



Diverse Motherhood & Cultural Competency Training

WORKSHOP PACKAGES



THE  MOTHERHOOD GROUP

Diverse Motherhood & Cultural Competency

Workshop Topics:

- 1. Introduction to understanding and supporting the Black maternal experience
- 2. Supporting and addressing inequities in maternal health; social disadvantages and ethnic diversity
- 3. Systemic racism and discrimination; the impact of attitudes and behaviours in healthcare institutions; stereotypes and microaggressions
- 4. Significant cultural practices in African communities and maternity care
- 5. Cultural beliefs and practices on parents' experiences; stillbirth, baby loss, stigma, and miscarriage



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Workshop Topics continued:

- 6. Human rights and Diverse Motherhood
- 7. Representation and diversity - impacting maternal health, mental health, and access to support.
- 8. Partners and Dad's Mental Health - significant others and support
- 9. Social support, faith-based organisations, and community interventions
- 10. Promoting effective and respectful communication with ethnic minority women and pregnant people





SOME TRAINING OUTPUTS:

- Attendees *respecting* and appreciating the cultural contexts of individual mothers.
- Attendees feeling more *confident* to identify the specific needs of Black and ethnic minority women.
- Attendees *understanding* the best approach to deliver care and *respond* accordingly to the needs of diverse motherhood.
- Attendees understanding the key issues relating to culture and how this may influence the uptake of care options.



Bridging the Gap.

These workshops will be facilitated by Sandra Igwe, author, inclusion consultant and the Founder of the Motherhood Group, a support network to help black and ethnic minority women talk about parenting, perinatal mental health challenges with maternity services alongside Stacy Moore, an experienced HCPC registered Practitioner Psychologist, consultant and mother. Black mothers are less likely to access support. One of the reasons for this disparity is the lack of trust between black women and healthcare services.

Many of the women in the network feel they have been judged by the colour of their skin while accessing healthcare services, both during and after their pregnancy, not fully understood, therefore consequently believe they have received a second-class service.

The Motherhood Group has given black pregnant women and mothers a voice and a safe space through events, workshops and digital spaces

"Thanks for such an enlightening session on black maternal health. I came away wiser, clear on some steps I can take, and at the same time frustrated and disappointed at some of the examples shared. Women's health is a passion point of mine - it's an invisible barrier that holds women back, particularly in the workplace. Not just maternal health, but all aspects of fertility. I will share this session as much as I can. Thank you again for your openness, vulnerability and strength..."

"...The webinar just highlighted the continuing work that I need to do, in hearing the stories of women from diverse backgrounds on their experiences of maternity care, and then working with my maternity colleagues to make changes in how we speak and provide care to these groups of women..."

"...My eyes have been opened by this session. Thank you for helping us better understand how to bring change for Black mothers and birthing people..."

What our attendees have said...

"...Listening to the lived experience of black women telling us exactly what is needed, I reflect on our 'systems' in house, and the statutory requirements/tick boxes on electronic notes that we have to complete as Midwives, and how this does not easily facilitate personalised care for the women. I do think that Midwives are better than the systems in place and aspire to meet the needs of women rather than requirements of the 'system'..."



How did you find the training workshop? (You can also share details of your favourite parts, how the facilitator was and what you will take away from the session)

Brilliant. As a white HCP working in NHS, knowing there are big issues, but not knowing how to improve the service, it was invaluable to hear from people from such an important community about the barriers they see with accessing services.

Excellent. Really nice dynamic between the two facilitators. It was very insightful. I had a general idea about some of the challenges that black women face in mental health services but as a result of this training I feel more confident in naming what some of the main difficulties can be and how these play out within the system.

Really useful, gave me much more confidence to ask questions around cultural beliefs and faith (and explained how to give the context to these questions before asking them) so that I can best support women and birthing parents in the way that's right for them and their wants/needs. Also gave me much more insight into the context of motherhood for black and brown women.

Very engaging facilitators and so much useful info! Thank you so much for sharing your story too!

The workshop was excellent! Full of fascinating content and lots to take away to improve my practice. Particularly enjoyed the video clips, focus on human rights and section about language and asking questions about culture and ethnicity in a sensitive way.

What our attendees have said...





Lead Facilitator

Sandra Igwe is the Founder of The Motherhood Group and author of *My Black Motherhood*; mental health, stigma, racism, and the system.

She is also Trustee of Birthrights Charity, Patient and Public Voice (PPV) Partner for NHS Mental Health Programme of Care, Community Engagement Lead for Rethink Mental Illness Charity, leading in their Community Mental Health Transformation: Co-Production Strategy. Expert by Experience Lead for the NHS E&I Provider Collaborative Perinatal Programme, Patient and Public Involvement Lead for Oxford University's Optimising the management of blood pressure following hypertensive pregnancy to reduce cardiovascular risk research, Family Voice Group Member for Baby Lifeline Charity. TedX speaker and listed Forbes inspirational woman.

Sandra is committed to offering thought-leadership, support, and service to all organisations that want to better understand how to support Black women and mothers whilst taking into consideration their individual cultural needs and background.



IN THE EVENT THAT YOU WOULD LIKE **BESPOKE TRAINING** WORKSHOPS DELIVERED, WE CAN DISCUSS
ADDITIONAL TOPICS FOR THE DEVELOPMENT OF A SPECIFIC AND TARGETED TRAINING PACKAGE.