

Weaving a New Story Textiles, Nurturing, Creativity and Thriving

Supporting young mum's in the postnatal period

What to think about in terms of going “public” with your personal struggles

Part A: The filming and the program

What will actually happen at the event?

Becoming a parent is enough of a challenge for most people, but many women face further difficulties if they are suffering from low mood and depression while their child is developing.

This one-day retreat is a chance for young women with new babies to take a break, re-charge, connect with others in the same position and experiment with what might be helpful to them as a way to manage their mood.

The intention of filming this one-day taster retreat program is:

- to demonstrate the power of peer support,
- to share inspiring stories from the “me too” club
- to play with gorgeous fabrics and explore the creative process with textile work
- to give participants some solid “take-aways” to help manage mood and feed your creative soul.

From a central “Cocoon Hub” (facilitated by Rosie from Cocoon Family Support), participants will be invited to attend a selection of facilitated workshops on mindfulness, mindful movement, sewing skills, mindful sewing and creativity. There will also be Exploration stations available all day where participants can explore in their own time and way some of the techniques offered.

And there will be yummy refreshments, food and snacks throughout the day.

Those who have arranged childcare will have their child cared for throughout the day in a nearby room by our lovely crèche workers.

What is the film being made?

The event will be filmed by a production crew from the Wellcome Trust including Director Jonathan Beamish and Assistant Producer Tom Pegg. *Below you can find the release form that you will be asked to sign if you wish to take part.* It forms part of a collaboration between BBC Tomorrow's World and Wellcome Trust who are making an awareness film to showcase the type of support that can help young mums if struggling with mental health problems.

Cocoon and The Mindfulness Centre of Excellence and the @sewmindful team intend to showcase some of the practices and exercises/experiences we have developed to support mums at this important time in their life.

Series Producer Chris Chapman and the team are happy to answer any questions you may have about the process and can be reached via 0207 611 8519 / c.chapman@wellcome.ac.uk

Where will the program be shown?

The film will be published just prior to World Mental Health day on October 10th on the BBC Tomorrow's World website: <http://www.bbc.co.uk/tomorrowsworld>, as well as their Facebook and Twitter channels.

Will my child be filmed?

The Wellcome crew may arrange with some mums to film their arrival at the event. Once children have been dropped at the creche, all filming will be of the team and the participants in the main space, which is separate from the crèche.

What will actually happen?

At the event, Jonathan and Tom will be filming participants as they engage with the various activities (mindful movement, mindful sewing, sewing skills, collage making and mini-quilt creating). They will be filming both group activities and participants as they engage at their own pace with any of the activity tables.

Individuals may be asked to comment and be interviewed individually about their own experiences, both of the struggles (and joys) of parenting and their response to the various activities.

Can I withdraw my consent to filming if I start to feel uncomfortable?

The film is intended to encourage mums (and dads) to reflect on their experiences of becoming a young parent, as well as recognise any health problems they may encounter. If you are unhappy with your contribution during filming, please feel free to speak with one of the crew or contact the Series Producer, Chris Chapman, to discuss any concerns.

What do I need to do if I don't want to be filmed in a certain activity?

It will be possible during any activity to be in a position where just your back and head are filmed. Please advise the production crew if you do not want your face shown on camera.

Will I get to see the film before it is made public?

Sadly, the producers aren't able to offer any preview, but will notify all contributors when the film is published.

Part B: What do other mum's say?

"Going public about my experience, although worrisome, ultimately was part of really nurturing myself. These experiences are PND, and by knowing it, naming it and sharing it, I can find what I need to move forwards. They don't define me. Going public was part of accepting the experience but not getting pulled down by it. It was a door or an opening for a new path. Instead of being stuck and fearful

of talking about PND openly, sharing with others what was really happening made me realise the roller coaster I was on was not only related to PND but part of parenting more generally and indeed all of life.”

