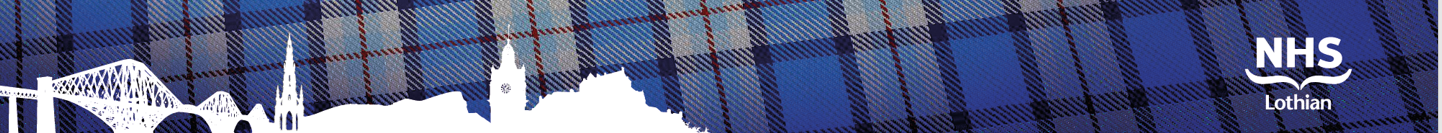
# Experiential Learning & Leadership Academy



# Development Opportunity

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| **Level**  **Level 1 Discovering  Level 2 Deciding  Level 3 Developing  Level 4 Directing** |
| **Title of Opportunity**  Shadowing to attend either the National Nurses Perinatal Group or the Regional Perinatal Nurses Forum |
| **Location**  National Group online via Teams  Regional Forum location rotates between, Lothian (Livingston), Fife (Kirkcaldy) Forth Valley (Stirling) |
| **Lead Contact of person offering opportunity**  **Susan McConachie, Consultant Nurse Regional Perinatal Mental Health**  **Email** [Susan.mcconachie2@nhs.scot](mailto:Susan.mcconachie2@nhs.scot) |
| **Duration**  3 hours |
| **Description of Opportunity**  The national perinatal group brings together all perinatal mental health nurses in Scotland. There is an educational or strategic component to the group with external speakers invited to lead on a specific topic.  The Regional forum is made up of perinatal mental health nurses and nursery nurses working in Mother and Baby Unit or community perinatal mental health teams located in Lothian, Fife, Borders or Forth Valley. Each service considers a topic in advance and has 20 minutes present/ discuss the topic this can be sharing either good practice or challenges, a clinical case study or legal / ethical issues. The forum in person and there is a 20 minute slot built in for networking. |
| **Opportunities for candidate**   * To attend either a national or regional meeting in the context of perinatal mental health * Have a greater understanding of the work within perinatal mental health services * Provide an opportunity to understand how national and regional meetings are undertaken |
| **Expected Learning / Outcomes**   * Understanding of the dynamics of participants at a national and regional level * Awareness of decision making to contribute to discussion at a national and regional level * Awareness of perinatal mental health services |
| **Target Group**  Nurses with an interest in perinatal mental health or wanting a greater understanding of national or regional team working |
| **Dates available**  25/09/2025 – National Meeting. Dates for 2026 will be arranged at this meeting  30/10/2025 – Regional Meeting Livillands Resource Centre Stirling – dates for 2026 will be arranged at this meeting |
| **How to apply / arrange**  **Contact Susan McConachie Consultant Nurse Regional Perinatal Mental Health**  **Susan.mcconachie2@nhs.scot** |