



Coming Together: Belong, Be Curious, Believe

iHV Perinatal and Infant Mental Health Conference
Monday 19 June 2023

King's House Conference Centre
King's Church, Sidney Street, Manchester, M1 7HB



iHV Perinatal and Infant Mental Health Conference





Coming Together: Belong, Be Curious, Believe

Important Conference Information

Your ticket includes lunch and refreshments throughout the day.

For WiFi, please connect to the network entitled 'Kings House' using password 'Welcome247'.

Join the conversation using #iHVPIMH2023 when tweeting or posting to social media during the conference.

Your certificate of attendance and CPD record will be available for you to download once you have completed our post-conference survey. Please complete the survey so that we can continue to improve the conferences we provide - you will receive the link to the survey straight after the conference has ended and it is available to access via QR code on page 9.

IMPORTANT TO NOTE: We will be live streaming, filming and taking photographs to capture the event - if you don't wish to be photographed, then let us know and we'll make sure that you're not in any of the photos/film footage that we may use in future iHV marketing, publications and resources.

For any queries or assistance throughout the day, please contact any of our iHV team who are easily identifiable by a pink lanyard.

Conference Aim:

To increase confidence and motivation to enable high-quality PIMH care.

Learning outcomes:

Participants joining the conference will be able to:

- Critically reflect on the importance of the latest MBRRACE findings
- Identify the reason why, for some communities, accessing and getting quality PIMH care can be especially difficult
- Debate some of the additional barriers that exist for families facing multiple disadvantages and systemic inequality
- Describe good practice in the evaluation of the parent-infant relationship
- Demonstrate an awareness of emerging thinking in relation to describing infant mental health
- Examine what good care looks like to both practitioners and families with lived experience

Donate to the iHV

The iHV is a charity established to improve health and reduce inequalities for babies, children and families through a strengthened health visiting service. We do not make a profit from our conferences and subsidise ticket prices to ensure as many people as possible are able to attend. If you would like to support our mission and help us to keep advocating for the profession, you can make a donation - please scan the QR code.



Melita Graham

Head of Mental Health Institute of Health Visiting



Welcome!

We are delighted to be welcoming you to our 5th annual iHV Perinatal and Infant Mental Health conference following Infant Mental Health Awareness Week and on International Fathers' Mental Health Day 2023! This year's face-to-face event is our first real opportunity for physically being together to consider PIMH since 2019!

Such a lot has happened in the world since then. Globally and nationally, families continue to experience widening inequalities. We know that the cumulative effects of the pandemic, global instability and the cost-of-living crisis mean babies and their families need high-quality mental health care now. This comes at a time when there are significant workforce challenges, a time when we are still adjusting to different ways of working and, for many, the professional pace of life is staggering.

This conference is about coming together, it's about reconnecting and strengthening our sense of belonging and our belief, and our commitment in what we can achieve. You will be encouraged to explore, to be curious, and to wonder together about what some of the latest research and innovation in PIMH means in relation to providing safe, personalised, inclusive high-quality PIMH care.

#iHVPIMH2023

We have a phenomenal line-up of parental, academic, professional, and creative leaders who are excited to engage and exchange knowledge and stories that cross cultures, generations, worlds, and times.

At our last count in May, we had trained **4,203** iHV PIMH Champions and we are amazed and grateful for your leadership and impact that you are having across the UK. We are thrilled to welcome our iHV PIMH Champions, iHV members, friends and partners to this special event; to deepen understanding, empathy and love for our families and communities, our world and each other.

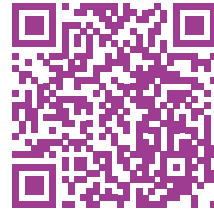
Have a great day!

Melita Walker

Head of Mental Health
Institute of Health Visiting

Programme

This conference is about coming together, it's about reconnecting and strengthening our sense of belonging and our belief, and our commitment in what we can achieve. Delegates will be encouraged to explore, to be curious, and to wonder together about what some of the latest research and innovation in PIMH means in relation to providing safe, personalised, inclusive high-quality PIMH care.



Scan the QR code to learn more about each session.

