

Caring for pregnant women seeking Sanctuary

Rose McCarthy,
Wan Abdullah & Diana Flores

NCT ,

Yorkshire and Humber Maternity Stream of Sanctuary

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Becoming a Mum



“ When I gave birth to my son it was something else –something more than happiness.”

Chantilal Karimath

A stranger in a foreign land Forced to flee



No one chooses to be a refugee



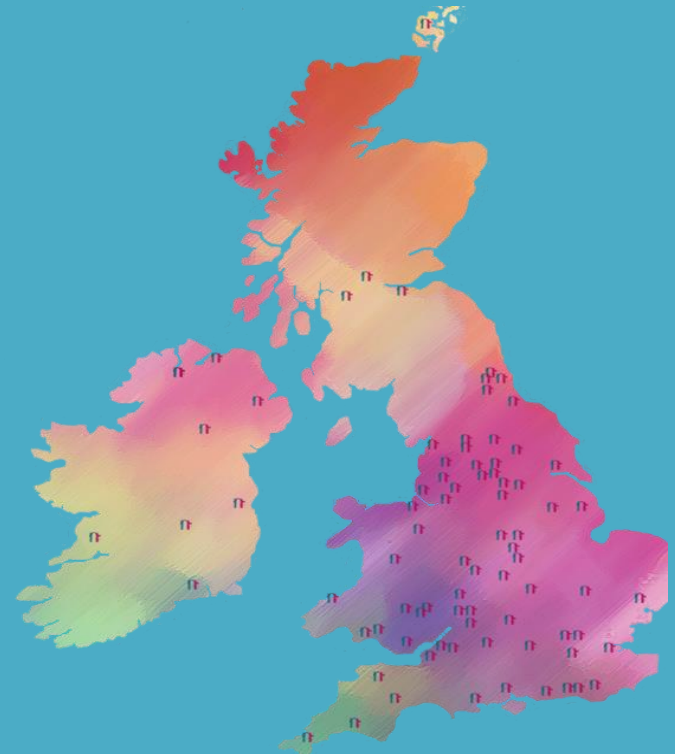
The barriers I need to overcome to reach a brighter future

Welcome?

- Rejected/ ignored/ welcomed?
- A UK-wide movement about welcome and belonging
- Places that are proud to welcome and include people seeking asylum and refugees



City of Sanctuary UK



120+ local City of Sanctuary groups



What can we do to help?



Yorkshire and Humberside Maternity Stream

- **2012** Refugee Council Leeds
- *"I don't want other women to suffer as I have suffered"*
- Women need a voice
- Maternity Stream – a **forum for change-**women, providers, third sector & researchers together
- Over 120 women in Y&H group
- 3 whats app groups, weekly zoom sessions, consultation group,
- Resources- over 30 films-RCM I learn module 'Understanding refugees and asylum seekers'
- Maternity Stream Research Network
- Supportive community & fun in the Dales
- katherine@cityofsanctuary.org (National)



Maternity Stream of Sanctuary

2023 - Core20plus5 funding

Support women from Initial Accommodation – dispersal areas

Wellbeing groups with solace

Talks from health professionals

Saturday zoom

Befriending peers

Awareness raising

Creating resources

Maternity Stream Conference

Researching the impact.



Inspirational Women

Diana's Story



Wan's story



The background of the image is a sunset over a body of water. The sun is low on the horizon, creating a bright glow that reflects on the water. The sky is filled with soft, golden clouds. In the foreground, a hand is silhouetted against the bright light, with fingers spread out. The overall mood is peaceful and hopeful.

My Healing Journey

-Wan Abdullah-



Dhiya (2003)



Zharfan (2008)



The Twin (2011)

Noah & Yousef



**Rafael
(2012-2018)**



Luq (2013)



**Abdullah
(2016)**

In memory of ...



