



# A Healthier Future

**iHV Evidence-based Practice Conference**  
**Wednesday 3 July 2024**

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



**iHV Evidence-based Practice Conference**



## 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 #iHVEBP2024 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.

**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:

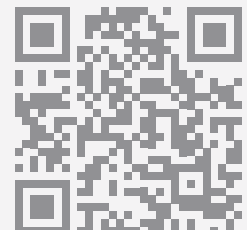
To integrate the best research evidence with health visiting clinical expertise and parent/carer experiences, to reduce health inequalities and improve health outcomes for babies, children, and families.

### Learning objectives:

- To hear and learn the latest national policy, evidence and research on key public health priorities to reduce inequalities for babies, children, and their families, with recommendations for practice.
- To be equipped with new knowledge and skills to address key challenges in prevention and early intervention work, to reduce inequalities and improve access, experience and outcomes.
- To explore ways of improving population health through evidence-driven health visiting service models and/ or integrated 'whole system' approaches that include health visiting, to improve health and reduce inequalities – including initiatives that tackle the wider determinants of health, work with local communities, and strengthen diversity and inclusion.
- To hear and learn from cutting-edge researchers, national and local experts, and parents/carers/those with lived experience.
- To gain insight into how integrated working across agencies can support local system planning to improve the health and life chances of babies, children and families.
- To gain CPD points to support NMC revalidation.
- To have networking opportunities with peers to further develop relationships and share best practice.

### 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 our 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.



# Alison Morton

CEO Institute of Health Visiting



## Welcome!

I am delighted to welcome you to our 2024 Evidence-based Practice conference. With so much going on in the world of health visiting, it's so important to meet together as a profession. At our conference last year, I posed a question on the best way to describe a "group of health visitors". I'm not entirely sure what the collective noun is... **"a pride of health visitors"** has a nice ring to it and I suggest that we adopt it! Like a pride of lions - with a roar that I am reliably told can be heard more than five miles away – **I hope that the learning from today's conference, and the roar of the health visiting voice, will be heard across the UK and beyond!**

I also hope that as you pause and take time away from your usual work today, you can feel proud of all that you do to improve health and tackle the inequalities that blight the life chances of so many. I know that it is often not easy. Which is why it's so important that you look after yourself and have time to refresh too. By connecting in this way, we can re-energise and inspire each other as we lead our wonderful profession into the future together. None of us can do this on our own, it really does require a group effort as the future of health visiting rests in all of our hands.

This year's conference provides a wonderful opportunity to gather with health visiting practitioners from across the UK, as well as internationally, and learn from each other. Today's programme is jam-packed with excellent keynote speakers, networking opportunities, as well as a breadth of concurrent and oral poster session topics to choose from. Whatever your personal areas of interest are - whether it is tackling inequalities before birth, improving parent-infant relationships or immunisation uptake, addressing racial disparities and the impacts of food poverty, or extending the evidence-base through research (and so much more!) - we hope there is something for everyone.

I am especially delighted to welcome everyone who submitted abstracts on health visiting research,

quality improvement initiatives and the evidence-based innovations that you are leading in practice. The standard of submissions this year was phenomenal, with more of you stepping forward to share your expertise on our national conference platform than ever before. Whether you were selected to speak, or not, I want to congratulate all of you for the work that you are doing. It is so important that the vital work of health visiting is made visible, to shine a spotlight on it and the difference that it makes to babies, children and families.

Alongside our fantastic line-up of speakers today, you will also have the opportunity to enjoy the benefits of our fabulous exhibition during the break times – many of our exhibitors are also our partners in various projects. Please also share your learning with your colleagues, to help as many people as possible to benefit.

The iHV is a vibrant and growing health visiting community, established to support excellence in health visiting. Thanks to your support and our growing membership, we continue to work to influence policy and act as a "voice" for the profession. We also have a vast array of projects, research, training and evidence-based resources to support you. Please come and say hello to the team - we would love to hear about the work that you're doing, and tell you more about any areas of our work that you might be interested in.

If you are not an iHV member already, do consider joining us today. Not only does that help to sustain us as the national voice for health visiting, you also receive access to all the fantastic iHV resources, member benefits and Continuous Professional Development (CPD) opportunities.