Time	Session
08:30 - 09:30	Registration & Exhibition
09:30 - 11:15	Keynote Session 1: Inequalities in PIMH
09:30 - 09:45	Welcome from the chair and opening remarks Melita Graham Head of Mental Health, Institute of Health Visiting
09:45 - 10:05	Trauma and adversity – messages from Maternal Deaths Dr Andrew Cairns Consultant Perinatal Psychiatrist, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
10:05 - 10:25	'We don't see Black women': Ethnic inequalities in perinatal mental health and care Professor Dawn Edge Professor of Mental Health & Inclusivity and Academic Lead for Equality Diversity & Inclusion, University of Manchester
10:25 - 10:45	An important focus: The mental health of young parents and their babies Dr Louise Dalton Consultant Clinical Psychologist, University of Oxford Dr Elizabeth Rapa Senior Postdoctoral Researcher, University of Oxford
10:45 - 11:00	Gender Equality: Transforming the role of fathers in the perinatal period Kieran Anders Operations Manager, Dad Matters Mike Sandiford Expert by Experience
11:00 - 11:15	Q&A
11:15 - 11:45	Break & Exhibition
11:45 - 13:30	Keynote Session 2: Early Mental Health
11:45 - 12:00	Welcome and iHV PIMH update Hilda Beauchamp Perinatal and Infant Mental Health Lead, Institute of Health Visiting
12:00 - 12:20	Meeting the Perinatal and Infant Mental Health educational needs of professionals working in universal services across Scotland Marie Balment Senior Educator for Perinatal & Infant Mental Health, NHS Education for Scotland
12:20 - 12:40	Measuring outcomes in parent and infant relationship work Dr Karen Bateson Infant Mental Health Specialist, National Consultant

Time	Session
12:40 - 13:00	Understanding and supporting the mental health of babies and young children – a toolkit to support local action Sally Hogg Senior Policy Fellow, Centre for Research on Play in Education, Development & Learning (PEDAL), University of Cambridge
13:00 - 13:15	Voices of the Future Rose Palmer Freelance producer
13:15 - 13:30	Q&A
13:30 - 14:30	Lunch & Exhibition
14:30 - 15:15	Keynote Session 3: Perinatal and Infant Mental Health: The Global Family In Conversation with the World Association of Infant Mental Health (WAIMH) and the International Marcé Society for Perinatal Mental Health (MARCE)
14:30 - 14:35	Welcome to Keynote Session 3 Alison Morton CEO, Institute of Health Visiting
14:35 - 14:50	The mother's relationship with the unborn baby and its impact on the infant's mental health: what we have learned over the past fifty years Professor Jane Barlow Professor of Evidence Based Intervention & Policy Evaluation at the Department of Social Policy & Intervention, University of Oxford
14:50 - 15:05	Perinatal Mental Health and its effects on the child: Changes in understanding over the last 43 years - since founding of the Marce Society (1980) Professor Vivette Glover Visiting Professor of Perinatal Psychobiology, Imperial College London
15:05 - 15:15	Q&A
15:15 - 15:35	Break & Exhibition
15:35 - 16:30	Keynote Session 4: Developing Inclusive Practice
15:35 - 15:40	Welcome to Keynote Session 4 Melita Graham Head of Mental Health, Institute of Health Visiting
15:40 - 16:00	Transcending Gendered Language: The impact of language on the mental health of trans parents Jacob Stokoe Director, Transparent Change CIC
16:00 - 16:20	Mothers and others – expanding our thinking about parental mental health Dr Zoe Darwin Reader in Health Research, University of Huddersfield
16:20 - 16:30	Q&A
16:30 - 17:00	International Fathers' Mental Health Day Celebration Hosted by our sponsor DadPad, in collaboration with Dad Matters
17:00 - 17:30	Networking

Keynote speakers

Our keynote speakers will focus on how we can build on the present to help shape the future. They will be presenting the latest research and innovation in PIMH, examining ways we can reduce mental health inequalities and improve outcomes for babies, children and families.

We are privileged to be joined by such eminent speakers.

Dr Andrew Cairns

Consultant Perinatal Psychiatrist
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust



Dr Cairns trained in Psychiatry in the East Midlands where he worked on the Nottingham Psychiatric Mother & Baby Unit and Community Service and developed an interest in Maternal Mental Health. During this time, he was a rep to the East Midlands Perinatal Managed Care Network. He served on the RCPsych Perinatal Faculty Executive from 2008-2018 and has been a member of the NHSE Perinatal Clinical Reference Group since 2012. He established the North East-North Cumbria Perinatal Mental Health Clinical Network and was Clinical Lead from 2014-2019. He has been involved with a number of national perinatal research studies and is a psychiatric advisor to the Maternal Deaths Enquiry.

