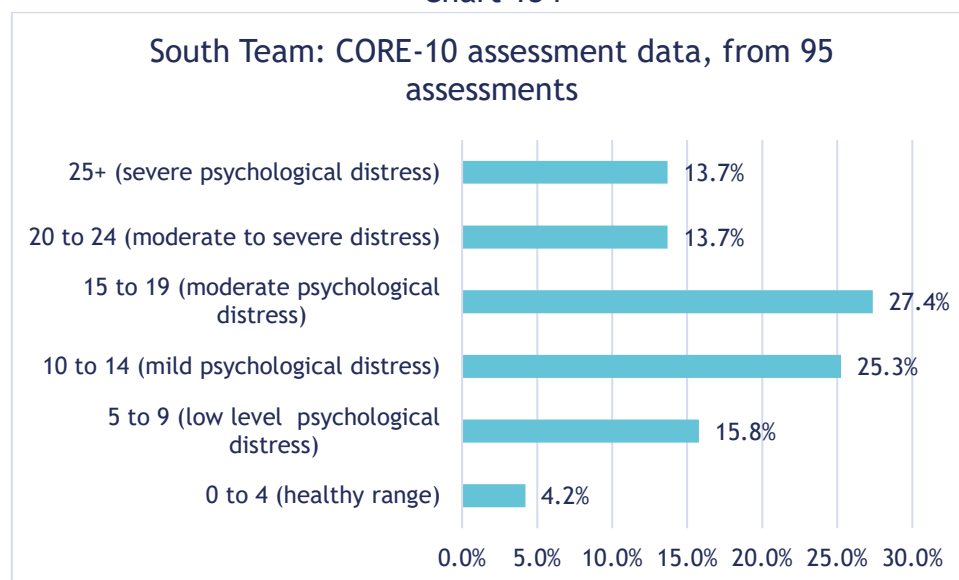
Chart 133

South Team (Camden and Islington): ethnicities of service users vs female population (%)

Source: data supplied by NHS SPMHS

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Out of 292 women seen by the NLFT SPMHS South team, 95 (32.5%) had a CORE 10 completed in the assessment stage. 54.8% of these 95 women rated themselves in the moderate to severe range of psychological difficulties.

Chart 134

South Team: CORE-10 assessment data, from 95 assessments

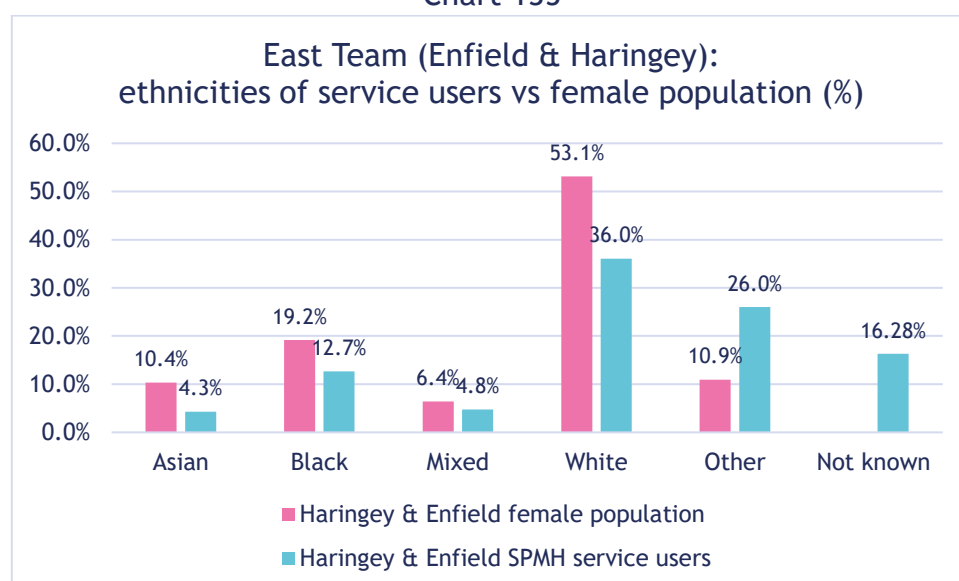| Category	Percentage
25+ (severe psychological distress)	13.7%
20 to 24 (moderate to severe distress)	13.7%
15 to 19 (moderate psychological distress)	27.4%
10 to 14 (mild psychological distress)	25.3%
5 to 9 (low level psychological distress)	15.8%
0 to 4 (healthy range)	4.2%

Source: data supplied by NHS SPMHS

East Team (Enfield & Haringey)

Proportionally fewer White, Asian and Black women and proportionally more women with 'Other' ethnicities were seen by the East Team compared to proportion of women in the population. Since 16% of women treated did not have their ethnicity recorded caution should be taken with this finding.

Chart 135

East Team (Enfield & Haringey): ethnicities of service users vs female population (%)

Ethnicity	Haringey & Enfield female population	Haringey & Enfield SPMH service users
Asian	10.4%	4.3%
Black	19.2%	12.7%
Mixed	6.4%	4.8%
White	53.1%	36.0%
Other	10.9%	26.0%
Not known		16.28%

Source: data supplied by NHS SPMHS

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West Team (Barnet)

Proportionally fewer White and Asian women and proportionally more women with 'Other' ethnicities were seen by the West Team compared to proportion of women in the population. Since 16% of women treated did not have their ethnicity recorded caution should be taken with this finding.
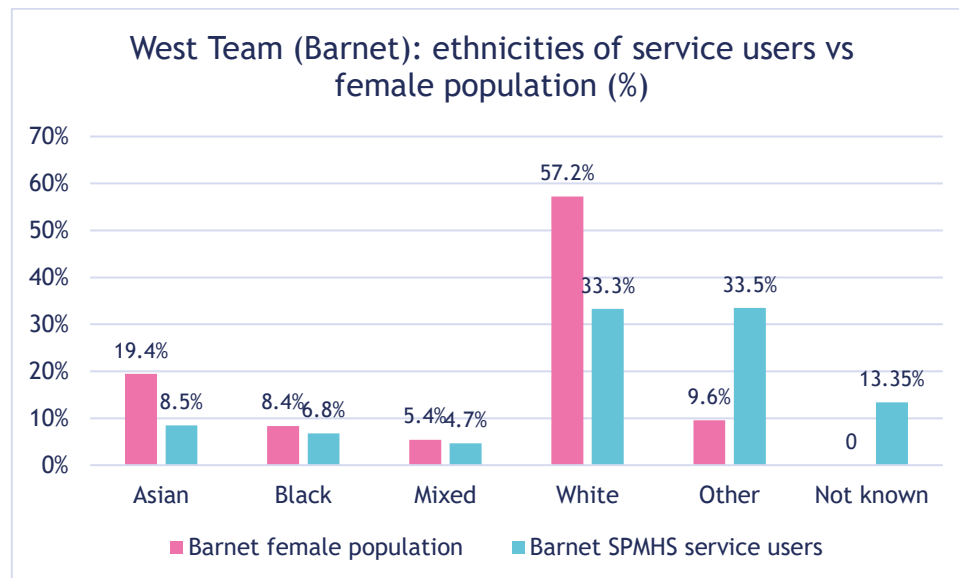
Chart 136

West Team (Barnet): ethnicities of service users vs female population (%)

Source: data supplied by NHS SPMHS

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4. Mother and Baby Unit provision

This section presents quantitative data on Mother and Baby Unit (MBU) provision for women in the Perinatal PC footprint. MBUs provide in-patient care for women experiencing severe mental health difficulties in the perinatal period. This includes women with a pre-existing mental illness and women who develop an acute mental illness during or after pregnancy. MBUs aim to keep mothers and babies together whilst mothers receive care, in order to support the development of their relationship.