With very best wishes

**Alison**  
iHV CEO

# Programme

Our conference programme brings together local, national, and international experts and speakers who are focused on strengthening health visiting practice. Our conference programme also includes a wide range of interesting topics and presentations drawn from the highest scoring submissions to our call for abstracts from researchers and leaders in practice.

((●)) Session being live streamed and recorded

Time	Session	
08:30 - 09:05	Registration, welcome refreshments and exhibition	
09:05 - 09:10	iHV Membership	📍 Auditorium
09:10 - 09:30	An update on pertussis - <i>Sponsor Breakfast Session</i> Dr Helen Campbell   Lead Scientist in the Immunisation Division at the UK Health Security Agency (UKHSA)	
<b>09:30 - 11:20</b>	<b>Keynote Session 1 ((●))</b>	📍 Auditorium
09:30 - 09:35	Welcome from the chair and opening remarks Alison Morton   CEO, Institute of Health Visiting	
09:35 - 09:55	Inequalities in maternal mortality – learning from MBRRACE-UK Dr Allison Felker   Senior Researcher, MBRRACE-UK	
09:55 - 10:35	Tackling race inequalities in health care for babies Arnie Puntis   Research and Policy Manager, NHS Race and Health Observatory (RHO) <i>with members of the RHO Maternal and Neonatal Health Advisory Group</i>	
10:35 - 10:55	Q&A	
10:55 - 11:20	Break: Exhibition, refreshments, and networking	📍 First floor hall
<b>11:20 - 12:30</b>	<b>Concurrent Sessions</b> <i>Please follow information on room location for your chosen concurrent session</i>	
<b>11:20 - 12:30</b>	<b>Improving outcomes for babies and children</b>	📍 Room 1
Session 1	Family Voices a Collaborative Appreciative Inquiry: Parents' experiences of feeling heard and their understanding and influence of services designed to support 'school readiness' Rachel Prest and Sarah Cook	
	Working towards all children being "ready to learn": insights from Blackpool Enhanced Health Visiting Service three-year contact review Dr Karen Kinloch and Melanie Farman	
	Star Babies - health visiting led enhanced home visiting for first time parents Pamela McBride	
	Q&A	
<b>11:20 - 12:30</b>	<b>Public Health and Safeguarding</b>	📍 Room 3/4
Session 2	Building Safer Futures: Innovation in Safeguarding and Emotional Safety with The For Baby's Sake Trust Daisy O'Brien and Becca Butterworth	
	Exploring women's relationships with health professionals, and understanding how this influences their willingness to disclose domestic abuse Kerry Ellis	
	Are vulnerabilities being identified through commencement of early help plans for children who live in temporary accommodation? Kimberley Donaldson	
	Q&A	



Time	Session	
11:20 - 12:30	<b>Communication matters</b>	📍 Room 5
Session 3	Talking Together: a new approach to support speech language and communication needs Professor Cristina McKean, Dr Jenna Charlton and Vicky Gilroy	
	Implementing the Early Language Identification Measure (ELIM) into health visiting practice - an integrated approach Jo Shearman	
	Camden Kids Talk A Whole System Approach to Addressing Inequalities in Communication and Language Development Kathleen Cavin, Colette Quinlivan and Cathy Pajak	
	Q&A	
11:20 - 12:30	<b>Holding the baby in mind (👁️)</b>	📍 Auditorium
Session 4	"Either something's wrong, or I'm a terrible parent": a systematic review of parent experiences of unsettled babies Amy Dobson	
	Findings from the Alarm Distress Baby Scale (ADBB) feasibility and acceptability study Hilda Beauchamp, Dr Sharin Baldwin, Karen Hardy and Eileen Perrins	
	Baby in Mind: a multi-agency approach to supporting families in the antenatal & postnatal period Sarah Terrett	
	Q&A	
12:30 - 13:15	Lunch break and exhibition	📍 First floor hall
13:15 - 14:25	<b>Concurrent Sessions</b> <i>Please follow information on room location for your chosen concurrent session</i>	
13:15 - 14:25	<b>Infant feeding journeys</b>	📍 Room 5
Session 5	The evaluation of universal and targeted breastfeeding promotion initiatives within the Small Steps Big Changes programme Dr Nadine Otting	
	The breast bottle in the world? Investigating the marketing of bottles and teats for breastfeeding Dr Clare Maxwell and Dr Kathryn Bould	
	Fathers' influence on infant feeding decisions: A study for healthcare professionals, policymakers, and service providers Jen Menzies	
	Q&A	
13:15 - 14:25	<b>Promoting a healthy childhood (👁️)</b>	📍 Auditorium
Session 6	Addressing Food Poverty: Understanding the Impact of Food Environments on Children Ana María Narváez	
	Promoting a healthy childhood: Eating well in the early years Dr Vicky Sibson	
	Promoting Movement Behaviours in Preschool-aged Children Victoria Jackson and Kathryn Hesketh	
	Q&A	
13:15 - 14:25	<b>Focusing on inclusion</b>	📍 Room 3/4
Session 7	Getting it right for care-experienced teenage parents Dr Susan Kayes	
	Understanding women's dual contact with the criminal justice system and children's social care during pregnancy and early motherhood Katherine Miller Brunton	
	In the Shadows of Motherhood: Unveiling the Implications of Maternal ADHD Anne-Marie Paulin	
	Q&A	