Dr Cairns has been the lead Consultant for the Cumbria, Northumberland, Tyne & Wear Perinatal CMHT and Beadnell Mother & Baby Unit in Morpeth, Northumberland since 2012. [@AndyCairnsNcl](#)

Professor Dawn Edge

Professor of Mental Health & Inclusivity and Academic Lead for Equality Diversity & Inclusion
University of Manchester



Dawn is Professor of Mental Health and Inclusivity at the University of Manchester and Academic Lead for Equality, Diversity & Inclusion on 'race', religion, and belief.

Dawn's PhD and postdoctoral work involved theorising ethnic disparities in perinatal mental health, focusing on Black women of Caribbean origin in the UK.

As a health services researcher, Dawn is committed to using her research to reform policy and practice in order to create more equitable, effective, and accessible care, treatment, and outcomes. She works collaboratively with service users, their families, community members, healthcare professionals, and fellow academics to co-produce and implement psychosocial interventions that improve mental health outcomes for marginalised groups by increasing timely access to culturally informed, evidence-based care and treatment. [@EdgeDawn](#)

Dr Elizabeth Rapa

Senior Postdoctoral Researcher
University of Oxford



Dr Elizabeth Rapa is a senior postdoctoral researcher.

Under the leadership of Professor Alan Stein, the Child and Adolescent Psychiatry group at the University of Oxford focuses on elucidating the key mechanisms underpinning child development, including the intergenerational transmission of difficulties in the context of adversity. This understanding enables the team to develop and test new interventions designed to improve child outcomes both in the UK and low and middle income countries. Their work includes treatments to support parents with depression, families when a child has a cleft lip, and adolescents with depression. The team have a particular interest in parent-child interaction, and are passionate about sharing the science about early development with parents, professionals and the wider community. [@ElizabethRapa](#)

Dr Louise Dalton

Consultant Clinical Psychologist
University of Oxford



Dr Louise Dalton is a consultant clinical psychologist with over 20 years' NHS experience.

She is working with Dr Elizabeth Rapa under the leadership of Professor Alan Stein, within the Child and Adolescent Psychiatry group at the University of Oxford. Their work includes treatments to support parents with depression, families when a child has a cleft lip, and adolescents with depression. The team have a particular interest in parent-child interaction, and are passionate about sharing the science about early development with parents, professionals and the wider community. [@DrLouiseDalton](#)

Kieran Anders

Operations Manager
Dad Matters



Kieran is the Operations Manager for the Dad Matters UK project, developed by Home-Start HOST. Dad Matters supports dads in the first 1001 days with attachment and bonding, mental health and accessing services.

Kieran is a dad of 2, and a foster carer. He founded Dad Matters in 2017 after working in education, community development and children's centres. [@DadMattersUK](#)

Mike Sandiford

Expert by Experience



Mike is a dad with autism. His journey into fatherhood was an extraordinary one in the early stages. He got support from Dad Matters and now he supports other dads in similar situations and helps them to know they are doing a great job.

Marie Balment

Senior Educator for Perinatal & Infant Mental Health
NHS Education for Scotland



Marie Balment is a Senior Educator for Perinatal & Infant Mental Health at NHS Education for Scotland, and a Health Visiting and School Nursing team leader for Aberdeenshire Health and Social Care Partnership. She was the first iHV PIMH Champion in Scotland, back in early 2018, and has since gone on to lead a network of 216 colleagues into the role across the nation.

Marie is also the co-chair of the Perinatal Mental Health Network Scotland Infant Mental Health clinical forum.

[@MarieBtheHV](#)

Dr Karen Bateson

Infant Mental Health Specialist
National Consultant



Dr Karen Bateson is a national consultant for Parent and Infant Relationship (PAIR) service development and implementation. She works with people and organisations around the UK to support them to strengthen, develop and adapt services which support parent-infant relationships. Karen is a clinical psychologist by training, having spent 20+ years in the NHS and then 6 years in the voluntary sector. She is also a researcher, author and lecturer. You can connect with Karen on Twitter.

