

Perinatal Quality Network Annual Forum 2026 #PQNForum26

Perinatal Mental Health in Diverse Contexts

Thursday 26 November 2026
Royal College of Psychiatrists, London

09.30–10.00	Registration and Refreshments		
10.00–10.10	Welcome Dr Sarah Abdelsayed , Consultant Psychiatrist & PQN Advisory Group Chair, NHS Greater Manchester Mental Health NHS Foundation Trust, Bronwen Ashton , Patient Representative, Royal College of Psychiatrists		
10.10–10.30	PQN Project Update Leyla Ury , Programme Manager Nicole McCarthy , Deputy Programme Manager, Naomi Cross-Stuart , Project Officer, Indira Randhawa-Hiscock , Project Officer, Florence Sandbloom , Project Officer, Perinatal Quality Network, Royal College of Psychiatrists		
10.30–11.15	Exploring How Early Childhood Shapes Lifelong Outcomes Jennifer Holly , Senior Research and Impact Manager, The Royal Foundation Centre for Early Childhood		
11.15–11.30	Break		
11.30–12.15	Supporting Ethnically Minoritised and Global Majority Fathers in the Perinatal Period Amy Jenkin , Perinatal Mental Health Nurse & Service Manager, Sheffield Community PNMH Service, Representatives from Sheffield Community PNMH Service and Communities	Essex Perinatal Mental Health Family Group Conference – Pillars of Support Salena Homes , Essex Perinatal Service Manager (North Essex), Joanne Shead , Essex Perinatal MHFGC clinical Lead, Essex Specialist Community Perinatal Mental Health Team	Growing Together: Building Meaningful Partnerships to Support Fathers in Perinatal Mental Health. Daddies & Diapers Event Collab Dr Jamila Carey , Consultant Psychiatrist, Dr Nic Horley , Consultant Clinical Psychologist, Fahima Abdi , Peer Support Worker, West London Perinatal Mental Health Service
12.15–13.00	Inequalities in Perinatal Mental Health Care Across Ethnic Cultural and Socioeconomic Groups Priscilla Selvi , Team Manager, Alice Yglesias , Perinatal Senior Social Worker, Kensington and Chelsea Perinatal Team	The Spectre of Hope: Perinatal Mental Health and Working with Families Where Care Proceedings Are Proposed Neil Quinn , Team Manager/Social Worker, Dr Ginnie Bonnie , Principal Psychologist, Durham and Darlington Perinatal Mental Health Service	How Social Adversity Shapes Perinatal Mental Health Natasha Lee , Perinatal Mental Health Social Worker, South Derbyshire and Derby City Perinatal Community Mental Health Team
13.00–13.45	Lunch		
13.45–14.30	Perinatal Loneliness in the UK Ruth Naughton-Doe , Research Fellow, Family Wellbeing Team, University of York, Amy Chidley , Lived-Experience Facilitator and NIHR Predoctoral Fellow, Mental Health Social Care Research Centre, University of York		
14.30–15.15	The Art of Motherhood: Creating a Virtual Creativity Group Ceridwen Cook , Advanced Occupational Therapist, Betsi Cadwaladr Perinatal Mental Health Service	Food for Thought: A Perinatal Nutrition Intervention – From Idea to Impact Dr Catherine Murgatroyd , Consultant Perinatal Psychiatrist, Nicola Legge , Physical Health and Wellbeing practitioner, Cheshire and Mersey Specialist Perinatal Service, Tahani Saridar , CEO Think Through Nutrition	Lived Experience Leadership Helping to Address Inequities in Perinatal Mental Health Care - Insights From Our Maternal Mental Health Councils Programme Richa Mitra , National Programme Manager, The Maternal Mental Health Alliance
15.15–15.30	Break		
15.30–16.15	Different Journeys, Shared Themes: Experiences of Pregnancy in Prison Leigh-Ann Ketterick , Specialist Perinatal Mental Health Nurse, Dr Caroline Pontvert , Consultant Perinatal Psychiatrist, Ellen Brady , Perinatal Assistant Psychologist, Central and North West London NHS, Perinatal Mental Health Service, Health and Justice Directorate, based at HMP Bronzefield.		
16.15–16.30	Close & Evaluation		
16.30–17.30	Drinks Reception		