<b>13:15 - 14:25 Building the evidence</b>		📍 Room 1
Session 8	<p>Project Evaluation of the 0-19 Research Network (Clinical Research Network (CRN) Yorkshire and Humber)  <a href="#">Vicky Gilroy and Gill Kelly</a></p> <p>Fathers' experience of the Maternal and Early Childhood Sustained Home visiting (MECSH) programme – a service user perspective  <a href="#">Dr Sharin Baldwin, Marzia Keshani and Yanick Opoku</a></p> <p>Developing Research and Researchers in Health Visiting. The Surviving Crying Study Trial: Interventions to Support Parents of Babies Who Cry Excessively  <a href="#">Professor Jayne Brown, Tracey Long, Terri Wright, Lisa Manlove and Ruth Haas Eckersley</a></p> <p>Q&amp;A</p>	
<b>14:30 - 15:00</b>	<b>Oral Breakout Presentations</b> <i>*vote for the best poster presentation!* See page 12 for more details</i>	
<b>Oral Breakout Presentations 1</b> (📍) 📍 Auditorium		<b>Oral Breakout Presentations 2</b> 📍 Room 1
<p>Once the stitches are in, let the recovery begin - Self Care from Hospital to Home</p> <p>Unravelling the impact of mandatory separation of mothers from their newborns in criminal justice settings - The Lost Mothers Project</p> <p>Public Health Fellowship Pilot - reclaiming the search for health needs; a QI innovation</p> <p>Baby Week Bradford – a tool for health promotion, system change and celebration amongst a challenging landscape</p> <p>Development of a book to support children through challenging times: Voices in a Pandemic: Children's Lockdown Experiences Applied to Recovery</p>		<p>An extended literature review of the barriers health professionals face when talking to women about Female Genital Mutilation / Cutting</p> <p>Mums In Mind - The skill of listening</p> <p>FGM Routine Enquiry</p> <p>Findings from the PARENT study (PARENTs' Experiences of Telehealth and Health Visiting)</p> <p>Leeds Early Attachment Observation (LEAO); supporting practitioners to effectively use this tool to assess, promote and strengthen early caregiver-infant relationships</p>
15:00 - 15:15	Break	📍 First floor hall
<b>15:15 - 16:40 Keynote Session 2</b> (📍)		📍 Auditorium
15:15- 15:20	<p>Welcome back from the chair  <a href="#">Vicky Gilroy</a>   Head of Innovation and Research, Institute of Health Visiting</p>	
15:20 - 15:40	<p>Health Visiting in light of the COVID-19 pandemic experience  <a href="#">Dr Erica Gadsby</a>   Senior Lecturer in Public Health, University of Stirling  <a href="#">Sally Kendall MBE</a>   Professor of Community Nursing and Public Health, University of Kent</p>	
15:40 - 16:00	<p>The vital role of health visitors in vaccinations  <a href="#">Helen Bedford</a>   Professor of Children's Health, UCL Great Ormond Street Institute of Child Health  <i>Plus Barnardo's short film on the importance of MMR vaccinations</i></p>	
16:00 - 16:15	<p>Radical health visiting - driving change  <a href="#">Alison Morton</a>   CEO, Institute of Health Visiting</p>	
16:15 - 16:35	Q&A	
16:35 - 16:40	<p>Oral Breakout Presentation Award                      Raffle Prize Draw</p>	
16:40	Close	

# Our speakers

Scan the QR code to learn more about our speakers and presenters.