Key findings

MBU placements
- In October, 75% of women for whom the NCEL Perinatal PC have responsibility were placed in the East London MBU and 25% were placed in alternative MBU provision.
- The proportion of women admitted to any MBU from ELFT boroughs has been increasing and is higher than admissions from NLFT and NELFT.

the East London MBU
- Since April 2024, the East London MBU has been operating at full capacity.
- The proportion of women admitted to the East London MBU from ELFT boroughs has increased from an average of 31% between April 2023 and March 2024, to an average of 55% between July and October 2024.
- Between April 2023 and March 2024:
  - 35 women (69%) had a planned or booked admission to the East London MBU and 10 women (20%) had an emergency or crisis admission.
  - The majority of women were admitted with a severe (41%) or mild (24%) mental and behavioural disorder associated with a puerperal disorder.
  - A third of the women admitted had a Black or Black British ethnicity. Black or Black British women comprise 11% of those who gave birth in the same time period.
  - 69% of women admitted lived in the most deprived areas of the country based upon their IMD score, which compares to 47% of women who gave birth during the same time period.
  - 22 women admitted to the MBU were not known to community SPMHS prior to admission. Proportionally more women from White Other ethnic groups who are admitted were not known to community teams prior to admission, whilst proportionally fewer Asian or Asian British women who were admitted were not known.
- Of the 51 admissions to the MBU from the Perinatal PC between April and end of October 2024, 24 patients were admitted under the Mental Health Act (MHA) and 27 were 'informal' admissions. 50% (12) of all the women admitted under the MHA reside in NLFT boroughs. The greatest number of

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informal admissions were for White women, whilst the largest proportion of admissions on both Sections 2 and 3 of the MHA were of Asian and Black patients.
- Data shows that there has been gradual increase in the number of patients admitted under the MHA over the last three years.
- For the majority of patients, their Length of Stay at the East London MBU is average compared to other MBUs.
- 16% of patients discharged during 2023/24 had paired HoNOS scores.

4.1 MBU placements

The East London MBU is the sole MBU within the NCEL Perinatal PC footprint. Within this area, women who require MBU admission can either be placed at the East London MBU or within neighbouring MBUs, including Coombe Wood in North West London, Thumbswood in Hertfordshire, Rainbow MBU in Chelmsford and Rosewood MBU in Kent. The aim is to provide women with a placement at the MBU of their choice, which may be determined by where they live within the 13 boroughs, travel links and family ties.

During quarter 1 2024 (April to June), the Perinatal PC was responsible for 19 MBU placements:
- Eleven women were cared for at the East London MBU
- Eight were placed in neighbouring Provider Collaborative (PC) provision or out of area, including four mothers in Coombe Wood (North West London PC).

At the end of quarter 2 2024 (July-October), the Perinatal PC was responsible for 16 MBU placements:
- Twelve women were cared for at the East London MBU, 11 of whom were the responsibility of NCEL and 1 whom was a placement from Southwark (South London PC)
- Four women were placed in neighbouring PC provision or out of area including 2 women in Coombe Wood, one placed at Thumbswood (East of England PC) and another placed in Bethlem Royal (South London PC).
- The East London MBU was full for the complete quarter.

Since April 2024, the proportion of women placed in the NCEL Perinatal PC MBU provision versus those placed in alternative MBU provision has varied, and overall, there has been an increase in the proportion of women placed in NCEL, see Table 13. The 25% of women placed outside of NCEL during October 2024 is the lowest number of placements in alternative provision since the establishment of the NCEL Perinatal PC.

Table 13

Placement	Quarter 1 Apr- Jun split %	Quarter 2 Jul-Sep split %	October 2024
Placed in NCEL	64%	74%	75%
Placed outside of NCEL	36%	26%	25%

Where the NCEL Perinatal PC places women out of area, this generally occurs within neighbouring Provider Collaborative footprints. Some women are placed more than 100 miles away, which is likely due to families' preferences and circumstances.

Analysis of all NCEL Perinatal PC referrals to MBUs from April to October 2024 shows that women from South East Asian and Black backgrounds are more likely to be admitted than women from other ethnic groups. This analysis also found that whilst the largest proportion of admissions to the East London MBU are women from Black, Asian and other minoritised ethnic backgrounds, women placed out of area are mostly White. Further investigation is needed to understand this.

The proportion of women admitted to MBUs from ELFT boroughs (described in Chart 138 as 'inner London' boroughs) has been increasing. The average for quarter 1 2024 was 36% and it rose to an average of 45% during quarter 2, see Chart 138.

Chart 138

Source: NCEL Perinatal PC Quarterly Performance Review, Quarter 2 2024
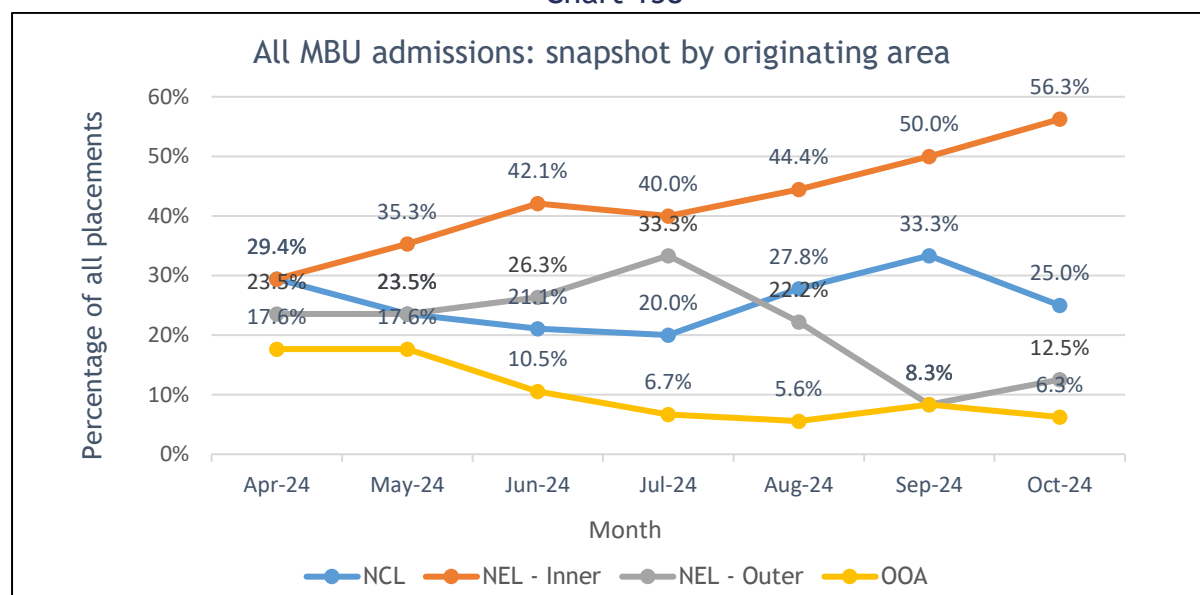
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4.2   East London MBU service data

The East London MBU is the sole MBU within the NCEL PP Collaborative footprint. It is located in the City and Hackney Centre for Mental Health, in Hackney. The MBU cares for women from 18 years old, with referrals being considered for young women aged 16 years on a case-by-case basis. Referrals are accepted from 32 weeks gestation.

The current staffing model is as follows:
- 12.2 x Registered Mental Health Nurses
- 12 x Support Workers and Nursery Nurses
- 1.0 x Occupational Therapist
- 1.0 x Social Worker
- 1.2 x Psychologist
- 1.0 x Psychiatrist
- 1.5 x Matron and Ward Manager

Bed occupancy
The East London MBU has 12 beds and had 5.1 admissions per bed during the 2023-24 financial year, which is an average level compared with England. During the same time period, the East London MBU had the highest bed occupancy of the three Perinatal PCs in London at 89%. This bed occupancy rate increased to 95% during April-June 2024. On aggregate, the London region has the highest bed occupancy overall compared to the other regions of England.

Admissions
There has been an average of four admissions per month since April 2020. There were 51 admissions to the East London MBU in the 2023/24 financial year. A third of women (33%, 17) admitted lived in the NELFT boroughs, nearly a third (31%, 16) lived in ELFT boroughs and around 16% (8) lived in NLFT boroughs. Ten of these women (20%) lived in areas outside of the NCEL PP Collaborative area. No women from Havering, Barnet and Camden were admitted.