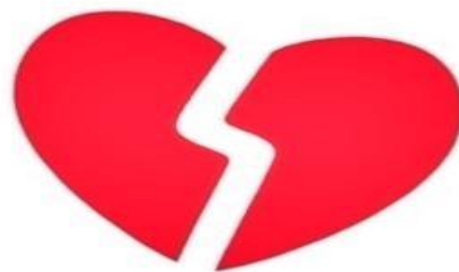
Rafael Zayne
2012-2018

Before...

- Grief
- depression
- PTSD
- panic attack
- anxiety
- ~unhealthy
life circles

-Lost Faith, as mother & as human

Why



every LOVE story is beautiful



June 2019

- no money & scared
- miscarriage 10 weeks
- **D&C**

- **NHS**
(FREE treatment)
- Urban House 🏠,
Wakefield
(1st time try medicine)





- GP
- Perinatal Care
- Specialist Midwife
- Children Center
- Social Care
- Refugees Council

Early Pregnancy Test

Test di gravidanza precoce

- Can be used up to 4 days before your period is due
- Può essere utilizzato fino a 4 giorni prima del pres...
- Result after 3 minutes / Risultati pronti dopo 3 minu...



Baby Steps Antenatal Care



Year of
2016



Year of
2020



Leeds & York Partnership NHS...
@LeedsandYorkPFT

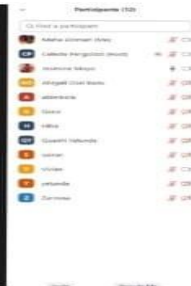
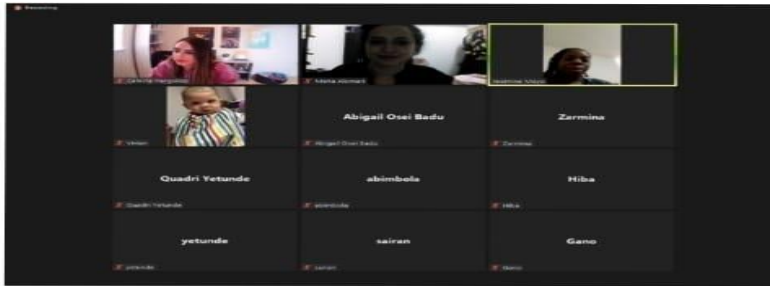
As part of their presentation at today's #PQNDiverseMotherhood Day, @BalDosanjh2 and Dr Hashmi from @lypft_perinatal have been sharing Wan's story – looking at how perinatal mental health affects those from culturally diverse communities.

🎬 Wan's story bit.ly/3AVdsfz





Maternity Stream of the City of Sanctuary



City of Sanctuary Maternity Stream

If you are interested in maternity and refugees support in the area, please come and join us at our **Maternity Stream Networking Meeting**. You will find out what we have been doing and hear from the women themselves.



Sanctuary in Maternity Course

A free online course for people with lived experience of both the asylum system and UK maternity services.