## Sponsor breakfast session

### Dr Helen Campbell

Lead Scientist in the Immunisation Division at the UK Health Security Agency (UKHSA)



Helen Campbell is a Lead Clinical Scientist who joined Public Health England (now UKHSA) in 2001 after working as a Senior Scientist at the Department of Health and as consultant research manager for Health Promotion England. She is the national scientific lead on pertussis and invasive meningococcal disease surveillance, additionally leading on UKHSA co-ordinated surveillance of inadvertent vaccination of pregnant women and maternal pertussis vaccines. She provides scientific support to attitudinal work undertaken by UKHSA and input to the development of parental resources and health professional training materials together with teaching on public health courses.

## Keynote speakers

We are privileged to be joined by such eminent keynote speakers.

### Dr Allison Felker

Senior Researcher  
MBRRACE-UK and University of Oxford



Dr Allison Felker is the Senior Researcher for the MBRRACE-UK collaboration led by the National Perinatal Epidemiology Unit at the University of Oxford.

MBRRACE-UK conducts national surveillance of maternal mortality and runs confidential enquiries into the deaths of all women during and up to one year after the end of pregnancy in the UK. The annual reports produced by MBRRACE-UK help inform national guidance for the improvement of maternity care with the aim of preventing future maternal deaths.

Dr Felker completed a BSc (Hons.) at the University of Waterloo, Waterloo, Canada and earned a PhD from Queen's University, Kingston, Canada.

### Arnie Puntis

Research and Policy Manager  
NHS Race and Health Observatory



Arnie is the Research and Policy Manager at The Race and Health Observatory, and leads on their maternal and neonatal health initiatives. With a wealth of experience spanning two decades in the NHS, Arnie has also contributed to various arm's-length bodies, government agencies, higher education, and the voluntary sector.

Drawing upon her background as a physiotherapist, Arnie possesses frontline clinical insights into the health disparities faced by local populations. Her previous role at Health Education England focused on enhancing ethnic diversity and inclusivity in the current and future healthcare workforce to mitigate discrimination and inequalities.

Having joined the RHO in April 2022, Arnie is dedicated to fostering equity and transparency. She is enthusiastic about facilitating new research endeavours that contribute to social justice, aligning with her commitment to advancing the wellbeing of diverse communities.



### Dr Erica Gadsby

Senior Lecturer in Public Health  
University of Stirling



Erica is a social scientist whose passion lies in understanding the social forces that shape population health and making transformative contributions to improve the public's health and wellbeing.

She currently works at the University of Stirling where she directs a Masters in Public Health course and works on a range of studies in public health, health policy and systems, and health services research.

### Sally Kendall

Professor of Community Nursing and Public Health  
University of Kent



My main research interest is in community care, to improve the health and wellbeing of families and children. I developed the TOPSE tool for measuring parenting self-efficacy ([www.topse.org](http://www.topse.org)) that is widely used globally. I collaborate on a range of studies linked to examine the relationship between outcomes for children and the health visiting service in England.

I am co-PI for the Health Behaviour in School Aged Children Survey for England (<https://hbscengland.org/>).

As the academic development lead for the NIHR ARC for Kent, Surrey and Sussex, I focus on developing research careers for practitioners in the health and social care workforce.

### Helen Bedford

Professor of Children's Health  
UCL Great Ormond Street Institute of Child Health (GOS ICH)



Helen joined GOS ICH in 1986 to work on a national study of the determinants of childhood vaccine uptake "The Peckham Report". She has continued to focus on immunisation, conducting research into parents', young people's and professionals' attitudes to vaccines and maximising uptake. She contributes to immunisation training locally and nationally, and frequently discusses vaccination issues in the media. Helen is a member of the RCPCH Health Improvement Committee and an expert spokesperson on immunisation issues. She is a member of the NICE committee developing guidelines on vaccination in the general population published in 2022.

She also chairs the multi-disciplinary PCHR group which oversees its content and development.

### Alison Morton

CEO  
Institute of Health Visiting



Alison is the CEO and a Fellow of the Institute of Health Visiting- and proud to be a health visitor. She is a staunch advocate for the profession, focused on raising the profile of health visiting in numerous national policy forums, strategic groups and in the media.