Chart 139
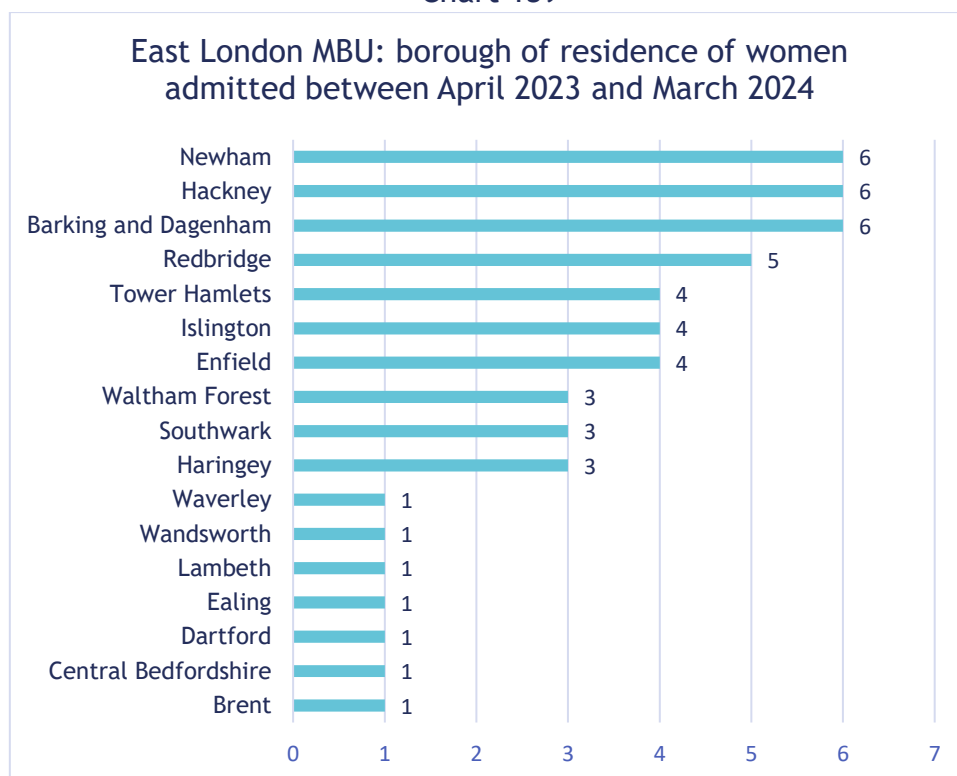
East London MBU: borough of residence of women admitted between April 2023 and March 2024

Borough	Count
Newham	6
Hackney	6
Barking and Dagenham	6
Redbridge	5
Tower Hamlets	4
Islington	4
Enfield	4
Waltham Forest	3
Southwark	3
Haringey	3
Waverley	1
Wandsworth	1
Lambeth	1
Ealing	1
Dartford	1
Central Bedfordshire	1
Brent	1

Source: data supplied by the East London MBU

Since April 2024, the proportion of women admitted to the East London MBU from ELFT boroughs has increased. The average proportion of women admitted from ELFT boroughs during quarter 1 was 45%; during quarter 2 this rose to an average 55%, see Chart 140. In this chart, NCL relates to NLFT, NEL-Inner relates ELFT to and NEL-Outer to NELFT.

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Chart 140

Homerton MBU: patient snapshot by originating area
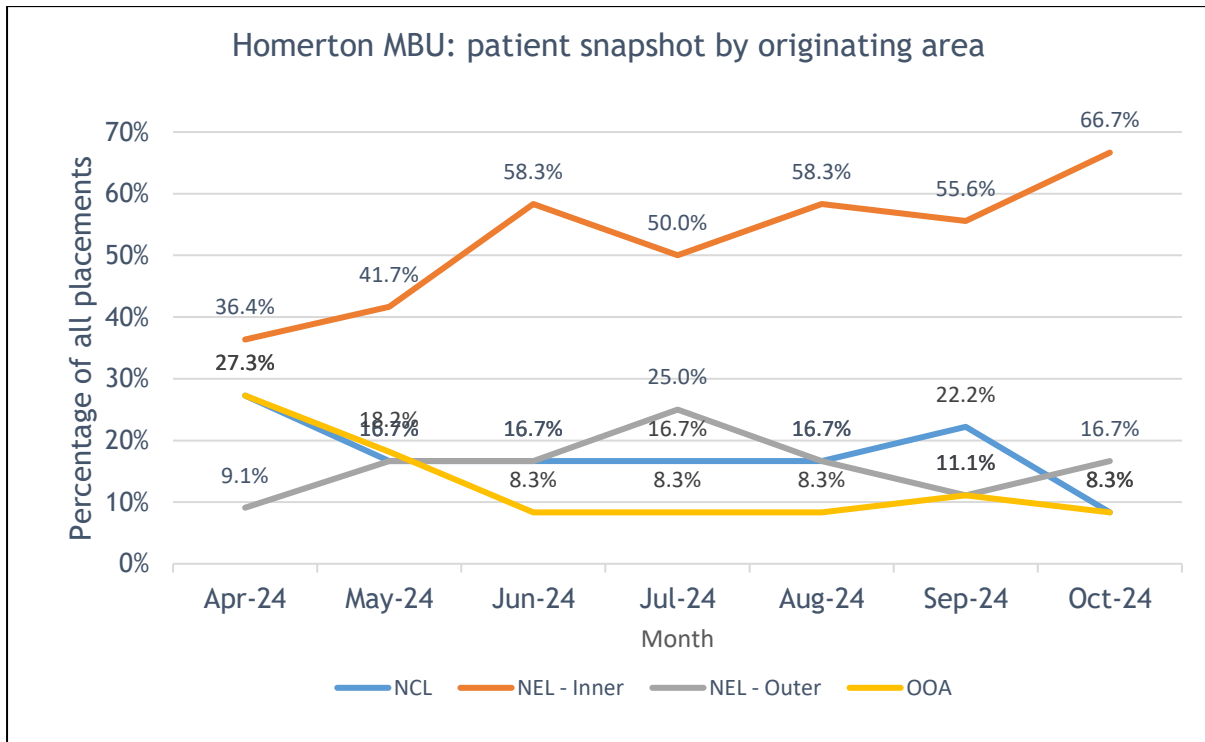
Source: NCEL Perinatal PC Quarterly Performance Review, Quarter 2 2024

This finding can be understood in a number of ways. It may be a result of the particularly high prevalence of risk factors for perinatal mental health difficulties seemingly present in Newham, Tower Hamlets and Hackney, coupled with the ELFT SPMHSs treating the highest number of women across the NCEL Perinatal PC footprint. Conversely, ELFT has the lowest number of women giving birth across the NCEL footprint, which might suggest lower demand for MBU treatment. Feedback from local professionals described a closer working relationship between the ELFT SPMHSs and the MBU, facilitated by existing professional relationships and geographical proximity rather than formal processes.

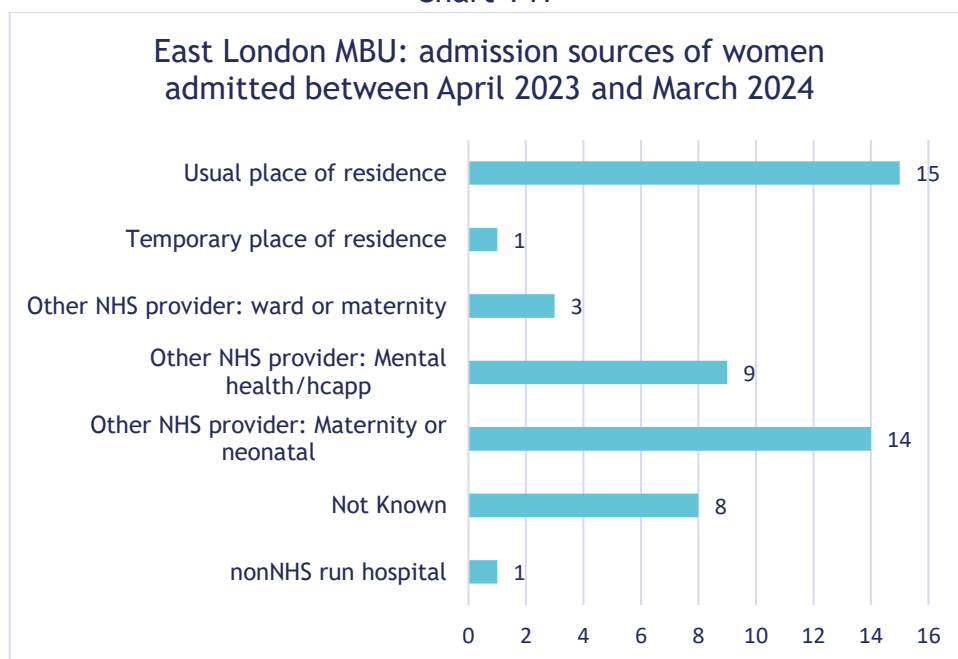The highest number of placements from April and October 2024 originated from Tower Hamlets at 13 and the lowest from Redbridge at one placement. Outer NEL (NELFT) and NCL (NLFT) are consistent with 16 and 18 referrals respectively.

Admission sources and method
The admission sources for the 51 women admitted to the East London MBU in 2023/24 are presented in Chart 141.

