

January 2011

Issue 1



The Joanne (Joe) Bingley Memorial Foundation



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Welcome

Welcome to the first edition New Year newsletter, of the Joanne (Joe) Bingley Memorial Foundation.

In this edition you will read about the key aims of the foundation and how busy so many of you have been in supporting us to make this new charity a success.



A Message from Chris Bingley

When my wife Joe died I was beside myself with grief and, as many people witnessed, close to collapse. But I had an anger burning inside that would not let me rest, as I had so many unanswered questions.

As I started to investigate the issues associated with Postnatal Depression (PND) and the severe form for which my wife was being treated, I became very concerned at:

- the lack of prioritisation given to patients and their carers, despite EEC and UK Human rights laws
- the piecemeal implementation of National Institute of Clinical Excellence (NICE) guidelines and NHS policies on Perinatal Mental Health
- The fact that the highest cause of maternal deaths in the UK is now suicides, as a result of mental illness, including Postnatal Depression.

I decided I needed to investigate further and possibly find answers, as a tribute to my wife, in recognition of the many years of service she had given as a dedicated nursing professional. Hence I established the Memorial Foundation and with the help of the other trustees we aim to help other people who have suffered from, are suffering from or may suffer from the devastating impact Postnatal Depression has on a family.

Aims of the Foundation...

- Raise awareness and de-stigmatise Postnatal Depression, by stimulating open discussion about the illness and its treatment.
- Provide access to information and support to mums, dads, partners, families, and friends affected by Postnatal Depression
- Support research to identify the causes of the increasing number of deaths due to Postnatal Depression, examine the key risks and issues that effect sufferers from Postnatal Depression, and what can be done to help them.
- Ensure Medical Services follow appropriate standards and guidelines, and patients know what should be available to them

Read on to find out what else we have been up to!



We've been busy!

In the few months that the foundation has been going we have been really busy raising money to support the work that we plan to do in the future.

In September, Joe's friends had a really enjoyable Pampered chef evening and raised a cooktastic £50

It was coffee, tea and buns for all those who went to a coffee morning organized by Dinah, at Scholes Cricket Club. A big thank you goes out to all those who came and donated buns and raffle prizes, plus an extra thank you to helpers Rachel, Carol, Gemma and Rohan. We not only raised an amazing £300+ but also managed to start

spreading the word about the work that the foundation plans to do to increase awareness about Postnatal Depression. There was a real buzzing atmosphere at the event with lots of people sharing ideas and support.

Chris said, *"Having never attended coffee mornings like this before I was nervous, but I need not have been, as everyone was so warm and caring. Not only did we raise funds but everyone who attended praised what we are trying to do and we recruited a couple more helpers"*.

In November, we had a Christmas shopping evening at the beautiful card and gift shop Beadlicious, in Mirfield.

We managed to raise £75.

A big thank you to all those who managed to get there in the horrible cold and rainy weather! Hope you enjoyed your drink and Dinah's buns!

Finally Janet Morrison a close friend of Joe and the nursing staff at the Day Case Unit at HRI have had fantastic success raising money towards purchasing a memorial bench and garden, in memory of Joe. A whopping £1100 was raised, so a big thank goes out to all those who helped to sell tickets, donated prizes, and bought tickets.

Congratulations to you if you were one of the lucky winners!

Meet the trustees

In September Chris registered the Joanne (Joe) Bingley Memorial Foundation. He needed 4 trustees and it was not difficult finding enthusiastic volunteers.

Joining Chris, as trustees are

- Elaine Hanzak, who suffered puerperal psychosis after the birth of her son and has dedicated her life to becoming an inspirational speaker on Postnatal Depression. She also

provides information and support to sufferers of maternal mental health.

- Martin Johnson, GP, friend of Chris Bingley and Trustee of the Patients Association.
- Ann Girling, Life coach, former health visitor and someone, who has also had experience of suffering Postnatal Depression.

