



Perinatal Mental Health Project

Caring for Mothers. Caring for the Future.

PMHP providing a space for moms and staff at Hanover Park Midwife Obstetric Unit (MOU)

The garden at our Hanover Park service site has been a sanctuary for facility staff and women using our service. They have expressed great appreciation for the opportunity to enjoy a calming, therapeutic garden in what is an often challenging environment.

The Ebrahim family, who regularly support PMHP projects and have a keen interest in maternal mental health, donated a bench for visitors to sit and enjoy the vibrant garden.

Much time has been spent on the development of the bench. We wanted to encapsulate the spirit of the women who use our services, the Ebrahim family and the Hanover Park MOU. We reached out to Lovell Friedman, a local mosaic artist and activist, to design and create the bench.

Lovell has designed benches for activist organisation “Rock Girl!” who bring awareness to sexual violence in South Africa. She has trained numerous mosaic artists from previously disadvantaged communities who are now working independently.

Lovell and her team of mothers have created a beautiful mosaic bench which we hope will provide a tranquil, calming space for mothers attending our service.

Photos:

1: Vuyiseka Mzamo with her children Wakhile and baby Nene working on the new HP bench

2: Tatyelwa Wakeni and Thabisa Marawu working on the bench

3 - 6: New bench arrives at HP MOU

7: Previous client of the PMHP with her twin boys

8: Thanks to the Ebrahim family immortalised on the bench