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Chart 141

East London MBU: admission sources of women admitted between April 2023 and March 2024

Admission source	Value
Usual place of residence	15
Temporary place of residence	1
Other NHS provider: ward or maternity	3
Other NHS provider: Mental health/hcapp	9
Other NHS provider: Maternity or neonatal	14
Not Known	8
nonNHS run hospital	1

Source: data supplied by the East London MBU

35 women (69%) had a planned or booked admission to the East London MBU and 10 women (20%) had an emergency or crisis admission.

Chart 142

Homerton MBU: admission method for women admitted between April 2023 and March 2024

Admission method	Value
Elective Planned or booked	35
Transfer from other healthcare provider	6
Emergency - A/E or Dental	5
Other Emergency Admission	3
Admission via Mental Health Crisis Resolution Team	2
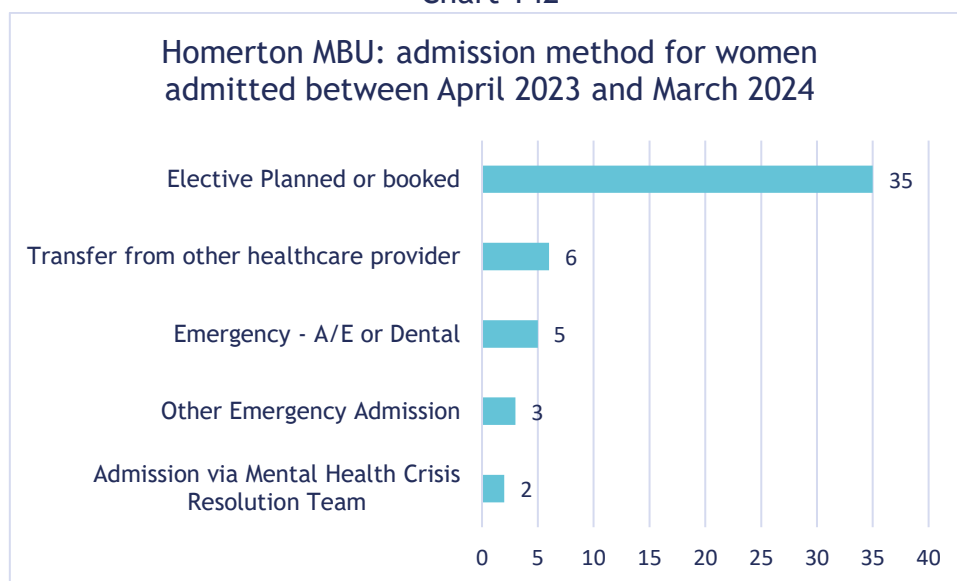
Source: data supplied by the East London MBU

Diagnosis at admission

41% of the women admitted had a diagnosis of severe mental and behavioural disorder associated with a puerperal disorder (the period after giving birth and up to six weeks after) and 24% with mild Puerperal disorders.

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Chart 143

East London MBU: diagnosis of women admitted between April 2023 and March 2024

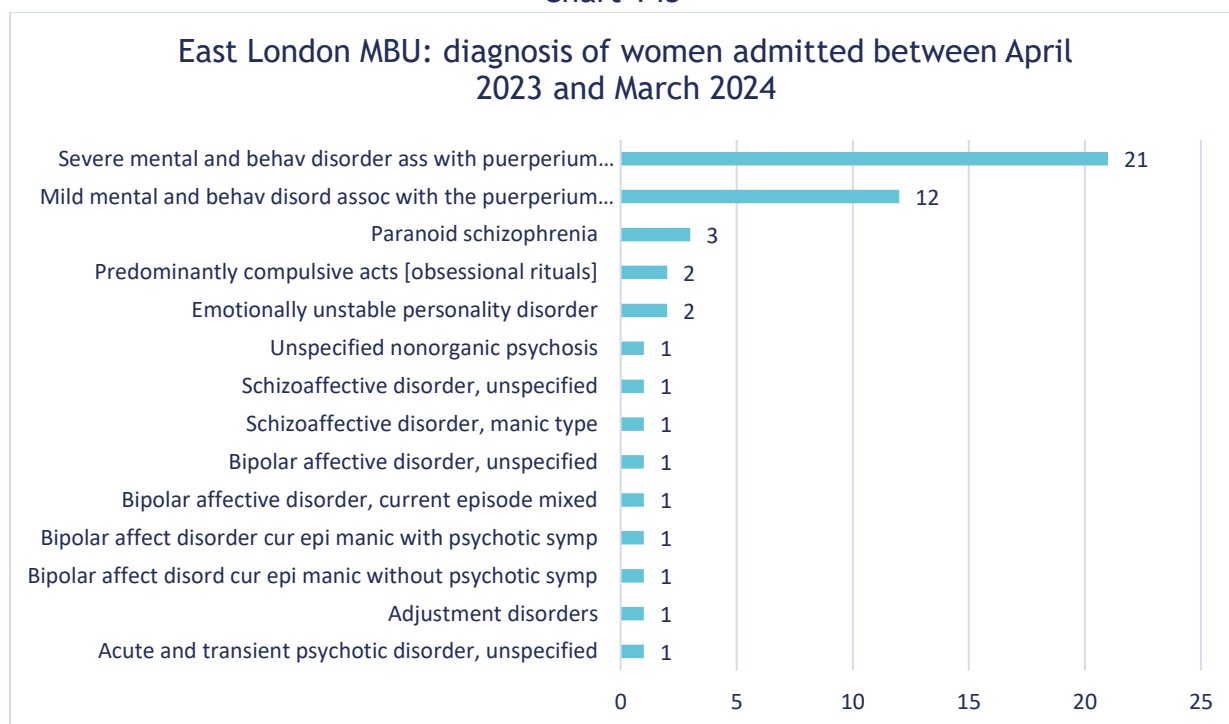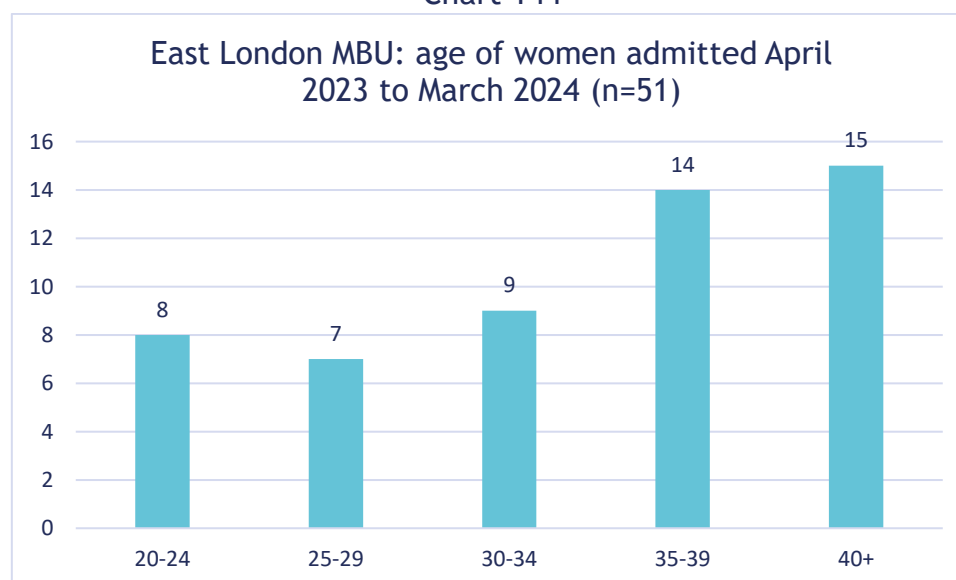| Diagnosis	Count
Severe mental and behav disorder ass with puerperium…	21
Mild mental and behav disord assoc with the puerperium…	12
Paranoid schizophrenia	3
Predominantly compulsive acts [obsessional rituals]	2
Emotionally unstable personality disorder	2
Unspecified nonorganic psychosis	1
Schizoaffective disorder, unspecified	1
Schizoaffective disorder, manic type	1
Bipolar affective disorder, unspecified	1
Bipolar affective disorder, current episode mixed	1
Bipolar affect disorder cur epi manic with psychotic symp	1
Bipolar affect disord cur epi manic without psychotic symp	1
Adjustment disorders	1
Acute and transient psychotic disorder, unspecified	1

Source: data supplied by the East London MBU

Age of patients admitted

57% of the women admitted in the financial year (29) were aged 35 and over.