Alison has an extensive background in health visiting, with a career that spans research, leadership and policy. Previous roles include: iHV Director of Policy and Quality; Professional Advisor for Health Visiting at the Department of Health from 2014; Best Start in Life Programme Manager, PHE; Head of Nursing for children's public health in Hampshire; and NIHR Clinical Academic with an interest in implementation science.



## Concurrent session speakers

Our concurrent speakers will be sharing their latest research and innovations across a range of hot topics, with opportunities for Q&A during the session. The numbers below correspond to the sessions our speakers will be presenting in, as listed in the programme on pages 4-6.




**4 8 Dr Sharin Baldwin**  
Senior Health Visiting Research Lead  
Institute of Health Visiting



**4 Hilda Beauchamp**  
Perinatal and Infant Mental Health Lead  
Institute of Health Visiting



**5 Dr Kathryn Bould**  
Lecturer in Psychology  
Liverpool John Moores University




**8 Prof Jayne Brown**  
Professor of Health Care Professions  
Nottingham Trent University




**2 Becca Butterworth**  
For Baby's Sake Therapeutic Practitioner  
The For Baby's Sake Trust



**3 Kathleen Cavin**  
Camden Early Years Speech and Language Therapy Manager  
Whittington Health NHS Trust




**3 Dr Jenna Charlton**  
Research Associate  
Newcastle University



**1 Sarah Cook**  
CEO  
Home-Start HOST




**4 Amy Dobson**  
Health Visitor  
University of Southampton



**2 Kimberley Donaldson**  
Health Visitor  
Newcastle Upon Tyne 0-19 Service



**2 Kerry Ellis**  
Clinical Services Manager,  
Childrens Health  
NHS Ayrshire & Arran



**1 Melanie Farman**  
Development Manager Enhanced Healthy Child Pathway & Specialist Services  
Blackpool Centre for Early Child Development (NSPCC)



3 8

**Vicky Gilroy**

Head of Innovation and Research  
Institute of Health Visiting



8

**Ruth Haas Eckersley**

Health Visitor  
Northern Care Alliance NHS  
Foundation Trust



6

**Kathryn Hesketh**

Senior Research Fellow  
University of Cambridge



6

**Victoria Jackson**

Senior Programme Manager -  
Innovation and Research  
Institute of Health Visiting



7

**Dr Susan Kayes**

Senior Nurse  
NHS Lanarkshire



8

**Gill Kelly**

Senior Lecturer, Specialist Community  
Public Health Nursing - Health Visiting  
Programme Lead  
Leeds Beckett University



8

**Marzia Keshani**

Health Visitor/ MECOSH Lead  
Central London Community  
Healthcare NHS Trust



1

**Dr Karen Kinloch**

Research and Evaluation Officer  
Blackpool Centre for Early Child  
Development (NSPCC)



5

**Tracey Long**

Nurse Consultant & NIHR Senior  
Research Leader Nursing & Midwifery  
Rotherham Doncaster and South  
Humber NHS Foundation Trust



8

**Lisa Manlove**

Health Visitor Team Leader  
Sheffield Children's NHS Foundation  
Trust



6

**Ana María Narváez**

Senior Policy and Advocacy Officer  
The Food Foundation



5

**Dr Clare Maxwell**

Reader in Maternal and Infant Health  
Liverpool John Moores University



1

**Pamela McBride**

Lead Nurse, Public Health Nursing  
Northern Health & Social Care Trust  
(NHSCT)



3

**Prof Cristina McKean**

Professor of Child Language  
Development and Disorders  
Newcastle University



5

**Jen Menzies**

Assistant Professor  
Northumbria University



7

**Katherine Miller Brunton**

Policy, Communications and  
Engagement Officer  
Birth Companions



2

**Daisy O'Brien**

Communications Manager  
The For Baby's Sake Trust



5

**Dr Nadine Otting**

Research and Learning Officer  
Small Steps Big Changes



3

**Cathy Pajak**

Camden Integrated Early Years  
Locality Leader, Camden Children's  
Centres and Family Hubs  
Camden Local Authority