[@karenjbateson](#)

Sally Hogg

Senior Policy Fellow, Centre for Research on Play in Education, Development & Learning
University of Cambridge



Sally is Senior Policy Fellow at the Centre for Research on Play, Education, Development and Learning at the University of Cambridge (PEDAL) where she leads work to embed knowledge about early child development into policy and practice. Sally has had a varied career, moving between charities, national and local government but with a continued focus on early childhood. After a period in the civil service, Sally had leadership roles in a number of charities where she formed and led effective campaigning coalitions, developed and scaled evidence based interventions, and authored a range of influential policy and research reports. [@salhogg](#)

Professor Jane Barlow

Professor of Evidence Based Intervention & Policy Evaluation
Department of Social Policy & Intervention | University of Oxford



Jane (DPhil, FFPH Hon) is Professor of Evidence Based Intervention and Policy Evaluation at the Department of Social Policy and Intervention, University of Oxford. Jane's main research interest is the role of early parenting in the aetiology of mental health problems, and the evaluation of interventions aimed at improving parenting practices during pregnancy and the postnatal period. She also undertakes research to evaluate the effectiveness of interventions aimed at preventing child abuse. Jane is President of AIMH UK, Affiliate Council Representative of the Executive Board of WAIMH, an Associate Editor for the Infant Mental Health Journal, and was a member of PreVAiL (Preventing Violence Across the Lifespan).

Professor Vivette Glover

Visiting Professor of Perinatal Psychobiology
Imperial College London



Vivette is Visiting Professor of Perinatal Psychobiology at Imperial College London. Her research has shown the effects of the emotional state of the mother during pregnancy, on the developing fetus and longer term on the child, especially on neurodevelopment. Her group has also studied the biological mechanisms that may underlie such fetal programming. She has published over 450 papers. She has been awarded the International Marcé Society medal, the John Cox medal, and the PIPUK award for Research into Pregnancy and Infant Mental Health. Her work is contributing to changes in government policy. [@vivetteg](#) [@UKIMarce](#) [@TheMarceSociety](#)

Dr Zoe Darwin

Reader in Health Research
University of Huddersfield



Zoe is a Reader in Health Research at the University of Huddersfield. Her research concerns reproductive psychology, including psychosocial aspects of pregnancy, birth and early parenting. Zoe's particular interest concerns perinatal mental health and wellbeing in all parents and those pursuing parenthood, with an emphasis on experiences and needs of individuals and families. [@zoe_darwin](#)

Jacob Stokoe

Director
Transparent Change CIC



Jacob is the founder and director of Transparent Change CIC, a training company dedicated to improving the lives of trans people by providing friendly, engaging education to people who support them. Jacob is also a parent and he gave birth to both of his children. He brings his experiences as a birthing parent to his work, supporting everyone involved in perinatal care and beyond to be trans inclusive while still holding women central to the work they do. [TikTok @jacobtheseahorse](#)

Opportunities to ask questions

There are Q&A sessions throughout the day. We will be using Slido, an easy-to-use Q&A and polling platform, to give a voice to our online delegates as well as the delegates present at King's House.

Use Slido to ask questions and vote for your favourite ones to be presented to our speakers. If you are here in person, you can use Slido or revert to the 'old fashioned' method of raising your hand.

Join the conversation by scanning the QR code.

slido



Post-conference evaluation and certificate of attendance

We hope that you really enjoy our Perinatal and Infant Mental Health Conference and that you feel energised and inspired! Your feedback is so important to us and it helps us to shape and improve our future conferences.

You can tell us what you think by accessing the evaluation survey by the QR code or clicking on the link which will be emailed to you at the end of the conference.

Once you have completed the evaluation survey, your certificate of attendance and CPD points will be available for you to download.

If you have any queries about the evaluation, please don't hesitate to email: events@ihv.org.uk



Join us for our Evidence-based Practice Conference



Hope for the future

Thursday 21 September 2023

In-person one-day conference

Manchester



Contact us at events@ihv.org.uk for any enquiries.



iHV Evidence-based Practice Conference



DadPad: Solving the perinatal service challenge of engaging and supporting new fathers



Engaging with and listening to men during the transition to fatherhood is essential to support our families and communities of the future.

Here's how DadPad can help...

For generations, dads-to-be and new dads have been under-involved in and under-engaged with during the perinatal period.