Chart 144

East London MBU: age of women admitted April 2023 to March 2024 (n=51)

Age group	Count
20-24	8
25-29	7
30-34	9
35-39	14
40+	15

Source: data supplied by the East London MBU
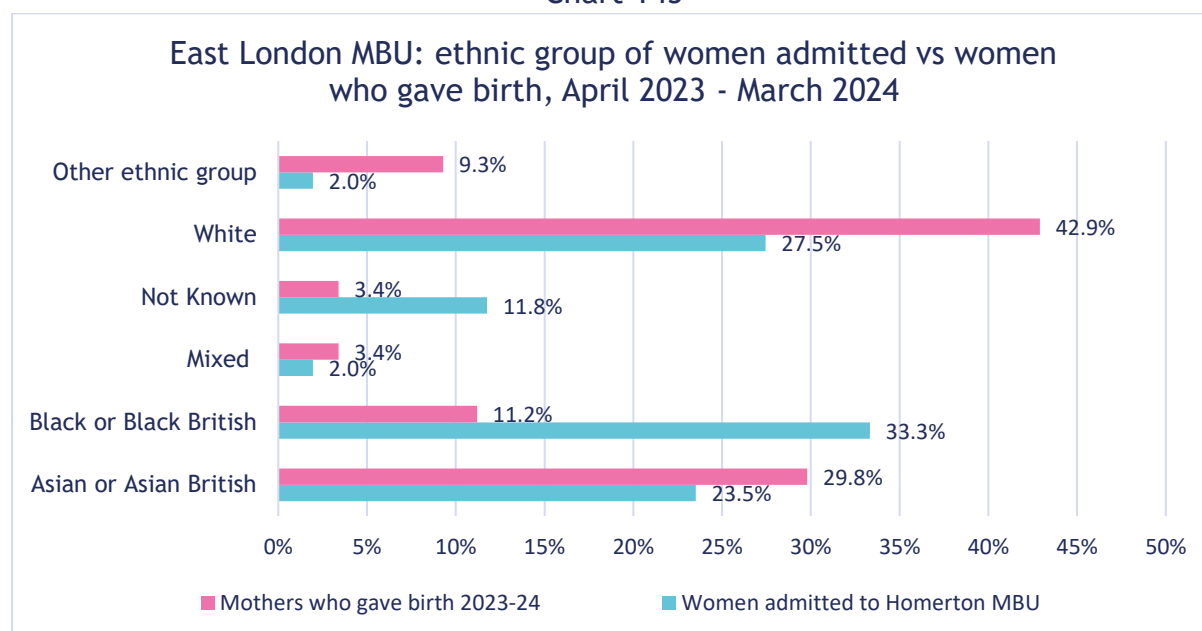
Ethnicity of patients

A third of the women admitted in the 12-month period had a Black or Black British ethnicity. Black or Black British women comprise 11% of those who gave birth during the same period (according to data from Barts Health, Royal Free London, Whittington Health and Barking Havering and Redbridge University Hospital Trusts).

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This suggests an increased likelihood of being admitted to the East London MBU for Black and Black British women compared to those with a White or Asian ethnicity. It should be noted that the birthing data used as a comparator relates to all women who gave birth at the hospitals in the NCEL area, some of whom will not be residents of the area. Also, ethnicity was not recorded for 12% of women admitted to the East London MBU. Further investigation is recommended to better understand this concerning finding, including exploring data on women's country of birth, spoken languages, cultures and other demographic information.
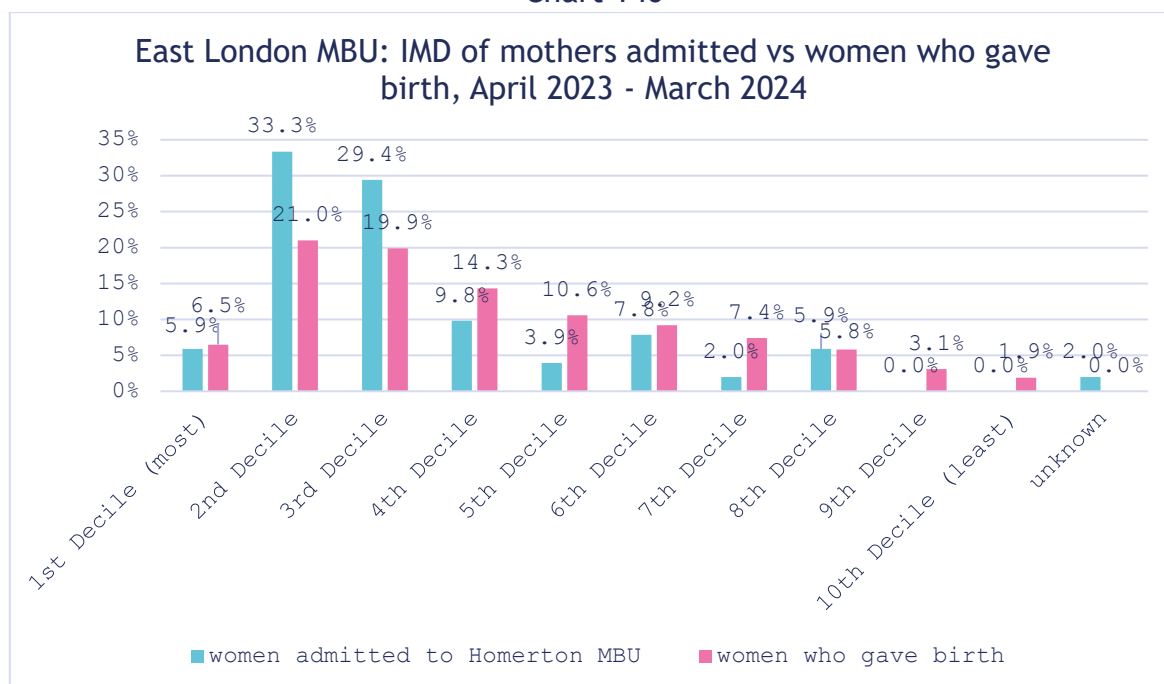
Chart 145

East London MBU: ethnic group of women admitted vs women who gave birth, April 2023 - March 2024

Ethnic group	Mothers who gave birth 2023-24	Women admitted to Homerton MBU
Other ethnic group	9.3%	2.0%
White	42.9%	27.5%
Not Known	3.4%	11.8%
Mixed	3.4%	2.0%
Black or Black British	11.2%	33.3%
Asian or Asian British	29.8%	23.5%

Source: data supplied by the East London MBU

Deprivation status of patients

69% of women admitted during 2023/24 lived in the most deprived areas of the country based upon their IMD score (the three most deprived deciles), which compares to 47% of women who gave birth during the same time period at Barts Health, Royal Free London, Whittington Health and Barking Havering and Redbridge University Hospital trusts. This points to an increased likelihood of being admitted for women who live in the most deprived areas.

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Chart 146

East London MBU: IMD of mothers admitted vs women who gave birth, April 2023 - March 2024

Chart showing IMD deciles. Values for women admitted to Homerton MBU (teal) and women who gave birth (pink):

