



Sandra Igwe

BLACK MATERNAL ADVOCATE, SPEAKER, WORKSHOP FACILITATOR

CURRENT ROLES:

- Founder of **The Motherhood Group**, a social enterprise dedicated to share and support the black maternal experience through events, workshops, peer-to-peer support projects, and advocacy – whilst interacting with thousands of black mothers/pregnant women over the last 5 years.
- Trustee of **Birthrights Charity**, the UK's leading charity that champions respectful care in pregnancy and childbirth by protecting human rights.
- Appointed Specialised Commissioning Patient and Public Voice (PPV) Partner for **NHS Mental Health Programme of Care**, her involvement brings a wealth of insight, perspectives, expertise, and experience to the NHS programmes around mental health.
- Community Engagement Lead for **Rethink Mental Illness Charity**, leading in their Community Mental Health Transformation: Co-Production Strategy.
- Expert by Experience Lead for the **NHS E&I Provider Collaborative Perinatal Programme**, her involvement supported the development of commissioning care for people accessing perinatal mental health services. She formed part of a discrete expert reference group that reviewed and informed the outputs from the Perinatal mental health/Provider Collaboratives Task and Finish Group to ensure they meet the needs of people who use these services.
- Patient and Public Involvement Lead for **Oxford University's** Optimising the management of blood pressure following hypertensive pregnancy to reduce cardiovascular risk research.
- Appointed Family Voice Group Member for **Baby Lifeline Charity**, which promotes the safe care of pregnant women and newborn babies all over the UK and worldwide. It does this by supporting and working with NHS professionals – buying equipment, developing and providing critical training, and conducting research.

- Co-producer of the updated Positive Practice Guide for Perinatal Mental Health in **Improving Access to Psychological Therapies (IAPT)**, jointly funded by NHSEI and IAPT.
- Patient and Public Involvement/Engagement Lead for Avoiding Brain injury in Childbirth (ABC) Study by **The Healthcare Improvement Studies (THIS) Institute** and funded by the Department for Health & Social Care
- Project Partner for the Young Mums Connect Programme by **Mental Health Foundation**, delivering and producing the training modules for employers to better understand the Black maternal experience.

TRAINER, SPEAKER, AND WORKSHOP FACILITATOR:

- **TEDx** Speaker – Titled 'Black & Ethnic Minority Mothers and Compromised Mental Health'
- **MBRRACE-UK** 'Saving Lives, Improving Mothers' Care' virtual conference speaker
- Public Health England – 'Reducing the inequality webinar' keynote speaker
- **Commissioned by NHS E&I** – official Trainer/Facilitator for 'Understanding Diverse Motherhood', cultural competency workshops delivered to healthcare professionals.
- **The British Association of Perinatal Medicine (BAPM)** – workshop speaker, speaking on 'Understanding the Black Maternal Experience'
- Speaker 'Improving wellbeing and supporting positive mental health during pregnancy' at Healthcare Conferences UK
- **The Bias Trap** – Speaker on the training documentary for NHS staff
- 'Ending inequalities in Black women's maternal health care' at **Trades Union Congress (TUC) Conference** – Speaker
- 'Addressing inequalities and stillbirth rates in women from diverse communities: Protecting human rights and tackling racial injustice in maternity care' – at **Healthcare Conferences UK** – Speaker
- **Facebook EMEA** staff – Black Maternal Workshop delivered and facilitator
- **Dove Baby (Unilever)** – Motherhood Uncensored – workshop facilitator and speaker
- Commissioned BAME Digital Peer Supporter for **NHS Sussex Maternity**
- **The Baby Show** – panelist and speaker