

SI CANNOCK & DISTRICT
PRESS RELEASE NOVEMBER 2017

Action on Postpartum Psychosis [APP] is one of the charities being highlighted this year by President Val Jones, Cannock Soroptimists. It is a small and little known charity; in fact, prior to President Val naming it only 3 members of the club had ever heard of it! The condition Postpartum Psychosis is actually as common as Down's Syndrome and one of the aims of the charity is to raise public awareness of the condition: Postpartum Psychosis is a frightening and devastating form of postnatal mental illness.

Jocelyn Ellams, a volunteer for APP and someone who suffered from the condition herself following the birth of her son, gave a most interesting, emotional and enlightening presentation to club members.

APP is run by health experts and by those who have suffered from the condition, they have 700 members. Some facts about PP are:

- PP is the most severe form of postnatal mental illness.
- It affects between 1 and 2 pregnant women in 1000 and so is as common as Downs Syndrome.
- Onset is within the first two weeks following childbirth and the acute phase can last for weeks
- Sufferers need immediate medical help
- Women DO recover from PP.

Joss was herself a sufferer of PP and she bravely told us her story, explaining thoughts that she had at the time which in one sense she knew could not be true though she could not control them. She made it possible for us all to have some understanding of the dreadful experiences she had at that time – and also proved she has completely recovered.

Soroptimist Kate Young hosted Joss and thanked her for giving up her time and, more importantly, for her honesty in telling us about how she was affected. She gave Joss a donation towards the work of APP from SI Cannock and told her that at the end of President Val's year there would be a further donation.

More information about Action on Postpartum Psychosis can be found at www.app-network.org and about Cannock Soroptimists at www.sigbi.org/cannock-and-district or on their Facebook page www.facebook.com/SICannock;

Photo: l to r: Joss Ellams of APP with Val Jones, President, SI Cannock & District

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