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EXCLUSIVE INTERVIEWS

Hemish Magoffin recounts his wife Pranyaya Ulpatorn after she died from PPD.

Khun Hemish Magoffin, husband of Khun Pang-Pranaya Ulpatorn, founded the PAM Foundation after losing his wife and baby from postpartum depression.

his wife and baby from postpartum depression.

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death of **'Khun Pang-Pranaya Ulpatorn'** and **'Nong Arthur'** in September last year, which is the impact caused by postpartum depression. It was a very sad event and no one wanted it to happen, especially **Hemish Magoffin, the** husband who had always been there to take care of his young wife. After the loss, Hemish founded 'Pranaiya & Arthur Magoffin Foundation' or **PAM Foundation** to create awareness and provide accurate information, including providing care for new parents and further research studies.



Build something better from loss.

Mr Hemich recalls his past losses with **HELLO!** "Last year, I lost my wife, Ms. Khun Pranaiya or Khun Pang and our son Brother Arthur from Postpartum Depression (PPD) back to when Ms. Pang started having symptoms of postpartum depression. We try to heal immediately, by following all the methods recommended by the doctor. From drug therapy to art therapy, Khun Pang, my family and I are all dedicated to fighting this disease together. The whole family and Khun Pang are very strong. But in the end, we still have to lose Khun Pang and Nong Arthur. It made me try to figure out how to make something better out of this loss."

Khun Pang and Nong Arthur in memory

Hemich also said that "Ms. Pang is a very sweet person and is loved by everyone. Since you're broken, I have received my condolences from many people, including people who don't know me but know Khun Pang, which makes me very grateful. Khun Pang is a good-hearted person. Always caring and thinking of others. She is a mother who loves and takes great care of her children since the early stages of pregnancy. Arthur is a happy, smiling child who loves to play with people. Like to listen to us, read a book to listen to. And I like to sing according to the time when I play the piano or play music."





Besides being loved by the people around you Khun Pang is also determined to create benefits for society.

In terms of contributing to society, Khun Hemich said, "Khun Pang has always liked to help society from a young age. Besides donating money regularly to various social projects, Khun Pang has been doing social activities since his school days. Until then, Khun Pang was one of the first people to initiate Social Investing in Thailand. Social investing means investing in companies that are successful in doing business that helps society. also known as Social Enterprise

"During your pregnancy and later when you were experiencing postpartum depression. Studying on PPD disease, Mr. Pang sees the problem of shortage of quality information in Thai for Thai people. It is not only information about PPD, but also information about pregnancy and parenting. Khun Pang decided that when his life became more perfect after Little Arthur began to grow up It will support the provision of quality information and knowledge to Thai people. This has therefore become a goal of the PAM Foundation, not only to raise awareness of postpartum depression and the various psychiatric conditions that occur during pregnancy and postpartum. but also including raising children."





Three Pillars of the PAM Foundation

For the purposes and operations of the PAM Foundation, Mr Hemich elaborated that “In addition to focusing on postpartum depression it also covers the various psychiatric symptoms that occur during pregnancy and after childbirth with three core pillars. very important



“Our intention is for people who suffer from postpartum depression, their peers and society to be able to talk openly about PPD without hiding or worrying about being judged by others. which being able to talk openly about PPD It will make it easier for people with PPD to have access to treatment for this disease.”

"Second Pillar is to support the care of those who suffer from such conditions And finally, to support research studies to find a cure and understand the groups most at risk of developing this condition in Thai society."



What is PPD?

Speaking to the PAM Foundation, Hemich also shared his knowledge of PPD: ***"Postpartum depression, or PPD, is a type of depression that occurs after childbirth. A recent study found that the disease can affect up to 1 in 6 mothers, and the symptoms of PPD vary from patient to patient. From mild to intermediate and hard Common symptoms, such as difficulty sleeping mood changes easily Less contentment with things around you, until you get more severe symptoms."***





Prepare to raise awareness and raise funds through running events in the UK.

For the PAM Foundation's first event coming up soon, Hemich will be running the JOGLE event in the UK. It spans more than 1,400 kilometers from the northern tip of Scotland to the bottom of the United Kingdom at southern Cornwall. It takes a total of 17 days from 18 March 2022 to raise awareness about the foundation, and postpartum depression including raising funds for the implementation of the Foundation's objectives



“After losing Ms. Pang and Brother Arthur, I found that what really helped me was stepping outside. Just being able to walk in the park can help. Unfortunately, during the recent lockdown we can't do it I've always been a runner. So I decided to join the JOGLE run to raise awareness of PPD and to get to know the PAM Foundation, which is launching in the middle of this year.”

“JOGLE is a very tough run. It starts from the northern tip of Scotland down to the bottom of the United Kingdom. The track is 1,400 km long (almost equal to the distance from north to south of Thailand), equivalent to running 2 marathons every day for 17 days. In the past, only 6 people had completed it. Training to join the JOGLE and having goals, this helped me to cope with what happened. I hope that this JOGLE run will not only help raise awareness of PPD and the PAM Foundation, but my running will inspire others and help others.”

For those who would like to support Khun Hemich and the PAM Foundation, details can be found on their website. www.pamfoundation.org

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