



Sandra Igwe LLB MBA

AUTHOR, CHIEF EXEC, BLACK MATERNAL ADVOCATE, SPEAKER, WORKSHOP FACILITATOR

Current/Recent Roles:

- Founder and CEO of **The Motherhood Group**, a social enterprise dedicated to sharing and supporting the Black maternal experience through programmes, training, peer-to-peer support, and advocacy. coordinators of **Black Maternal Mental Health Week UK**
- Author of **My Black Motherhood**; mental, stigma, racism and the system
- Listed as **Forbes** Top Inspirational Woman
- Trustee of **Birthrights Charity**, the UK's leading charity that champions respectful care in pregnancy and childbirth by protecting human rights.
- Co-chair for the **National Inquiry** into racial injustice in maternity care
- Appointed Specialised Commissioning Patient and Public Voice (PPV) Partner for **NHS Mental Health Programme of Care**.
- 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**, forming 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.
- Co-producer of the updated Positive Practice Guide for Perinatal Mental Health in **Improving Access to Psychological Therapies (IAPT)**, 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.
- Commissioned BAME Peer Programme for **NHS Sussex Maternity**
- **Maternity Disparities Taskforce** at the department of health & social care Presenter
- **Best Beginnings** delivery partner for their safer beginnings program
- **Baby Centre** cultural consultant
- **Centre for Mental Health** - Project Partner 'Understanding the Black Maternal Experience'

Trainer, Speaker, Conference and Workshop Facilitator:

- **TEDx** Speaker - Titled 'Black & Ethnic Minority Mothers and Compromised Mental Health'
- **MBRRACE-UK** 'Saving Lives, Improving Mothers' Care' virtual conference speaker
- **Labour Party Conference** Roundtable Contributor
- **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
- **Nike woman** - Black Maternal Health Speaker
- **National Maternity Safety Conference** Speaker - 'Achieving Racial Equity'
- **The Baby Show** - panelist and speaker
- **Leigh Day** 'women's right in healthcare conference: discrimination and inequality' panelist
- **Southampton Perinatal Mental Health** Employers Conference Speaker
- **PPE Public** Health Speaker
- Understanding and Supporting the Black Maternal Experience - DiaegoWorkshop
- **Royal College of Psych** - Effective engagement with Black mothers - workshop facilitator
- RCM Wales Conference - challenging the stigma of perinatal mental health
- **Local Government** - health inequalities event speaker - 'the impact of the pandemic on maternal mental health'
- **The Independent** - international women's day - expert panel member
- **LGA/ADPH** Annual public health conference speaker
- **Bradford lit fest** panelist
- Medicines for mums at the **House of Commons** - speaker
- **Medicines & Healthcare Products Regulatory Agency** headline speaker
- **Community trauma conference** UK speaker
- The festival of motherhood (**Pregnant then Screwed**) speaker