7

**Anne-Marie Paulin**

Health Visitor  
Hampshire and Isle of Wight  
Healthcare NHS Foundation Trust



1

**Rachel Prest**

Post Graduate Researcher/  
SCPHN HV  
Manchester Metropolitan University



3

**Colette Quinlivan**

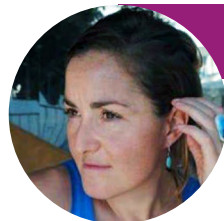
Specialist Speech and Language  
Therapist, Camden Early Years Services  
Whittington Health NHS Trust



3

**Jo Shearman**

Health Visitor, Team Leader 0-19 (25  
SEND) Health and Well-being Service  
Rotherham, Doncaster and South  
Humber NHS Foundation Trust



6

**Dr Vicky Sibson**

Director  
First Steps Nutrition Trust



4

**Sarah Terrett**

Specialist Health Visitor,  
Baby in Mind  
Cwm Taf Morgannwg University  
Health Board



8

**Terri Wright**

Health Visitor  
Sheffield Children's NHS Foundation  
Trust

## Oral Break-out Presenters

Listen to this year's highest scoring abstract submissions. Speakers will be showcasing their work with a short presentation in two breakout sessions. Delegates will have the opportunity to vote for their favourite!

### Oral Breakout Presentations 1 (●)

 Auditorium

Once the stitches are in, let the recovery begin - Self Care from Hospital to Home

[Janine McKnight Cowan](#) | Caesarean Section Recovery Coach

[Holly Edmundson](#) | Research Midwife, Oxford University Hospital

Unravelling the impact of mandatory separation of mothers from their newborns in criminal justice settings - The Lost Mothers Project

[Shanice Redwood](#) | Research Assistant, University of Hertfordshire

Public Health Fellowship Pilot - reclaiming the search for health needs; a QI innovation

[Jessica Streeting, Queen's Nurse](#) | Nurse Consultant for Public Health, Central London Community NHS Trust

Baby Week Bradford – a tool for health promotion, system change and celebration amongst a challenging landscape

[Chloe Stevenson](#) | Maternal and Child Health Development Lead, Better Start Bradford

[Kerry Bennett](#) | Assistant Director, Better Start Bradford

Development of a book to support children through challenging times: Voices in a Pandemic: Children's Lockdown Experiences Applied to Recovery

[Dr Toity Deave](#) | Associate Professor for Family & Child Health, University of the West of England

### Oral Breakout Presentations 2

 Room 1

An extended literature review of the barriers health professionals face when talking to women about Female Genital Mutilation / Cutting

[Amie Stocks](#) | SCPHN Health Visitor, Kent Community Health NHS Foundation Trust

Mums In Mind - The skill of listening

[Gayle De Souza](#) | 0- 19 Healthy Child Programme Team Lead, Shropshire Community Health Trust

[Sally Webber](#) | Emotional Health & Wellbeing Health Visitor, Shropshire Community Health Trust

FGM Routine Enquiry

[Rebecca Humphreys](#) | Specialist Health Visitor Complex and Vulnerable Families, Newcastle Upon Tyne NHS Foundation Trust

Findings from the PARENT study (PARents' Experiences of Telehealth and Health Visiting)

[Bethany Gill](#) | Senior Research Associate, Lancaster University and NIHR ARC North West Coast

Leeds Early Attachment Observation (LEAO); supporting practitioners to effectively use this tool to assess, promote and strengthen early caregiver-infant relationships

[Chris Whitman](#) | Infant Mental Health Practitioner / Health Visitor, Leeds Community Healthcare

[Hannah Potter](#) | Assistant Psychologist, Leeds Community Healthcare

## Opportunities to ask questions

Whether you're joining online, or in-person, use Slido to post your questions to our speakers. You can also vote for the questions that you most want answered. If you are here in person, you can use Slido or raise your hand.

Join the conversation by scanning the QR code.

slido



## Resources to support you

The Institute of Health Visiting recognises that it has a responsibility to the environment beyond legal and regulatory requirements. We are committed to reducing our environmental impact and continually strive to improve our environmental performance which is an integral part of our business plan and objectives.

At this year's conference, printing will be kept to a minimum. All conference details will be available on our website. We have created a QR code which will take you to our iHV resources webpage. Scan the QR code to access.

To support your continuous professional development after the conference, we have collated a list of iHV resources that are relevant to the topics presented today. iHV members have full access to all iHV resources. Non-members have access to 'open access' resources only. Membership of the Institute is open to health visitors and anyone working with health visitors, or interested in their work. To find out more about membership, see page 16.



