





Amplifying Maternal Voices toolkit worksheet

Do your research

What is already happening locally and where are the gaps? Check info on Maternal Mental Health Alliance campaign maps.

What organisations/groups do you already have links with?

Any local media contacts?

Where is your time and energy best spent - within local forums or outside them?



Do your research (continued)

What is needed to ensure your approach is culturally relevant?

Be clear about what information will be shared, especially personal stories.

Be proactive

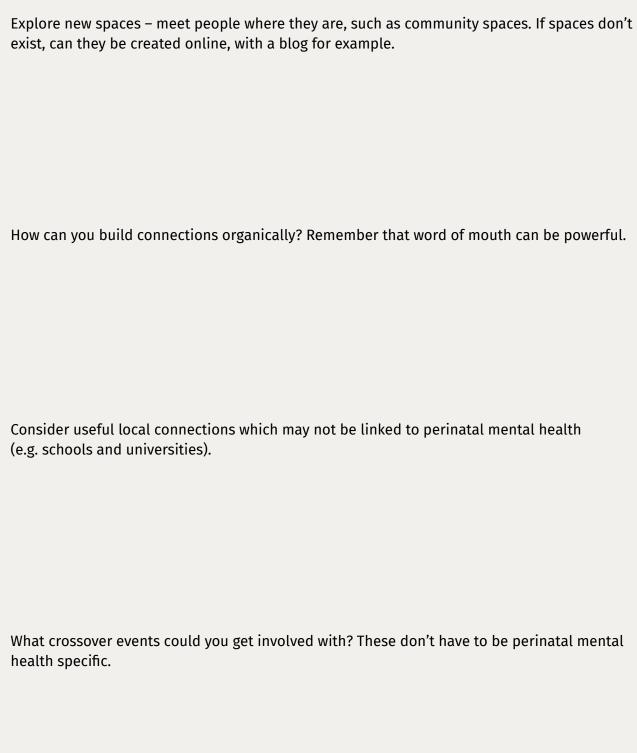
What funding opportunities are there? Check local authority websites.

Explore opportunities for speaking/co-designing/sharing information, for example, approach your local Healthwatch.

Consider contacting national organisations to help make local connections.



Think creatively





Build your team

Who else do you know who wants to create positive change?

What can you do to maintain motivation?

Find a balance between building relationships and challenging existing structures or engaging in uncomfortable conversations when needed.







Look after yourself

Reflect on what you are comfortable with, if telling your story.

Reflect and learn

What has worked well?

Even better if...