



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.

Implementing targeted social prescribing for women during or after pregnancy to ensure their mental health is supported in the community when statutory care is completed



Lizzie Lowrey, Involve Kent

What did you achieve through this award?

- Build knowledge of the wider context: I spent time reading additional literature on my topic, this was demonstrated through my entry into the Heather Trickey essay competition. My entry was an essay titled: "Perinatal social prescribing – could it help improve mild to moderate perinatal mental health conditions?". Writing this essay provided an opportunity to use my knowledge to help develop my argument. It was also a good way to bring together the readings.
- Understand existing provision and identify key stakeholders: I met with the CEO of NASP (National Academy of Social Prescribing) to discuss gaps in provision. This meeting further supported my claims that there is no existing literature on perinatal social prescribing. I attended an event about inequalities in maternity care and was able to discuss a local perinatal social prescribing service being delivered in Essex. I also met Donna Ockenden, who I briefly discussed importance of the voluntary sector in supporting maternity services, amongst others.
- Development and sharing of model: I developed a poster that put together all my findings, as well as a proposal for a service delivery model. Whilst I have not used this in PhD proposals, I have used it in an application for suicide prevention funding and a National Lottery funding application for the charity I work for. In addition, I spent extensive time working on PhD applications and developing my research proposal, which are crucial to developing my research career.

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

This award has given me time and space to dedicate to my research career. During the period of the award, I have applied for and had interviews for two different studentships. Although these were unsuccessful, they allowed me to develop my research proposal and provided experience for the application process. These applications were lengthy, one in particular required extensive time to complete, and the award provided me with dedicated time to work on this. I have been able to access group sessions to discuss ideas with others, even if the topics were different, it was still of value to hear about the experiences of others. I would not have had this opportunity outside of the award.

What's next?

Application for further funding to speak to service users and embed co-production into my work. Development of research proposal to use in PhD applications. Identifying NIHR funding opportunities.