



Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

Exploring perinatal mental health within Gypsy, Roma, Traveller, Showmen, and Boater communities

Athena Duffy, Canterbury Christchurch University,
Kent and Medway NHS and Social Care Partnership
Trust



What did you achieve through this award? Refer to your original objectives in your application.

1. To set up a community engagement group and network with the traveller community.
2. To identify barriers to accessing perinatal mental health care among the traveller community.

What has this award meant for you? What has it enabled you to do?

This award has enabled me and the research team to complete this and other projects (i.e. funding equipment such as Dictaphones), attend engagement events to network and build trust with stakeholders, expand this and future projects to doctoral level. It has also enabled us to attend conferences and training/learning events to increase our knowledge and skills.

What's next?

This award has enabled us to develop three additional research projects in collaboration with people with lived experience, relevant stakeholders (NHS and non-NHS) and Canterbury Christchurch University, significantly raising our perinatal research profile and enabling us to develop expertise.

What is your experience of receiving mentorship as part of this award?

My mentor has been accessible when needed and able to provide a number of contacts for me and shared lots of information. We have worked in an ad-hoc way which I have valued.