

Radiance



**Supporting the emotional wellbeing of parents
with their journey into parenthood**

Anne Mackay
Health Educator and Wellness Coach

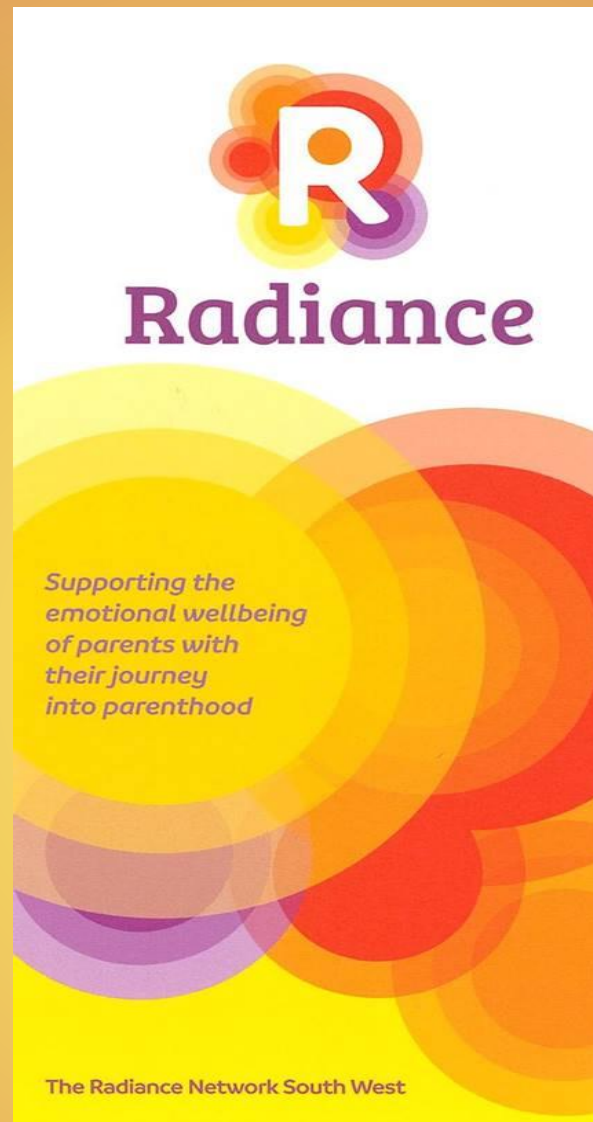




The Radiance Network was launched in November 2017 in response to community demand – a recognition that there was not enough awareness, support, and services for families who are struggling in the perinatal period in the South West region.

Radiance was a product of partnership and collaboration, with a vision to provide a platform to bring services together in order to support, build resilience, and enhance the emotional wellbeing of parents to strengthen family relationships.

“ If we value our children we must cherish their parents” John Bowlby



<https://www.radiancesouthwest.com.au>



The Radiance Network has created three tiers in our mission to support parents:

1. Radiance website (radiancesouthwest.com.au)
2. Radiance support groups (in Busselton and Bunbury) – based on the model used by PANDA
3. Radiance intensive group – Mother Baby Nurture. MBN groups are evidence based and have been running successfully in Perth since 2009.



Radiance

Program for Support Group Term 2

(Guest speakers every second week)

30th April to 2nd July 2019: 11.30 to 1pm.

Date	Agenda	Presenter
Week 2 7th May	Maternal Wellbeing	Jessica Anne, Maternal Wellbeing specialist
Week 4 21st May	Baby Massage	Jackee From Hidden Zen
Week 6 6th June	Emotional Regulation	Beth Castieau— Castieau Consultancy
Week 8 18th June	Get creative	Marie Wilkinson—from TLC marie
Week 10 2nd July	Pamper Session	Massage— Hidden Zen Massage— Nicola Bodyshop



Child and Parent Centre
Carey Park



"Supporting the emotional wellbeing of parents
with their journey into parenthood"

Radiance

The Radiance Network Support Group

A free support group designed to:

- Build resilience and enhance the emotional wellbeing of parents.
- Build your relationship with baby through the first months of parenthood
- Meet new friends in a welcoming, relaxed environment

Registration is required

Tuesdays

Bunbury: 11.30 am—1.00 pm

email: admin@swwhic.com.au

PHONE 9791 3350

Busseton: 9.30 am—11.30 am

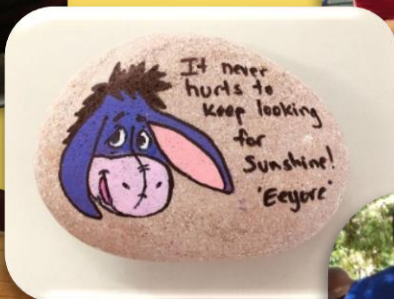
email admin@thepeopleplace.org.au PHONE 9752 3550



Child and Parent Centre
Carey Park



The
People
Place
Busseton



Mother Baby Nurture program



mother baby
nurture

free support group
morning tea provided
build your relationship with baby
meet new friends

Feeling
overwhelmed?

*A 10-week group supporting mothers
& babies through the first few months*

- Becoming a mother can be a time of great joy and also a time of mixed emotions.
- A safe, supportive and confidential space for you to share your experiences.
- For mothers and their babies in the first months of parenthood.
- Facilitated by professionals with expertise in Infant-Parent relationships.

South West Counselling,
122 Adelaide Street, Busselton

Cost: free • Contact: Admin 97542052

Radiance  www.motherbabynurture.com

"It has given me a safe place to talk about my concerns without being judged, whilst being supported by people who really understand. It provided time to reflect and gave me new perspectives on past situations".