**Online Wednesdays
10am (4th May- 15th June)**



Sanctuary Ambassador



NCT Bankside Antenatal Care Class

**Peers Support
Volunteer**



**Via Zoom &
Face to Face
Every Tuesday**



- *Crèche
- *Bus/taxi fare
- *Gears support

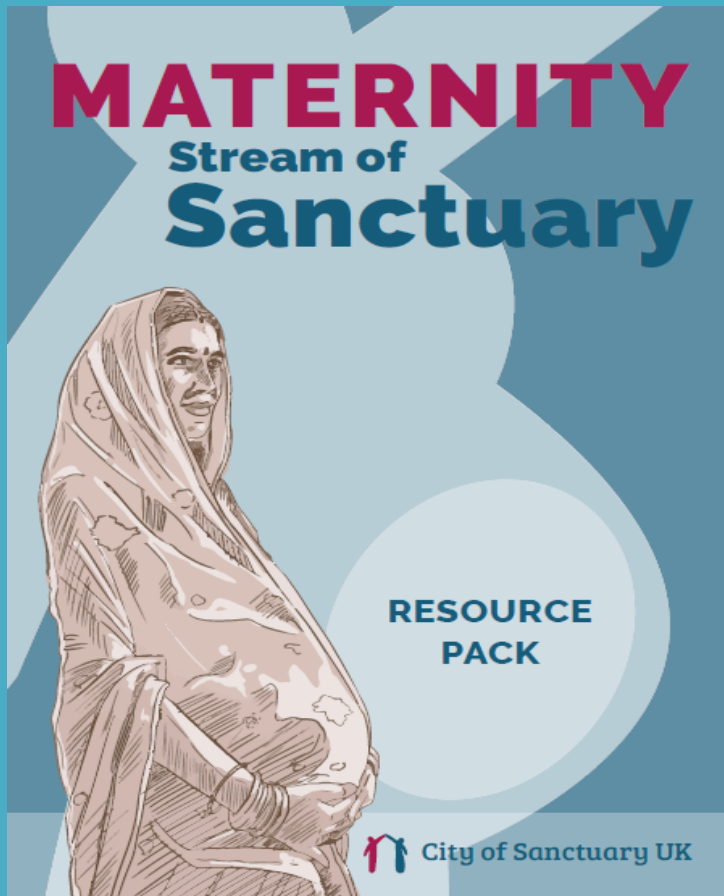
Ambassador HOLBECK MOOR FC

Moms & Mental Health





Use good resources



- <file:///E:/Maternity%20Stream%20of%20Sanctuary/Presentations/Maternity%20Stream%20resource%20pack.pdf>
- <https://www.refugeecouncil.org.uk/information/resources/maternity-care-in-the-uk-for-women-on-asylum-support-print-version/>
- <https://www.refugeecouncil.org.uk/information/resources/asylum-support-policy-and-practice-in-relation-to-pregnant-women-and-new-mothers/>
- https://www.cityofsanctuary.org/files/asylum_seekers_guide.pdf.pdf
- Maternity Action Film on charging
https://www.youtube.com/watch?v=Ta3ib_HN5jY&t=185s

Main Lessons

- Never underestimate -
 - the power of a woman
- - the love of a mother for her children
- - or the capacity of a woman who has suffered to help others.
- - Mums are amazing!



References

These would be the suggested articles. The links are below- they lead to the abstracts (apart from the conversation which is full text). The full text for each is available at Bradford Scholars <https://bradscholars.brad.ac.uk/discover> searching my surname Haith-Cooper

RCM I learn module 'Understanding refugees and asylum seekers' <https://www.ilearn.rcm.org.uk/course/info.php?id=188&lang=cy>

Ellul, R, McCarthy R and Haith-Cooper M (2020), Destitution in pregnancy: Forced migrant women's lived experience, *British Journal of Midwifery* 28,11 <https://www.magonlinelibrary.com/doi/abs/10.12968/bjom.2020.28.11.778>

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Lephard E, Haith-Cooper M, (2016) Pregnant and seeking asylum; exploring experiences 'from booking to baby' *British Journal of Midwifery*, 24, 2, 130-136 <https://www.magonlinelibrary.com/doi/abs/10.12968/bjom.2016.24.2.130>

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McCarthy R, Haith-Cooper M (2013) Evaluating the impact of befriending for pregnant asylum seeking and refugee women. *British Journal of Midwifery*. 21(6): 276-281. <https://www.magonlinelibrary.com/doi/abs/10.12968/bjom.2013.21.6.404>

Haith-Cooper M, Bradshaw G (2013) Meeting the health and social needs of pregnant asylum seekers; midwifery students' perspectives. Part 3; The pregnant woman within the global context"; an inclusive model for midwifery education to address the needs of recently arrived migrant women in the UK. *Nurse Education Today*. 33,9,1045–1050 <https://pubmed.ncbi.nlm.nih.gov/22647390/>