

Speakers programme



Perinatal Mental
Health training
and presentations

Thank you for your interest in inviting PANDAS to give a talk about Perinatal Mental Health. We can offer a speaker at training sessions, events, conferences and for podcasts. Our talks can cover all aspects of perinatal mental health. We can also offer talks about the charity and our services, and can feature real case studies and talks from people with lived experience. This can include, but is not limited to:

How to have a conversation around perinatal mental health issues with someone you may be concerned about

What support can be offered to parents, carers and their networks who have been diagnosed, or suspect that they may be struggling with, perinatal mental health issues

The story of PANDAS and our services, and tales of lived experience

Signs and symptoms of perinatal mental health issues

Mothers and fathers and how they may present differently

Coping mechanisms



About PANDAS

PANDAS Foundation is a UK wide support service for families suffering prenatal/antenatal and postnatal mental health issues. Our aim is to make sure no parent, family or carer feels alone.

We offer free support services for every family, through our free helpline, WhatsApp service, email service, closed groups for both parents, group support and motivational media channels.

We only offer motivational and supportive content through our social media channels, which adds to our value for the parents and carers who need our help the most.

We are inclusive, and if you want to discuss perinatal mental health there is no limit to how old your child may be, or how many times you contact us.

We believe nobody suffering any form of mental illness should feel they're on their own.



PANDAS

sky news



RedLetter days

itv

WOMAN'S HOUR

JOSEPH

Who
have we
worked
with?

mothercare

Louis Theroux
Documentaries

little
freddie

CBeebies
BBC

The speaking options

Offer 1 -

PANDAS Perinatal Mental Health training

Led by qualified midwife and Training Director, Dani for PANDAS Foundation. Using academic knowledge and own healthcare industry training and experience. Aiming to train and educate people with a good understanding of the nuts and bolts of perinatal mental health and illness. From conception through to birth and beyond.

Delving deep insight into maternal mental health, including, but not exhaustive of symptoms, coping mechanisms, and who this may affect.



Offer 2

PANDAS and the parent

Sally, our Director of Comms and Partnership offers a relaxed and informal open discussion 'all about the UK's leading perinatal mental health charity', PANDAS, and the impact that parenting and mental health can have on parents, carers and their networks.

With detail of her own lived experience case study as the framework, including the symptoms she experienced that she wasn't expecting, promoting food for thought for people wanting to know more including how PANDAS works to help people. An open discussion with the opportunity for shared experiences, knowledge and an open dialogue.



PANDAS

pandasfoundation.org.uk

Our speakers



Dani

Dani is the Training Director for the charity and has responsibility for providing all in house training for volunteers and sourcing any exciting external training opportunities, so that the volunteers feel equipped and supported in their roles to support our service users.

Dani is highly experienced within healthcare and perinatal mental health. She's a mother of three and has lived experience of perinatal mental illness and has a passion for ensuring no parent struggles with perinatal mental health alone.



PANDAS

Sally

Sally is Director of Communications and Partnerships for PANDAS and loves growing relationships with existing and new people and organisations who have the same mission and values as PANDAS.

Sally is a mum of 2 girls who were born just 1 year apart and she has lived experience of perinatal mental illness and enjoys raising awareness on issues relating to it, especially the lesser known symptoms that are rarely spoken about. Sally loves to talk about PANDAS and the amazing services the charity offers



pandasfoundation.org.uk

Testimonial

"We would like to express our huge thanks to PANDAS Foundation for being the opening speaker at our Perinatal Mental Health in Policing conference, which brought together academic research on perinatal mental health in policing, maternity management and police families; charities; campaigners and lived experience experts."

"We partnered with PANDAS on a learning program for a client that required specific subject matter expertise. Sally & Lauren were professional, easy to work with and brought invaluable expertise to our programme."

Attendees (and organisers alike) were visibly moved by Dani's personal story, and this enabled others in the audience to share issues that are often stigmatised and silenced - especially in places like a police force head quarters.

We had around 100 attendees in person and online, and the feedback has been so positive, with mention of action taking place in other police forces already.

Dani very kindly offered additional information about PANDAS services, which we were able to circulate after the event, and we know several attendees will be signposting to PANDAS in their own organisations.

We would wholeheartedly recommend PANDAS training sessions to other organisations/industry events looking to raise awareness and challenge the taboo around mental illness in pregnancy and post-birth."

Dr Krystal Wilkinson - MCIPD, FHEA

Our sessions can be half an hour, one hour or two hours.

Pricing is:

£250 for half an hour

£500 for an hour



For further information and to book, get in touch:

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