Working alongside colleagues within the NHS and other experts, DadPad has developed a package of physical and digital resources, written specifically for these men, which aim to provide the knowledge and practical skills that new dads need to support themselves, their partner and baby as they transition to fatherhood.

DadPad's experience of working with ICBs and Trusts over the past ten years has highlighted that perinatal services need to better understand the needs of fathers so as to develop the workforce and strategies needed to truly start 'thinking family'. We believe that DadPad resources give healthcare professionals the tools they need to achieve this.

The resources enable men to learn the essential, hands-on baby care and parenting skills in order to better prepare for birth and the early years of parenthood. This all encourages new dads to be more physically and emotionally present during the pregnancy journey, reducing their anxiety, and giving them confidence in their ability to succeed in their new role.

But DadPad resources are aimed at being so much more than 'just' a guidebook to help dads learn the key baby care basics – not least because they also cover a range of other core topics, including the how and why of: creating a strong and secure bond with his baby; building stronger family relationships by sharing the load and learning how to parent together; and recognising the signs of postnatal depression and other forms of mental ill-health, in both himself and his partner, and getting help early. The resources are also intended to be used by frontline health professionals as an embedded engagement tool through which a relationship of trust can be established and built upon, as part of a whole-family approach to perinatal care. Simultaneously, the healthcare professionals will be able to gain a better picture of the true family dynamic, equipping them to provide that new unit with the utmost in personalised support.

Our existing DadPad areas - of which there are nearing 30 at the time of writing - use a mix of our hardcopy guidebooks (we have a more accessible Quick Read version, as well as our original DadPad) alongside our DadPad app which provides an accessible, personalised, safe space for dads to explore information and interact with peers and health professionals alike.

To find out more about how DadPad could work with your ICB, please get in touch:



Julian@thedadpad.co.uk



07403 274757



www.thedadpad.co.uk

Our Exhibitors



Barnardo's is the UK's largest children's charity and one of the most comprehensive providers of integrated health and social care services for children and young people, bringing over 150 years' experience of supporting those facing the most challenging circumstances.

We work with a range of partners and commissioners to deliver cost-effective, innovative integrated health and wellbeing support.

Our services take a trauma-informed and inclusive approach that address health inequalities and operate right across the spectrum of prevention, early intervention, targeted and specialist support in a variety of place-based settings across geographical footprints.

www.barnardos.org.uk

@BarnardosHealth @barnardos

barnardos_uk



We've helped more than 40 NHS health visiting services to set up safe and secure messaging lines on our award-winning ChatHealth platform (www.chathealth.nhs.uk). This means families have easy, inclusive access to quality advice and support for perinatal mental health from local health visitors, helping to improve outcomes.

Nationwide, families can quickly find information about maternal mental health on the ever-popular Health for Under 5s website (www.healthforunder5s.co.uk). Localised advice and support services, supplied by NHS providers, is in the Local Area sections.

Speak to our team to learn about setting up ChatHealth messaging or Health for Under 5s local areas.

<https://impacts.dhtsnhs.uk/>

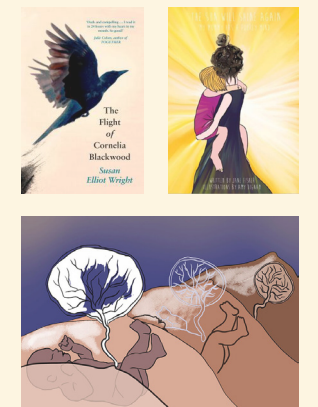
@ChatHealthNHS

You have to BEE in it to win it!

Delegates will have the opportunity to enter a prize draw. Our prize draw gives you the chance to win exclusive goodies - including:

- The Flight of Cornelia Blackwood by Susan Elliot Wright
- The Sun Will Shine Again written by Jane Fisher and illustrated by Amy Dignam
- Art work by acclaimed artist Amy Dignam
- The Story of The Cardiff and Vale PMH Team by Dr Sue Smith
- Attachment Theory - The Basics by Dr Karen Bateson
- Another Twinkle in the Eye by Elaine Hanzak

To enter delegates will need to "pollinate" their raffle ticket via the exhibitor stands and deposit their honey in the iHV Hive!



The iHV also has exhibition stands at today's conference, please visit our stands and have a chat with our team about how the iHV can support you!