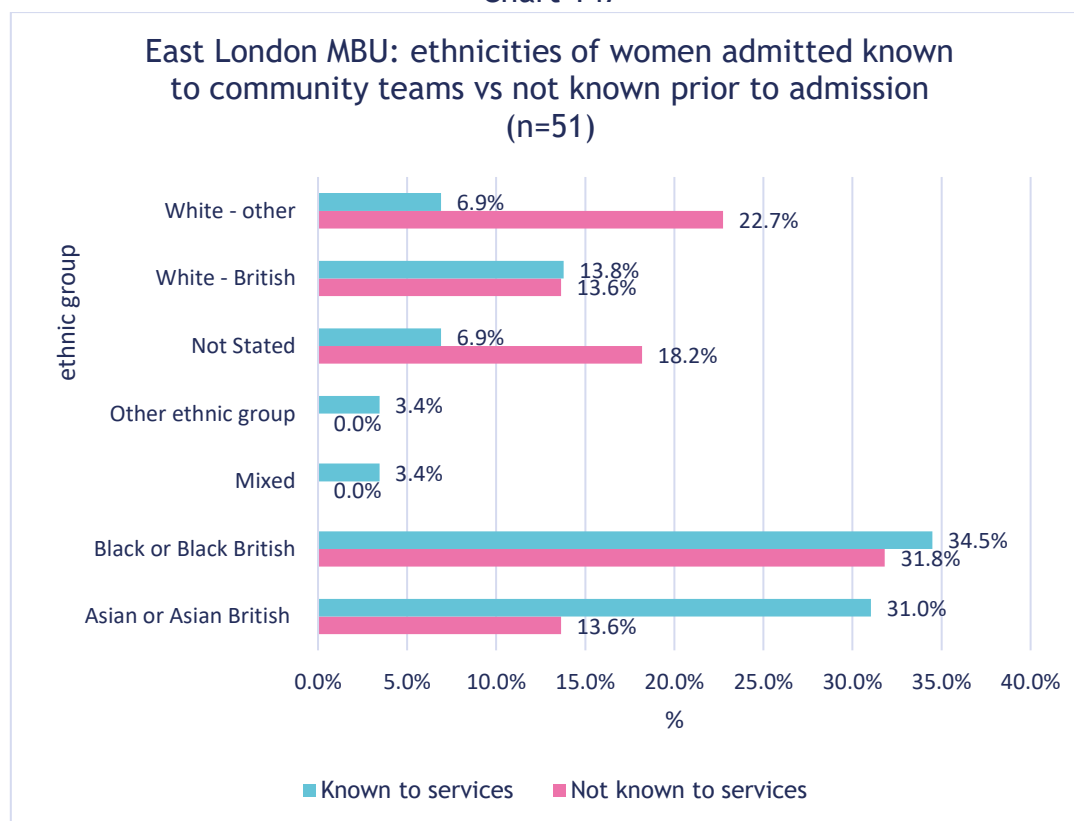| Decile	women admitted to Homerton MBU	women who gave birth
1st Decile (most)	5.9%	6.5%
2nd Decile	33.3%	21.0%
3rd Decile	29.4%	19.9%
4th Decile	9.8%	14.3%
5th Decile	3.9%	10.6%
6th Decile	7.8%	9.2%
7th Decile	2.0%	7.4%
8th Decile	5.9%	5.8%
9th Decile	0.0%	3.1%
10th Decile (least)	0.0%	1.9%
unknown	2.0%	0.0%

Source: data supplied by the East London MBU

Previously known to SPMHSs

57% or 29 women admitted were known to community SPMHSs prior to admission whilst 43% (22) were not known. Chart 147 presents the ethnic groups of the 51 women admitted to the East London MBU who were known and not known to community teams prior to admission. It shows that proportionally more women from White Other ethnic groups who are admitted were not known to community teams prior to admission, whilst proportionally fewer Asian or Asian British women who were admitted were not known. Caution should be taken on these findings however due to the small numbers of women involved and the number of women where their ethnicity is not known or stated.
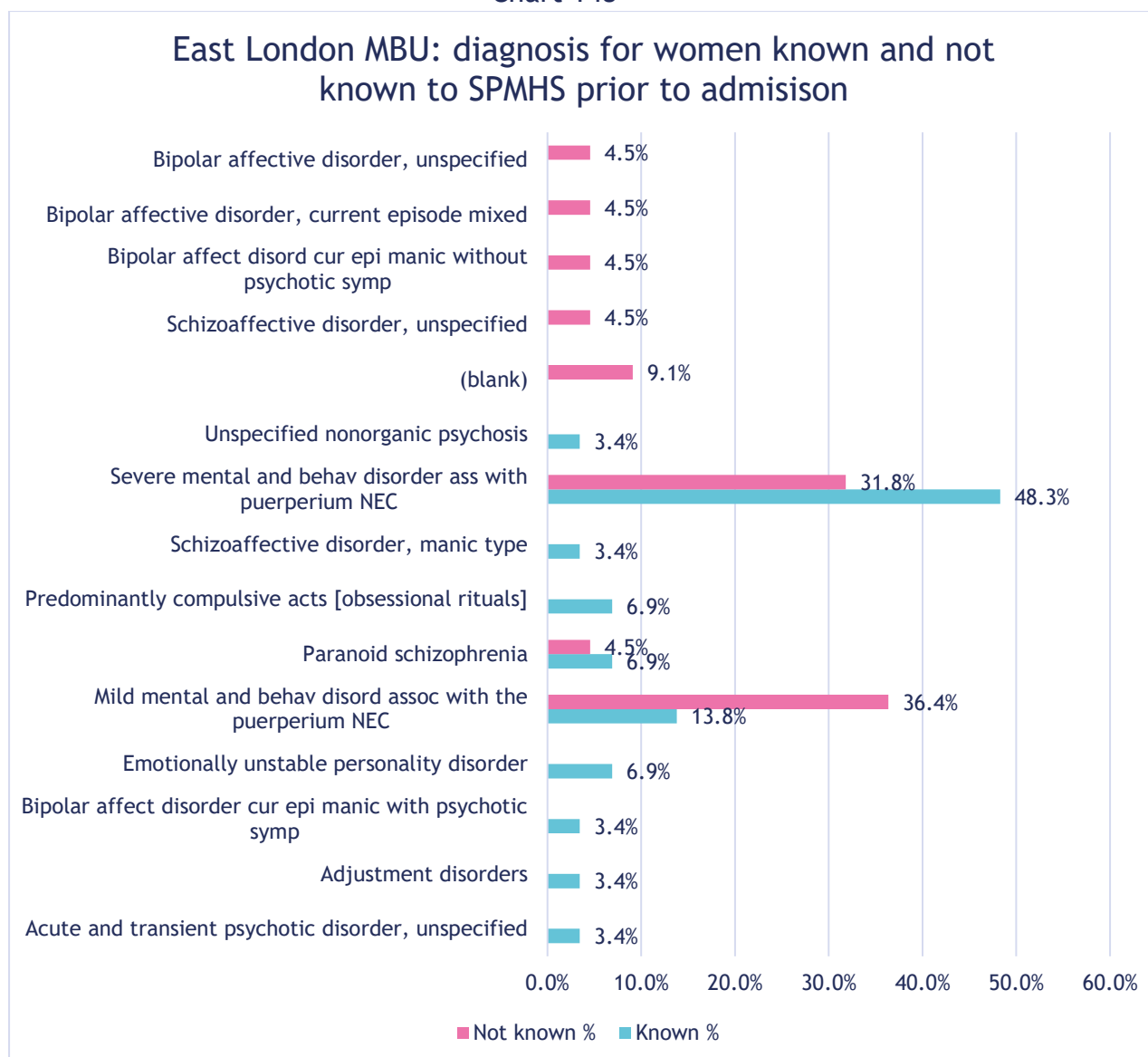
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Chart 147

East London MBU: ethnicities of women admitted known to community teams vs not known prior to admission (n=51)

ethnic group	Known to services	Not known to services
White - other	6.9%	22.7%
White - British	13.8%	13.6%
Not Stated	6.9%	18.2%
Other ethnic group	3.4%	0.0%
Mixed	3.4%	0.0%
Black or Black British	34.5%	31.8%
Asian or Asian British	31.0%	13.6%

Source: data supplied by the East London MBU

Women treated by the East London MBU who were known to community SPMHSs prior to their admission were more likely to have a diagnosis of a severe mental puerperium disorder than those women who were not previously known. Women with a diagnosis of mild mental puerperium disorder were more likely to be not known. Due to the relatively small numbers and the 9% of women who did not have a diagnosis recorded, it is not meaningful to make further comparisons.

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Chart 148

East London MBU: diagnosis for women known and not known to SPMHS prior to admisison

| Diagnosis	Not known %	Known %
Bipolar affective disorder, unspecified	4.5%	
Bipolar affective disorder, current episode mixed	4.5%	
Bipolar affect disord cur epi manic without psychotic symp	4.5%	
Schizoaffective disorder, unspecified	4.5%	
(blank)	9.1%	
Unspecified nonorganic psychosis		3.4%
Severe mental and behav disorder ass with puerperium NEC	31.8%	48.3%
Schizoaffective disorder, manic type		3.4%
Predominantly compulsive acts [obsessional rituals]		6.9%
Paranoid schizophrenia	4.5%	6.9%
Mild mental and behav disord assoc with the puerperium NEC	36.4%	13.8%
Emotionally unstable personality disorder		6.9%
Bipolar affect disorder cur epi manic with psychotic symp		3.4%
Adjustment disorders		3.4%
Acute and transient psychotic disorder, unspecified		3.4%

Source: data supplied by the East London MBU

Women admitted under the Mental Health Act (MHA)

Data shows that there has been gradual increase in the number of patients admitted under the MHA over the last three years, suggesting that the service is managing more acutely unwell patients. This trend could reflect increased severity in presenting cases, changes in referral or admission pathways, or broader system pressures, such as reduced community support or delays in outpatient care.

