

# Speakers programme



Perinatal Mental  
Health training  
and presentations



PANDAS

# Why does this matter for your organisation?



## The reality

- 1 in 5 women are affected
- Partners and families feel the impact
- It can affect any employee, at any level

## The impact of getting it right

- More loyal, engaged teams
- Better retention of returning parents
- Managers confident to support and respond
- A culture where people feel safe to speak up

**Supporting perinatal mental health isn't just the right thing to do, it's a smart investment in your people.**

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

HR & workplace policy around parenting and mental health

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

Coping mechanisms

Signs and symptoms of perinatal mental health issues

Mothers and fathers and how they may present differently

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



## 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 services that include a free helpline, WhatsApp service, peer to peer group supports (online & offline), courses, free resources and motivational media channels.

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. No diagnosis is necessary to use our services, or even to believe you need one.

We believe early intervention is key, so the sooner you reach out to us, the better.

Nobody suffering any form of mental illness should feel they're on their own.



# PANDAS

sky news



RedLetter days

itv

Who have we worked with?

WOMAN'S HOUR

JOSEPH

mothercare

Louis Theroux Documentaries



iCandy



tinytalk  
Baby Signing  
Toddler Talking

# The speaking options

## Offer 1

### **PANDAS and the parent**

Sally Bunkham, Chief Communications Officer at PANDAS Foundation, delivers an engaging and accessible talk exploring the realities of perinatal mental health and the vital work of the UK's leading charity supporting parents and carers.

This session demystifies what “perinatal mental health” really means – covering common conditions, signs and symptoms, and how they can present in ways many parents don't expect. Drawing on her own lived experience as a framework, Sally shares an honest and thought-provoking perspective on the emotional impact of early parenthood, helping audiences recognise the hidden challenges that can affect families and their wider support networks.



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The session also highlights how PANDAS provides free, accessible support to thousands of families each year.

Designed to be open, reflective and stigma-reducing, the talk includes space for questions, shared insight and meaningful discussion.

### **This session may suit....**

- **Nationwide baby groups, councils and activity centres**
- **Community organisations**
- **Faith groups and parent networks**
- **Other charities**
- **Corporate partners - all organisations with an interest in mental health support and wellbeing**
- **Conferences and awareness events**

[pandasfoundation.org.uk](https://pandasfoundation.org.uk)

# The speaking options

## Offer 2

### Perinatal & the workplace

Annie, our Chief Executive Officer, delivers an engaging and practical talk for organisations on how workplace policies, culture and everyday conversations can better support employees during the perinatal period.

Relaxed, accessible and grounded in real-world experience, this session reduces stigma and provides clear, actionable steps for managers and colleagues to support one another effectively. It focuses on practical changes that improve communication, confidence and wellbeing across teams.



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Balancing work and family life can be challenging for both employees and employers. Annie explores how organisations can strike this balance thoughtfully, using inclusive policies and supportive practices that benefit the whole workforce — not just parents. When done well, these approaches can improve retention, morale and productivity.

Annie will also introduce PANDAS, explain our work as a charity, and outline the support we offer to parents and organisations.

### This session may suit....

- **Corporate businesses (retail, hospitality, leisure, finance, tech etc.)**
- **Large employers**
- **HR departments**
- **Police forces and front line services**
- **Educators**
- **NHS Trust HR teams**
- **Public sector organisations**
- **National organisations with large workforces**

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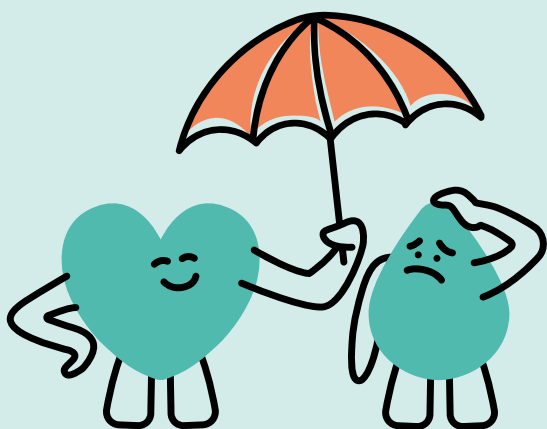
# The speaking options

## Offer 3

### PANDAS Services

Lauren, our Director of Services, delivers an informative and compassionate talk introducing the free services PANDAS offers and the many ways we support parents, carers and their wider networks with empathy, connection and hope.