Specialist Health Visitors in Perinatal and Infant Mental Health: where they are and what they're doing

As part of Maternal Mental Health Awareness Week 2023 the iHV launched a report on the unique role of Specialist Health Visitors in Perinatal and Infant Mental Health (Sp HV PIMH).

The report shines a light on how specialist provision within health visiting services offers the opportunity to drive clinically and cost-effective high-quality evidence-based PIMH care across the whole system.

There is still work to be done but much to be celebrated. The leadership and commitment of these pioneering specialist health visitors ensures that families at risk of, and those impacted by, mental health problems have the best chance of receiving timely, high-quality, cost-effective care within health visiting services and beyond, helping to give all babies and young children the very best start in life.

Recommendations include:

- Sp HV PIMH should continue to be commissioned by every Local Authority in England, every Health Board in Wales and Scotland, and every Health and Social Care Trust in Northern Ireland. Such commissioning should include the provision of necessary resources to enable them to work both strategically and clinically
- A national set of Perinatal and Infant Mental Health quality standards for Sp HV PIMH, health visiting and health visiting services are needed
- The contribution and recognition of the Sp HV PIMH role would be strengthened by the development of credentials for Advanced Clinical Practice (ACP-health visiting)
- All services should ensure there is a robust offer of reflective clinical supervision for Sp HV PIMH
- Demand-driven workforce modelling with further exploration of workload weighting for Sp HV PIMH is needed to provide a benchmark for safer staffing and ensure equity of provision
- Further research into the role of Sp HV PIMH within universal health visiting services compared to specialist services is needed to build a strong evidence base for the NHS and Local Authorities to make the best decisions in designing, commissioning and delivering services in the interests of local people
- Further research is needed to support the translation of the evidence from the UK Confidential Enquiries into practice, focusing on public health aspects, inequalities and the Sp HV PIMH role
- The health visiting service should be strengthened by national government through sufficient funding, a demand-driven, well-resourced national workforce strategy to ensure that all families receive high-quality, evidence-based support, regardless of where they live



Scan the QR code to read the report.

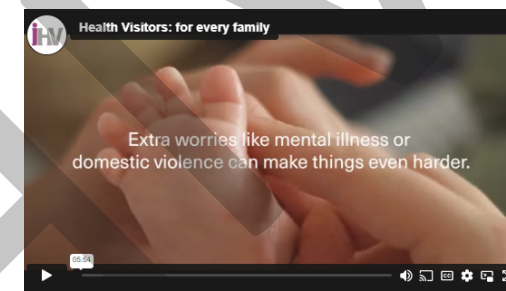


If you are a Specialist Health Visitor, but not yet a member of the iHV SpHV Group, please get in touch at mentalhealth@ihv.org.uk

Interreg 2 Seas PATH Project

March 2023 saw the end of the 4-year Interreg VA 2Seas PATH Project in which the iHV was a collaborating partner. The PATH Project (Perinatal mental Health) was launched in 2019 as part of the Interreg VA 2Seas programme with funding from the European Regional Development Fund. The Institute of Health Visiting (iHV) was one of 13 partner organisations from across the UK, the Netherlands, France and Belgium working together to enable parents, families and healthcare professionals to prevent, recognise and successfully manage mild and moderate perinatal mental illness (PMI).

The project sought to promote positive parenting experiences and empower parents to feel confident in accessing self-help, professional support and guidance from employers leading to happier and healthier families.



One of the project outputs that we led, was our film 'Health Visitors: for every family' showcasing the unique opportunity and skills that health visitors have to build relationships and offer additional support when concerns about parental mental health or the parent-infant relationship are identified.

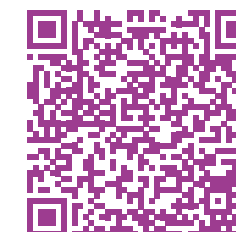
Scan the QR code to view the film.

iHV Insights | Thursday 19 Oct 2023 | 15:30 - 16:30 Supporting infant regulation: a relational approach

Some of the most common questions which parents ask health visitors about are how they can manage their baby's colic, crying, feeding, and sleep. Without support, problems with infant regulation can have significant impact on both parental and infant mental health. This event will encourage HVs to think about how they can help parents to understand, tolerate, and manage their baby's distress and discomfort, by taking a relational approach. HVs will gain insight into the latest research on parent-baby affect regulation, and case studies will encourage HVs to reflect on how best they can apply their new knowledge and insights in practice.

iHV Insights are open to all iHV members. Scan the QR code to book onto the event.

