

Your voice matters!

Your chance to help create Kent's plan for supporting perinatal mental health and parent-infant relationships



To get involved or find out more,
please contact Aida:
aida.vanderpant@barnardos.org.uk
07849 194 588

Kent County Council has partnered with Barnardo's - the UK's largest children's charity - to create a long-term plan to help give every baby the best start for life.

If you are expecting a baby, or if you have a baby under the age of two, we'd love to hear from you. Your views, experiences, and opinions will help us to:

- support parents and carers experiencing mild-to-moderate perinatal mental health difficulties, such as low mood or anxiety
- support parents and carers to build good relationships with their babies
- help more parents to be comfortable in accessing support.

To **thank you** for meeting us, you will receive a Certificate of Appreciation and a **£20 voucher** (for up to 1 hour of your time) or a **£40 voucher** (for up to 3 hours).

Alternatively, you can complete our online survey and be in with a chance to win one of five £100 Amazon vouchers.