Drawing on her central role in the development and evolution of PANDAS' peer-to-peer support, Lauren explores how and why our services have grown to meet changing needs. This includes the introduction of four new support services designed to reach parents at different points in their journey.



Lauren explains the rationale behind each service, how they work in practice, and the unique role each plays in supporting parents' mental health and wellbeing. The session also highlights how organisations, professionals and communities can signpost effectively and ensure parents know where to turn for help.

### This session may suit....

- Perinatal mental health teams
- NHS services
- Midwives, health visitors, GPs
- CAMHS teams
- Councils
- Early Help hubs
- Family support services
- Universities (health & social care faculties)

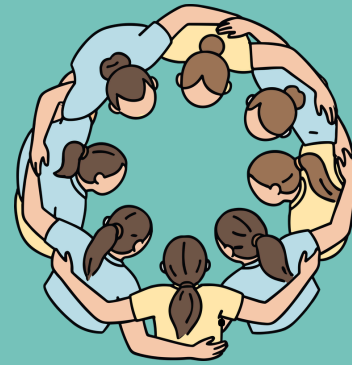
# The speaking options

## Offer 4

### PANDAS & our network of groups

Selina, our Community Engagement Manager, shares how—alongside our dedicated volunteers—PANDAS has built a network of over 40 peer-to-peer support groups across the UK and Ireland.

These face-to-face groups provide a vital lifeline for parents and carers in their local communities. They remain a unique offering: safe, non-judgemental spaces where parents can focus on their own mental health and wellbeing, not solely on their baby—a rare opportunity in a society where parental needs are often overlooked.



The groups actively challenge stigma, creating spaces where it is truly okay to not be okay and to talk openly about how parenthood is really experienced.

Selina will talk through the journey of developing and sustaining these groups, the impact they have on parents and communities, and how organisations can get involved—whether through partnership, support or signposting.

#### This session may suit....

- Councils
- Early Help hubs
- Community organisations
- Conference events and networking, baby shows, maternal mental health
- Family centres
- Charities such as Home Start
- Nationwide baby groups
- Local authorities looking to partner



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# Our speakers



## Annie

Annie started her journey as a service user & volunteer for PANDAS in 2016. Annie is directly responsible working with the Trustees & Directors, for all charity operations, strategic vision, financial business development & service delivery. Annie has extensive experience of publicly speaking & campaigning for change. She has a person-centered approach to her work which is at the heart of everything PANDAS stands for. Annie is also an author & has specialist interest in perinatal mental health and military communities. Annie is a single mother from East London & has 2 children.



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## Sally

Sally is Chief Communications Officer 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



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# Our speakers



## Lauren

Lauren has been involved with PANDAS since 2018 when she opened a local face to face support group which she currently still facilitates. Over the years Lauren has impressively worked her way up through PANDAS predominantly being involved with looking after the volunteers & safeguarding of the charity. Lauren has directorship & whole charity responsibility for the management of all of PANDAS services & Safeguarding. Lauren aims to maintain a high standard of support for our service users & volunteers. Lauren has lived experience of perinatal mental illness.



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## Selina

Selina is responsible for recruiting, launching and managing in-person peer-to-peer support groups and their volunteers throughout the UK.

After facing and conquering her own mental health struggles in her mid-thirties, she retrained as a therapist and started volunteering with PANDAS.

Eventually, Selina transitioned from a corporate sales career to become a member of the PANDAS team and is passionate about raising awareness and supporting perinatal mental health.



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# 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."

"It was great, she spoke well and was so relatable! It was a very thought provoking workshop."

"Brilliant & so informative - the best part of the day for me!"

"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."

"It was lovely to hear Sally's story and the work of PANDA's in more detail. This is really useful in raising awareness about our families wellbeing and how we can support them further."

"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."

Our sessions can be half an hour, one hour, a half day or a full day.

We can be flexible on whether the format is a talk, discussion or workshop and either remote or in person.

Pricing starts at £250 for an online, half an hour talk

1 hour - £500

Full day - £1000

Offers 3 & 4 - Free (or donation)

In person talks can be arranged - please note that travel time and hotel costs (where applicable) will be chargeable. This will be agreed in advance.

Bespoke workshops/talks can also be arranged upon request



For further information and to book, please complete this

[booking form](#)

and we will be in touch to confirm



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