

Maternal Mental Health Awareness Week 2021

The East London Mother and Baby Unit

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NHS
East London
NHS Foundation Trust
East London
Mother and Baby Unit

What is a MBU?



- 19 Mother and Baby Units in the UK
- 3 in London
- The aim of a MBU is to ensure that all women who have young infants and who require admission can remain with their baby, enabling the special bond between mother and baby to be unbroken at a critical time in the life of a young family.
- Pregnant women can be admitted from 32 weeks
- Women admitted may have a prior mental illness such as Bi Polar or Schizophrenia or may have developed an illness in the perinatal period such as post partum psychosis or PND.



- We are based in Homerton, East London.
- 12 beds
- Specialist unit for mothers who experience severe mental health difficulties during and after pregnancy.
- On-site maternity and paediatric services with access on the unit to a Specialist perinatal midwife, health visitor and paediatrician.

Why are women admitted to us?

Whats Perinatal Mental Health?

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Antenatal Depression



Postnatal Depression



Anxiety



Perinatal Obsessive compulsive disorder



Postnatal Psychosis



Post Traumatic Stress Disorder

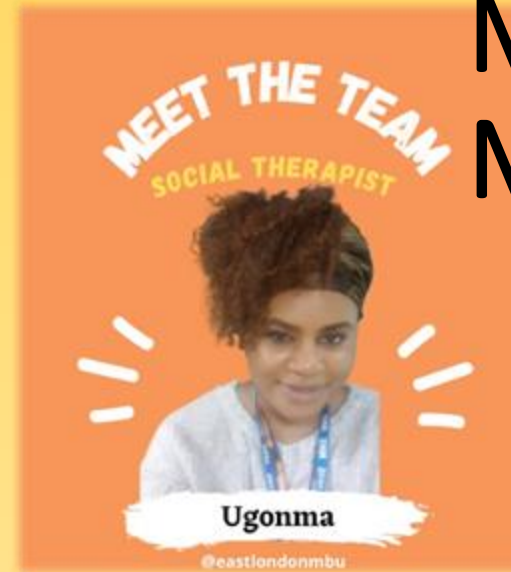


20%

Of women develop a mental health problem during pregnancy or one year after giving birth.

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Meet some of the MBU team!



Day Area





Communal area

Bedroom



Baby bath area





Dining area



ADL kitchen

Sensory room



Therapy and Groups

- Songs and stories
- Adjusting to Motherhood group
- Tree of life group
- Arts and crafts
- Cooking
- Weekly community meeting





- Dance and movement
- Mindfulness
- Baby massage
- Infant hazard prevention
- Partners group
- Weekly ward round

**Annual summer BBQ
and Christmas party ☺**



We hope you enjoyed seeing what a Mother and Baby Unit is like.



Thanks for listening! We are on social media! Check us out 😊