- Dinah Wylde, Health at Work Advisor, former staff nurse and someone who knew Joe.

Each month we will feature an article on one of the trustees and keep you up-to-date about the work with which they are involved.

Elaine tells her Story

"Eyes without Sparkle, is a compelling story about one woman's experience with Postpartum Psychosis. It is a compassionate and informative book that will help any woman experiencing the horrors of childbirth-related mental illness."



**Elaine Hanzak-
Author and
speaker**

Hearing someone's personal account of an illness is one of the best ways to have a deeper understanding of that illness.

Someone who has first-hand experience in suffering severe Postnatal Depression (Puerperal Psychosis) following the birth of her son Dom, is Elaine Hanzak. Elaine decided to devote her working life to sharing her

experiences and offering information and support to those who are affected.

Elaine also gives training and support to health professionals who work with mothers and families, through inspirational talks.

At the end of November Chris and Dinah were honoured to be invited to Ribby Hall, just outside Preston,

Lancashire to an evening where Elaine presented her story and suggestions on supporting families affected by postnatal illness, to a wonderful group of midwives, nursery nurses and health visitors.

Elaine is also currently part of a group looking at improving maternal and infant mental health in the North West of England.

Read Elaine's brilliant book which is all about her suffering and recovery from puerperal psychosis. Entitled, **Eyes without Sparkle**, it is a must read for anyone affected by Postnatal illness and is a recommended read for all health professionals working with mothers and families.

You can get your copy "Eyes Without Sparkle" from Amazon or all good internet sites.



You can read about and follow Elaine's fantastic work and read her stories on her website at www.hanzak.com and read her blog at <http://elainehanzak.blogspot.com/>

What's happening 2011

Gangster and Molls Charity Fundraiser Night

Join us on January 29th at the Galpharm Stadium Huddersfield, to raise funds for the foundation.

Tickets which cost £40 include a fantastic 3 course dinner, live music, entertainment and bar til late.

For tickets contact

Chris Bingley 07778655270 or email cdbingley@hotmail.com

Website launch

2011 will see the launch of a website dedicated to The Joanne (Joe) Bingley Memorial Foundation –

www.joebingleymemorialfoundation.org.uk

Its aims will be to increase awareness about Postnatal Depression, and it will have lots of up to date information and support for sufferers.

Raising Awareness in 2011

The foundation is planning to use funds raised to produce information cards about Postnatal Depression.

Titled...***Baby's Arrived, but Why Am I Not Happy?***

The cards will have information on recognising signs and symptoms, how to get help and support, and will be distributed to health professionals, voluntary agencies, GP surgeries and other public places.

Improving the support mums, dads, partners and families receive within Kirklees

Working Together... To Achieve More!



We should always be looking at how we can improve public health services and one way of doing this is to evaluate the information and support received by service users and local health professionals.

So in the New Year Dinah Wylde will be busy working closely, with Debi Hemingway, the Clinical Development Manager for Mental Health and Learning Disabilities at NHS Kirklees, to look at ways of developing existing mental peri-natal services to improve standards of care.

Together they plan to have an **Expert by Experience** workshop. Mums, dads, partners, and family members who have been affected by Postnatal Depression will be invited along, to an informal session, to share

ideas and thoughts on what resources they would like to see, to support people affected by this illness.

The foundation would like to see as many people as possible attend these workshops as only by voicing our issues and concerns will standards of care be maintained and improve in the future.

If you or you know anyone who would be interested in sharing their experiences and would take part in this workshop please contact Dinah Wylde - dinah.wylde@btinternet.com

We want to hear from you'



Got any...

- Ideas on how to improve awareness on Postnatal Depression
- Personal stories to share with us
- Ideas for future fundraising
- News articles/research you want us to print in the next issue

We would really love to hear from you!



**Write to us at...
cdbingley@hotmail.com**

Next Issue- Spring 2011