Of the 51 admissions to the MBU from the Perinatal PC between April and end of October 2024, 24 were admitted under the Mental Health Act (MHA)and 27 were 'informal' admissions, meaning voluntary patients. 50% (12) of all the women admitted under the MHA reside in NLFT boroughs. Chart 149 presents the proportion of women admitted via admission method – informal admission or under

Sections 2 or 3 of the MHA[2] - in each Perinatal PC borough. The greatest proportion of admissions for Sections 2 & 3 were referred from Tower Hamlets, followed by Camden.

Chart 149

All Admissions by MHA Status and Originating Borough
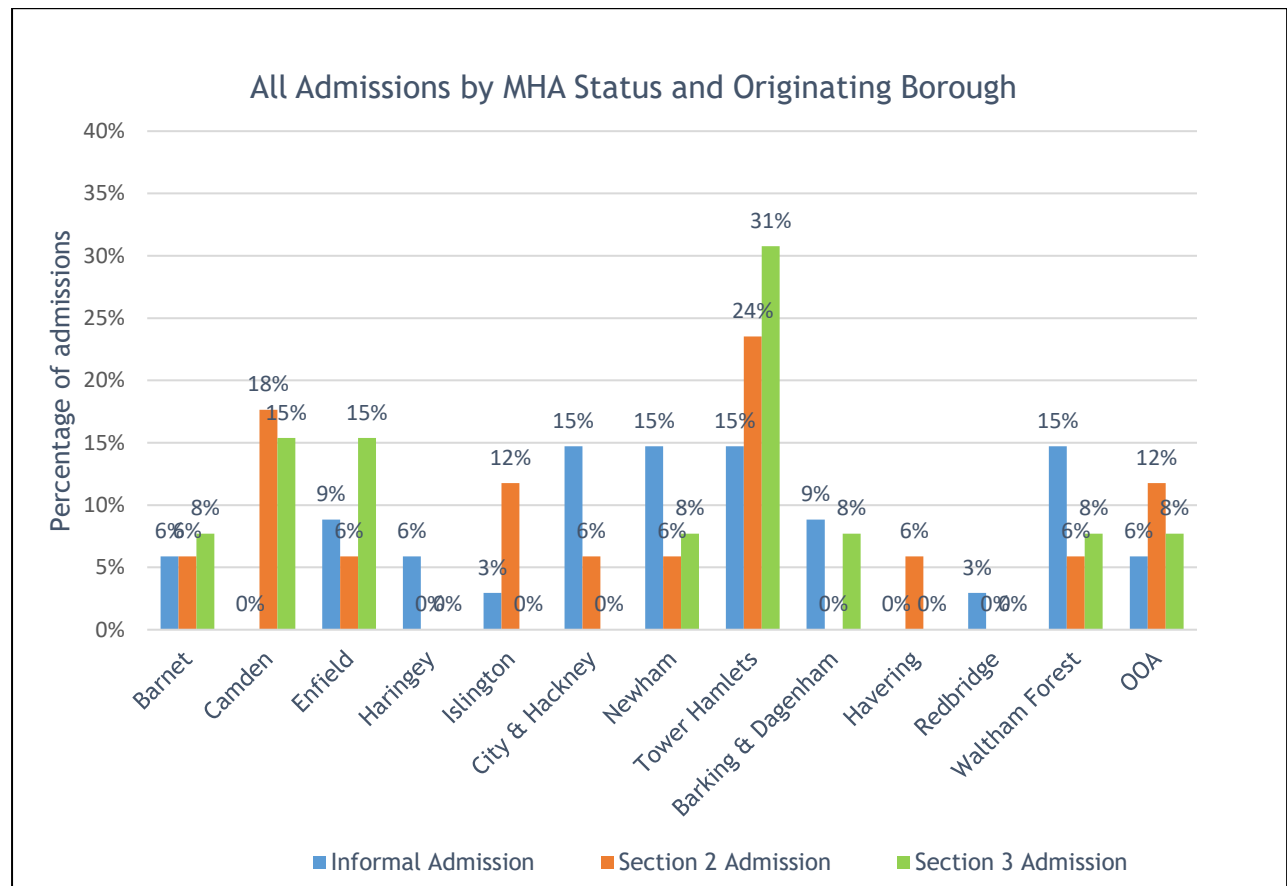
Source: NCEL Perinatal PC Quarterly Performance Review, Quarter 2 2024

In terms of ethnicity, the greatest number of informal admissions were for White women (44% of all informal admissions), whilst the largest proportion of admissions on both Sections 2 and 3 of the MHA were of Asian and Black patients and referred from Tower Hamlets, followed by Camden.

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[2] Section 2 allows detention up to 28 days; Section 3 allows detention up to 6 months, with further renewals

Perinatal Provider Collaborative

Chart 150

All MBU admissions by MHA Status and Ethnicity
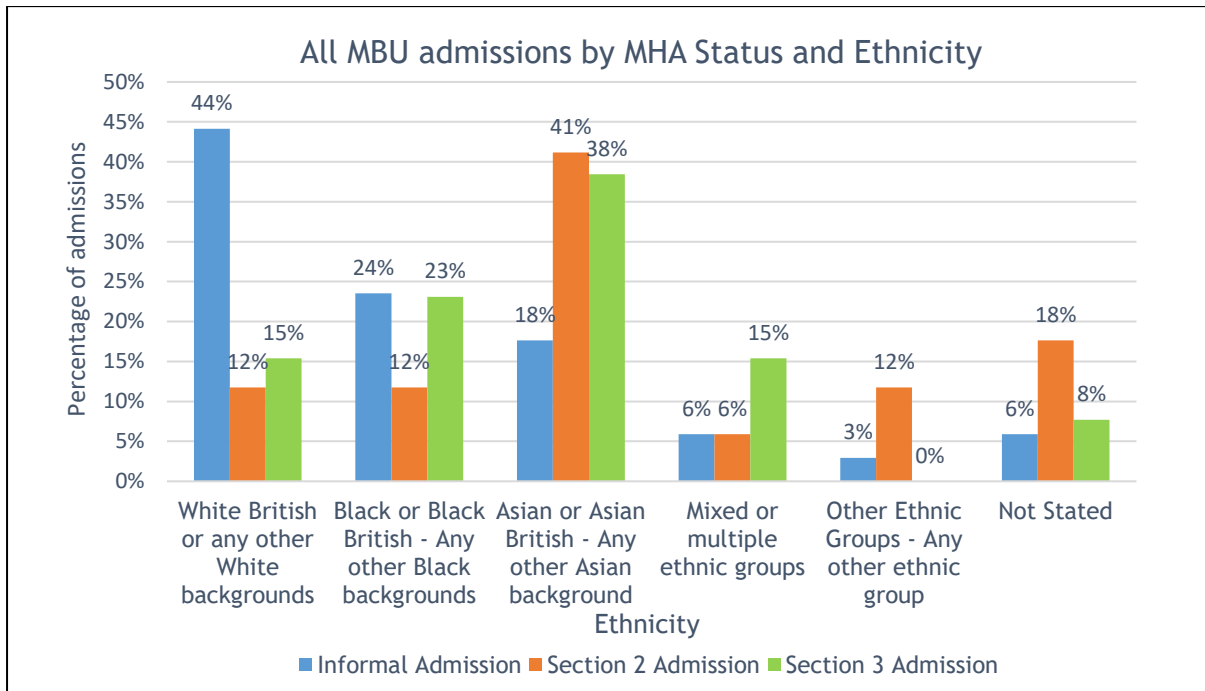
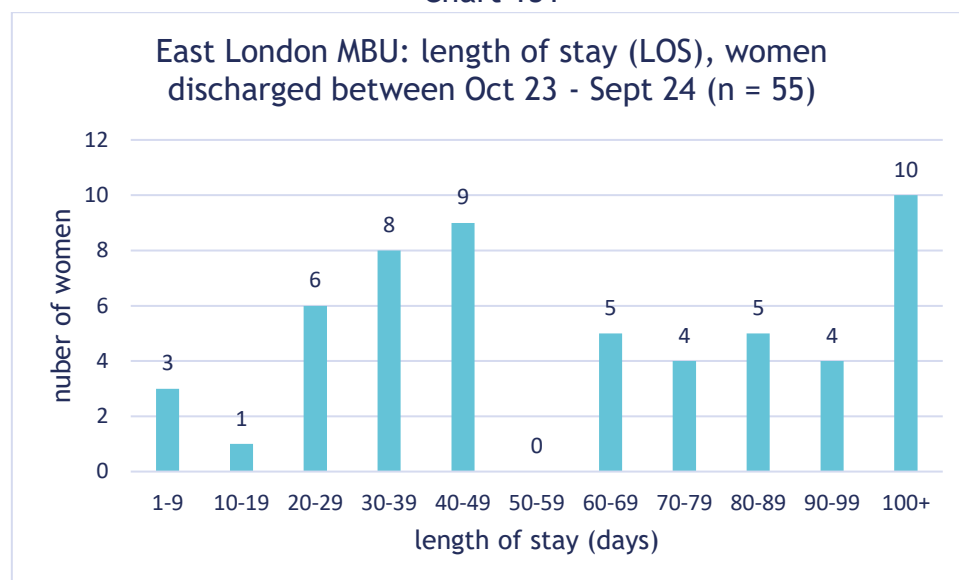Source: NCEL Perinatal PC Quarterly Performance Review, Quarter 2 2024