To book on, you'll need your membership number to use as an access code. Should you need reminding of this, please get in touch at admin@ihv.org.uk.



Read about the iHV's other areas of work: Projects and Evaluation

The iHV Projects and Evaluation team has worked on several different projects over the last year, co-producing resources and training, as well as engaging in research and evaluation.

Here are some examples of our work and links to resources to support your practice:



Brand New Respiratory Illness Resources

Funded by the NHS Health and Wellbeing Fund, we worked with partners to co-produce resources to raise health visitors' and parents' awareness of respiratory illness in babies and children:

- A series of webinars were developed for health visitors
- A suite of short guides on 'when to worry' available in a range of formats, including translated resources and easy read, learning disability accessible resources.
- A set of films on 'when to worry' - the English versions feature TV star Dr Ranj, and also films in five languages.
- An animation on 'when to worry' about Strep A and Scarlet Fever.

Please access the new resources by scanning the QR code.



iHV Postnatal Contraception Training

Through a test and learn project, funded by the Sexual Health Reproductive Health and HIV Innovation Fund, and developed with key partners including the Faculty of Sexual and Reproductive Health, we co-designed a half-day training session to specifically support health visitors' work to promote postnatal contraceptive conversations and choices - this has been endorsed by the Faculty of Sexual and Reproductive Health. This project built on the sexual and reproductive health project, where resources and health visitor e-learning were created, available on elearning for healthcare (elfh). If you are interested in accessing this training programme, please contact training@ihv.org.uk.

Scan the QR code for the full set of resources including the e-learning and a Good Practice Point.



Healthy Weight, Healthy Nutrition (HWHN)

Toolkit for iHV Members

The HWHN Toolkit contains a wide range of HWHN resources to support your practice and also focuses on oral health and physical activity. The resource is free for all iHV members and can be accessed through the iHV website and then clicking on the iHV LEARN tab.

New HWHN Ambassador training

This year, we developed new HWHN Ambassador training for health visitors, their teams and the wider early years workforce. The training focuses on direct work with families and how to support them to improve their HWHN, physical activity and oral health choices. If you are interested in this training or the HWHN Champion training, please come and speak to us at our event stand today or email training@ihv.org.uk.

Autism and behaviour Ambassadors

We have now combined our training on autism with training on behaviour and least restrictive practice into a brand new one-day programme. Following attendance, Ambassadors have access to an interactive toolkit and a wide range of resources to support practice. For more information contact training@ihv.org.uk

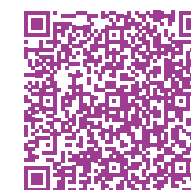


Autism Factographic

With support from the NHS England Learning Disabilities Team, we worked with professionals, families, those with lived-experience and subject experts to create a factographic about autism in babies and really young children. Scan the QR code to explore the factographic.

Genomics and health visiting

Over the last two years, we have been working with Genomics England Programme (GEP) and developed a series of webinars and GPP eXtras to support health visitors' role in genomics advice. We continue to work with GEP to consider how to expand the learning and resources over the next two years. To access the resources scan the QR code.



Working in partnership with families - lets talk heart health

The Burdett Trust for Nursing has funded the iHV to develop an adapted version of the Family Partnership Model and blended programme of learning to support health visitors in their work with families with complex and multiple needs. The project focuses specifically on the modifiable risk factors for cardiovascular disease (smoking, alcohol consumption, physical inactivity and unhealthy diets) to reduce CVD risk.

If you are interested in being involved please contact projects@ihv.org.uk.

BabyBreathe

This is an NIHR, UK-wide Randomised Control Trial to consider the impact and effectiveness of a health visitor-led intervention to support postnatal women staying smoke-free. The iHV is a collaborator on the study leading the North East Site.



Yorkshire and Humber Community of Research Practice 0-19

This project, supported by NIHR, and in partnership with Sheffield Children's NHS Foundation Trust, aims to equip four health visitors and school health nurses to be Research Champions in their areas. This includes a bespoke training programme and supervision to support them to create a Community of Research Practice in their locality. We are fully evaluating this with Leeds Beckett University.

