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*		
10.10–10.25	**PQN Project Update** ***Leyla Ury****, Programme Manager* ***Nicole McCarthy,*** *Deputy Programme Manager,* ***Naomi Cross-Stuart****, Project Officer,* ***Indira Randhawa-Hiscock,*** *Project Officer, Perinatal Quality Network, Royal College of Psychiatrists*		
10.25 – 11.10	**Exploring How Early Childhood Shapes Lifelong Outcomes** ***Jennifer Holly****, Senior Research and Impact Manager, The Royal Foundation Centre for Early Childhood*		
11.10 – 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,* ***Niall Bacon****, Dads and Partners Perinatal Mental Health Peer Support Worker, Sheffield Community PNMH Service,* ***Lee Wisdom****, Founder of Men's Walk and Talk*	**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 and Partners Outreach Lead, 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/ Approved Mental Health Practitioner,* ***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,* ***Alison Clarke,*** *Perinatal Nursery Nurse, 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 Career Development Award Holder, Mental Health Social Care Research Centre, University of York*		
14.30 - 15.15	**Food for Thought: The development, delivery and evaluation of a bespoke nutrition resource for women in the perinatal period.** ***Dr Katy 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 - 15.35	**Break**		
15.35 - 16.20	**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.*		
16.20 - 16.30	**Close & Evaluation**		
16.30 – 17.30	**Drinks Reception**		