Length Of Stay (LOS) at the East London MBU

There were 55 mothers who were discharged from the East London MBU between 1st October 2023 and 30th September 2024. The average (mean) LOS for these patients was 70 days. The median LOS was 60 days. Research from the Royal College of Psychiatrists shows that the average LOS in England in 2021 was 8 weeks or 56 days.**Error! Bookmark not defined.**

51% of women discharged from the East London MBU stayed for 60 days or more. 18% stayed at the East London MBU for 100 days or more. Two women had a length of stay that was 200 days or more.
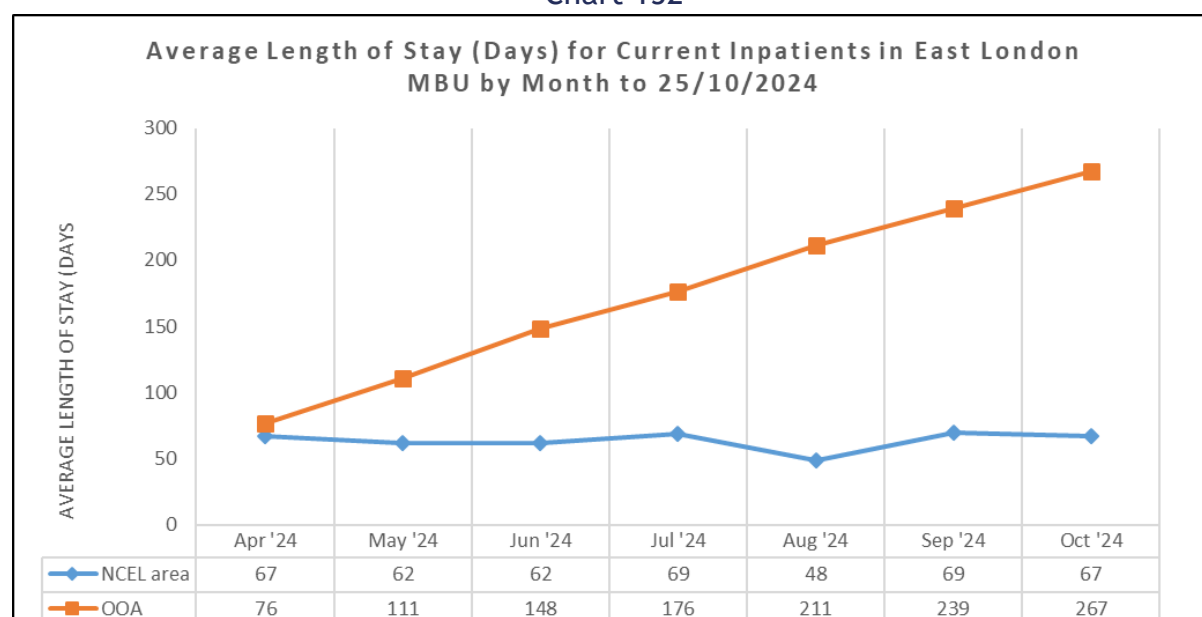
Chart 151

East London MBU: length of stay (LOS), women discharged between Oct 23 - Sept 24 (n = 55)

Source: data supplied by the East London MBU

The high average LOS at the East London MBU is somewhat skewed by a small number of women who have an unusually long LOS. Analysis shows that these women originate from outside of the Perinatal PC (described as 'OOA', out of area, on the chart). Chart 152 shows that the average LOS for women who resided within the Perinatal PC between April – October 2024 was 63 days, whilst for very small number of women who resided out of area, the average was 175 days.

Chart 152

Average Length of Stay (Days) for Current Inpatients in East London MBU by Month to 25/10/2024

	Apr '24	May '24	Jun '24	Jul '24	Aug '24	Sep '24	Oct '24
NCEL area	67	62	62	69	48	69	67
OOA	76	111	148	176	211	239	267

Source: NCEL Perinatal PC Quarterly Performance Review, Quarter 2 2024

For the 28 women whose duration of stay was 60 days or more, 67% of these women were aged 30-39 years. Due to the small numbers of women concerned, it is not meaningful to analyse the relationship between ethnicity and LOS. Further exploration into any potential relationship between diagnoses and LOS is recommended.

Of the 55 women discharged in the 12-month period, one woman was readmitted to the MBU; this patient was readmitted between 29-90 days after her treatment. The discharge destinations of these 55 women are shown below:

Table 14

Discharge Destination	Number of mothers discharged
Usual place of residence	45
NHS Hospital - Medium Secure	1
NHS provider for Mat or Neo	2
NHS provider for Mental ill/Hcap	2
Other NHS high security psychiatric accommodation	1
Temporary place of residence	3
Not Known	1
TOTAL:	55

Source: data supplied by the East London MBU

Just 1.7% of mothers discharged from the East London MBU completed a Friends and Family test. Nine mothers (16%) who were discharged during 2023/24 had paired HoNOS scores; the average improvement was six points.

Appendix B: Approaches to grouping ethnicities

Detailed ethnic groups		Broad ethnic groups
Asian or Asian British - Any other background	Asian - Bangladeshi	
Asian or Asian British - Bangladeshi	Asian - Chinese	
Asian or Asian British - British	Asian - Indian	
Asian or Asian British - Indian	Asian - Pakistani	
Asian or Asian British - Mixed Asian	Any Other Asian Background	
Asian or Asian British - Other/Unspecified		Asian
Asian or Asian British - Pakistani		
Asian or Asian British - Punjabi		
Asian or Asian British - Sri Lanka		
Asian or Asian British - Tamil		
Black or Black British - African	Black - African	
Black or Black British - Any other background	Black - Caribbean	
Black or Black British - British	Any Other Black Background	
Black or Black British - Caribbean		
Black or Black British - Mixed		Black
Black or Black British - Nigerian		
Black or Black British - Other/Unspecified		
Black or Black British - Somali		
Mixed - Any other mixed background	Mixed White and Asian	
Mixed - Asian and Chinese	Mixed White and Black African	
Mixed - Chinese and White	Mixed White and Black Caribbean	
Mixed - Other/Unspecified	Any Other Mixed/Multiple Ethnic Background	Mixed
Mixed - White & Asian		
Mixed - White & Black African		
Mixed - White & Black Caribbean		
Not Known		
Not Known (Not Requested)		
Not Known (Unable to Request)		Not known
Not Stated (Client Refused)		
Not Stated (Client unable to Choose)		
Not Stated (Not Requested)		
Other Ethnic Groups - Any Other Group	Arab	
Other Ethnic Groups - Arab	Any Other Ethnic Background	
Other Ethnic Groups - Chinese		
Other Ethnic Groups - Filipino		Other
Other Ethnic Groups - Iranian		
Other Ethnic Groups - Japanese		
Other Ethnic Groups - Kurdish		

[Title]

Other Ethnic Groups - Latin American
Other Ethnic Groups - Moroccan
Other Ethnic Groups - North African
Other Ethnic Groups - Other Middle East
Other Ethnic Groups - South/Central American
Other Ethnic Groups - Vietnamese
Any Other Group

White - Albanian	White British	
White - All Republics of former USSR	White Irish	
White - Any other background	Gypsy or Irish Traveller	
White - British	Roma	
White - English	Any Other White Background	
White - Greek		
White - Gypsy/Romany		
White - Irish		**White**
White - Italian		
White - Mixed White		
White - Other European		
White - Other Republics of former Yugoslavia		
White - Other/Unspecified		
White - Polish		
White - Scottish		
White - Turkish		