If you would like to know more about any of our projects or research, or want to get involved, please come and visit us during the conference or email projects@ihv.org.uk.

iHV Training Programmes

Our training department at the Institute of Health Visiting is equipped to develop and deliver training packages to meet the needs of individual organisations. All training programmes have been developed in collaboration with some of the country's leading subject experts, and we have earned a reputation for quality, proving hugely popular as witnessed by the participant reviews.

Choose your format

- We are well-known for our Champions format of delivery offering an investment in the workforce and a sustainable approach to raising awareness for PMH subjects. Champions receive 2 years' access to training materials to support their work to cascade the training to their wider workforce within their organisation following their own training - which can be renewed for a small fee for longer access.
- We also offer our programmes as a "direct delivery" of the subject with no expectation of onward cascade training or access to Champion resources. For some organisations, this offers a great opportunity to scale up with multiple events delivered over a scheduled period to cover an entire workforce in an accessible and planned way.

Private commissions

We recognise that no two organisations have the same requirements for the training and development of the people that work in their organisation. If you have a team you wish to train, we can come to you to deliver efficient and effective high-quality training. Alternatively, we can offer virtual delivery online and this helps to reduce travel time for participants and other associated costs.

Hosted events

Contact us to find out the latest dates with availability for our "iHV Hosted events". We offer our most popular programmes in this format, resulting in multi-agency events bringing together practitioners from across the country for rich learning and sharing of practice. Places can be booked for individuals or small groups of practitioners to meet learning needs.




Perinatal and Infant Mental Health Champion and one-day training



Fathers & Perinatal Mental Health Champion and one-day training



LGBTQI+ People and PMH Champion and one-day training



Emotional Wellbeing Visits Champion and one-day training

“
It was very helpful to hear from someone with a lived experience - it makes all the facts and information shared come to life.

LGBTQI+ People and PMH Champion Training

“
The whole programme strengthened my understanding of working with fathers.

Fathers & Perinatal Mental Health Champion Training

Our programmes are CPD-accredited by an external organisation, so you can be sure of the quality of delivery.

The CPD Standards Office
CPD PROVIDER: 21481
2022-2023
www.cpdstandards.com



Contact us with your specific training requirements by email to: training@ihv.org.uk
Choose from the subject areas identified above or ask us about other subject areas – we can be commissioned in other topic areas and have other subjects in development.

Benefits of iHV Membership

Membership of the iHV brings health visitors, and practitioners working in health visiting teams, together as a professional community. By working together with you, we aim to improve health outcomes and reduce inequalities for babies, children, families and communities through a strengthened health visiting service.

Being an iHV member provides opportunities to participate in UK-wide developments. Members receive our monthly electronic newsletter, **iHV Times**, which contains the latest news, evidence, reports, briefings and other relevant resources and opportunities to support health visiting practice.

Increased Professionalism

- Membership of a large, vibrant and rapidly-growing community of health visitors
- Opportunity to participate in our developments
- Opportunity to join a working group in specialist areas
- Link to national work and opportunity to influence policy and practice

Member Offers

- Discounts (including priority booking) to iHV conferences on key topics
- Discounts to attend our award-winning training programmes
- Priority free-access to grant-funded training
- Tax relief on your subscriptions (for individual members only)

iHV Insights

- Run exclusively for iHV members
- Regular one-hour webinars on key HV topics
- Add to your CPD record
- Interactive live sessions with Q&A
- Access recordings, slides and supporting resources after the event

Networking Events

- Run exclusively for iHV members
- Meet and collaborate with colleagues across the UK
- Share your experiences and learning from practice
- Keep informed about our workstreams and the national direction

Our Website

- Access the latest tools, guidance and evidence-based materials
- Instant access to member-only iHV resources including Good Practice Points
- Comprehensive A-Z of resources
- Dedicated mental health section with resources

The iHV Corporate membership scheme

is designed to help employer organisations ensure that their entire health visitor workforce has access to all iHV membership benefits, plus access to project-funded training, iHV presentations at HV service staff meetings/forums/events. iHV Corporate membership is a popular health visitor recruitment and retention incentive.

#TeamiHV is on hand to support members with any issues, whether it be logging in, locating a resource or answering enquiries - our members are always our priority! Contact: admin@ihv.org.uk

**Not a member?
Join today and receive a free
iHV notebook*!**

*Free gift offer valid to new members only who sign up today - please visit the iHV Membership stand at today's conference.



Institute of Health Visiting

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