- *"I really feel like this group got my through. I was so worried about not bonding with baby and not being good enough and this group helped me with those thoughts and feelings".*
- *"I loved making connections with other mums who are honest about struggling at times. It has been great to have a totally safe space to share my thoughts, experiences and feelings each week".*
- *"I enjoyed the safety and openness of the other mums and babies, and the help and support received".*
- *"This is the first time I have felt truly listened to and heard and not judged".*
- *"It has helped so much to hear that others are struggling too and I am not alone".*



- **Vision Statement:** Through partnership and collaboration, the Radiance Network is a platform to bring services together to support, build resilience and enhance the emotional wellbeing of parents
- **Mission Statement:** The Radiance network has been established to address the multitude of needs for parents who are experiencing emotional stress following the birth or caring for a young child.
- **Our Values:**
 - ✓ Inclusiveness
 - ✓ Respectful
 - ✓ Holistic
 - ✓ Compassion
 - ✓ Choice
 - ✓ Trust

- **Our Objective:** To provide a platform in the form of a webpage and have a social media page where community members, specialists and key stakeholders can go to see who and what is provided in their local community. Busselton was the pilot town, using the collective impact model we have now rolled it out to include Bunbury and are in the process of implementing Collie.

Each community will have their own uniqueness that we want to identify and support that.



Our Advisory Committee 2017-19

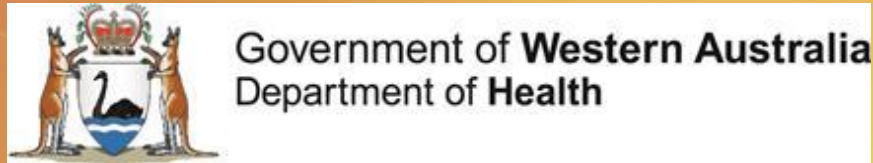
- ✓ CJ Heins- Mum of lived experience/Support worker
- ✓ Josephine Stewart – Mum of lived experience
- ✓ Sarah Moore : GP and Obstetrician Busselton
- ✓ Anne Mackay: Health Educator SW Women's Health & Info Centre
- ✓ Karen Collins: Playgroup WA Development Officer SW
- ✓ Rilla Beresford: CEO The People Place Busselton
- ✓ Janine Page: Child health Nurse WA Country HealthService
- ✓ Shantell McClenaughan: Counsellor SW counselling
- ✓ Kindelle Pillioniel: Naturopath
- ✓ Sue Kosicki: Mental Health Nurse
- ✓ Belinda Butler-Ohalloran: Psychologist
- ✓ Bianca Hart: Registered Nurse
- ✓ Aimee-Jade Pember- Psychologist





Outcomes to date

- ✓ Logo developed and webpage live – Nov 2017
- ✓ Support group commenced at The People Place Busselton Aug 2017 to date
- ✓ Launch of project at Radiance Festival including Big Pram Walk Nov 2017
- ✓ Training of facilitators for Mother Baby Nurture programme Jan 2018
- ✓ Mother Baby Nurture group commenced Feb 2018 Busselton to date
- ✓ Radiance highlighted in February edition of Dept of Health, Perinatal and Infant Mental Health News and Events
- ✓ Radiance Southwest added into Pandas online support group package as an example of a Project of Excellence
- ✓ Support group commenced in Bunbury June 2018
- ✓ Referral pathways now available for agencies and practitioners
- ✓ Radiance Festival 2018 including Big Pram Walk Busselton- Raising Awareness
- ✓ Symposium held in February 2019- Peri Natal Anxiety and Depression
- ✓ Fundraiser (clothes swap) by CJ- raised another \$15000



Story from February edition -New kid on the block
Alisha Wells, Senior Health Promotion Officer, Women's Health Strategy and Programs

Launching in PNDA Week in November 2017, a new community network in the South West, Western Australia called Radiance Network South West. It is a community network connecting parents to local services to support emotional wellbeing during early parenthood. The network provides information about local support services in the Busselton area for parents and expectant mums and dads as well as running The Radiance Network Support Group and Mother Baby Nurture groups, a 10 week group supporting mothers and their babies through the first few months.

The Radiance Network South West was made possible from a community grant from an individual and a small grant from WA Primary health Network and a partnership between South West Women's Health & Information Centre and LAMP Inc. The support network is designed to help parents in the region improve their emotional wellbeing as they journey into parenthood. The Busselton based community network runs plans to secure funding in the future to be able to create support groups in other communities in the South West Region.

For more information go to website www.radiancesoutheast.com.au



Act Belong Commit presents the Radiance Festival 2018



Radiance Symposium Feb 23 2019



Swap and Raise event 2019





Our Future Vision

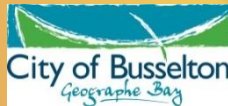
- ✓ To secure future funding – sponsorship for sustainability of initiative
- ✓ Source and secure funding for a Radiance Centre in Busselton
- ✓ To expand Radiance South West to other rural towns for example- Collie/Manjimup/Bridgetown/Harvey/Margaret River
- ✓ Radiance Festival with Big Pram walk to be an annual event in each town, to be held in Perinatal Anxiety and Depression week- collaboration within our community
- ✓ Future training for facilitators/ peer supports within our communities so we can offer more groups/workshops in the South West.
- ✓ To have a Support group and Mother Baby Nurture therapeutic group in each rural town and keep building on existing supports with in our communities
- ✓ Continue to create awareness with in our communities around Perinatal Anxiety and Depression.

"Together we can make a difference."



Radiance

Supporting the
emotional wellbeing
of parents with





Thanks for listening please like and support our network at www.radiancesouthwest.com.au and help us share this message :

"If we value our children we must cherish their parents first"
John Bowlby