Liz Finegold

Comments from the first @sewmindful group about “coming out” with PND

"In February I joined a group of women with PND to try out mindful sewing as an alternative therapy. I was hugely apprehensive, unsure of how this might help or even that I should be there. I'm so pleased I stuck at it. The group, sewing and mindfulness have helped me to identify the positive threads that tie me together, and provided an opportunity to collaborate with other women to create something beautiful from great distress" [#sewmindful](#) [#pnd#womentogether](#) [#cocoonfamilysupport](#)

This participant worked in the health service. She commented on the high levels of stigma she perceived in this role, yet she had the courage to talk to her friends, family and colleagues and found it a positive experience. She was pleased to have a positive story about her experience that she can share with her child.

Thinking Tool - Use this thinking tool to help you consider some of the main advantages and disadvantages of sharing your story in this public way. Talking to the mums from the first group we ran, they were pleasantly surprised at how connected others felt to their experience when they started sharing it. When they became more vulnerable, they inspired others to come forwards and talk about *their* experiences. We KNOW that this takes real courage but we also know that women and especially mums have this strength within them.

	What could be the benefits	Why you might be hesitating
Staying Private	<ul style="list-style-type: none"> • You may feel safe • Your worries about being judged by others may be reduced (but you are likely to be judging yourself pretty harshly!) • Worries about upsetting friends and family members may be reduced 	<ul style="list-style-type: none"> • It feels isolating • You may miss a chance to engage with this experience in a very different and positive way. • You are aware that you want to reach out to others
Going Public	<ul style="list-style-type: none"> • You will realise you are part of a wider community – you are not alone. • When you share your vulnerability, this allows you to connect with others with the same challenges. • This reveals unexpected sources of support and friendships with other women. • Your courage will be a great model for your child – a strong person asks for help! • What you perceive as a weakness becomes a strength. • Others will be inspired by you • You will have a positive story about this experience for your child. 	<ul style="list-style-type: none"> • There may be fears that others might judge you for revealing that there is something “wrong”. • You might be worried about how you are perceived in your professional role. • You might be worried about being labelled as “someone with PND” • There may be worries about a “knock on effect” for your family members.

Wellcome Trust Filming Consent Form

The Wellcome Trust (the “Trust”) is a global charitable foundation dedicated to achieving extraordinary improvements in human and animal health.

The Trust will be recording and, in association with this, will be interviewing participants as required. The Trust would like to make these recording(s) and/or the image(s) available to the general public via Trust publications, television programmes and in any other media including Internet publications.

By agreeing to contribute to this film, you will be supporting the charitable aims of the Trust.

Participant details

Please complete the following information:

First Name	
Surname	
Address	
Telephone	
Email	

Consent

- I consent to the Wellcome Trust recording my contribution to this film and confirm that the nature of the film has been explained to me.
- I agree that the Wellcome Trust may place all or part of my contribution to this film on the *www.wellcome.ac.uk* website, to be viewed free of charge by the public.
- I agree that all or any edited part of my contribution to this film may be used by the Trust in television programmes, printed Trust publications, and in any other media including Internet publications, at the Trust’s sole discretion.
- I understand that the copyright of my contribution to this film shall vest in the Wellcome Trust and that I do not have any rights of ownership or other claim over my contribution to this film.

Any restrictions:

(e.g. showing only back of head in any activities).....

Signature:

Date:

Privacy

The Trust is committed to processing information in accordance with the Data Protection Act (DPA) 1998. All personal data collected on this form will be held securely and will only be used for administrative purposes.

In making this film available, for educational and/or marketing purposes, the Trust will process your personal data in appropriate file formats via web-based and/or other digital and/or print methods.

You understand that:

- editing may be required by the Trust or by agents authorised by the Trust for quality or technical purposes;
- edited subsections may be used in other Trust materials for purposes stated above;
- the image(s) and/or recording(s) will be stored securely in appropriate file formats on servers belonging to the Trust and/or its authorised agents.

We will not include details of the full names of any person in an image on our website, in printed publications, DVD's, or films, without good reason. For example, we may include the full name of a competition prize-winner if we have consent. However, we will not include the full name of a person used in any promotional literature.

If you have any questions about this form or wish to update your personal details please contact the Data Protection Compliance Officer, Wellcome Trust, Gibbs Building, 215 Euston Road, London NW1 2BE.

Further information about the Trust's Privacy Policy can be found at:

<https://wellcome.ac.uk/about-us/terms-use>