## Enter our raffle!

Our prize draw gives you the chance to win:

- **One free conference ticket and an optional second half-price ticket** (valid until Dec 2025)
- **A £25 gift voucher from National Book Tokens**

To enter, use the stamp card (found in your delegate pack), visit each of our exhibitors and sponsors to get a stamp and then drop your completed card into the iHV Letterbox!

The prize draw will be made at the end of the conference.



## Post-conference evaluation and certificate of attendance

We hope that you really enjoy our Evidence-based Practice Conference. Your feedback is so important to us and it helps us to shape and improve our future conferences.

Please tell us what you think by completing the evaluation survey, which will be sent to you via email after 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, please don't hesitate to email: [events@ihv.org.uk](mailto:events@ihv.org.uk)

## Join us online for our mental health conference!

This conference will focus on raising awareness of families whose perinatal mental health needs are less well met and understood. It will be suitable for all practitioners working with families in the perinatal period as well as service leads, commissioners, researchers and policy makers.



Scan the QR code to find out more details and how to book your place.

 Thursday 19 September 2024

 Virtual Conference



## Dismantling the Barriers:

collaborative approaches to perinatal mental health care



iHV Perinatal and Infant Mental Health Conference



Virtual Conference



## Want to be part of our fantastic conference next year? Call for abstracts for iHV Evidence-based Practice Conference 2025 is now open!

Submit your abstract for our iHV Evidence-Based Practice conference “**Healthier Beginnings**” which will be held at King’s House Conference Centre in Manchester on Thursday 8 May 2025.

With a new government and changes in nurse leadership across many UK nations, we are entering a new era for child and family health in the UK. With change, there is also opportunity - and as a profession, health visitors across the UK will be leading our profession into the future. We believe in the power of health visiting innovation, research, and evidence-based practices to create a brighter, healthier future for all babies, children, and families – and the impact that we have is magnified when we come together and learn from each other.

Be part of our conference platform in 2025 - join local, national, and international experts and speakers and share your cutting-edge developments in health visiting practice, innovation and the latest research to address health inequalities and improve health outcomes for babies, children and families.

### What are the benefits of presenting at the iHV conference?

**It’s an excellent opportunity for you to:**

- Raise your own profile as a speaker at a UK-wide conference.
- Raise the profile of your organisation and showcase your work.
- Connect, collaborate and learn from other practitioners working in the field of health visiting and family public health.
- Add your experience of presenting to your CV and boost your career.

Top-scoring abstract authors have the chance to present their work as a concurrent session speaker, or even a plenary talk in the main auditorium (depending on submissions).

**Scan the QR code to find out how to submit an abstract.**



**SAVE THE DATE**

**iHV Evidence-based Practice Conference - Healthier Beginnings**  
Thursday 8 May 2025 | King’s House Conference Centre, Manchester

# 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 health visiting community
- 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



## 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



## 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

### 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](mailto:admin@ihv.org.uk)

**Not a member?**  
Join today and be one of the first people to receive our new iHV pin badge with your member pack



## Our Sponsor

We are delighted that UK Health Security Agency is sponsoring this year's iHV Evidence-based Practice Conference. Join their breakfast session in the Main Auditorium at 09:10 and visit their stand in the first floor exhibition hall to find out more about the work that they are doing.



### UK Health Security Agency

Immunisation is the single most effective way to protect pregnant women and their babies, infants, children and adults against infectious diseases. The UK Health Security Agency publishes an extensive range of materials on immunisation, for individuals, parents and health professionals.

Now we are focusing on the recovery of the national immunisation programme and how we can help get everyone up to date with their routine vaccinations to protect them from infectious disease.

We have a range of accessible versions of many of the leaflets in community languages, braille, audio, BSL video, large print and Easy Read formats for those with a learning disability. Using our free publications and resources can make a real difference in uptake of the offer of vaccination. Visit our stand and find out what we can offer to help uptake and give everyone the best protection from infectious disease that our schedule offers.

[gov.uk/government/organisations/uk-health-security-agency](https://gov.uk/government/organisations/uk-health-security-agency) @UKHSA @UKHealthSecurityAgency

## Our Exhibitors



The Breastfeeding Network (BfN) provides evidence-based, non-judgemental breastfeeding support to parents, families and health professionals throughout the UK.

Services include volunteer-led drop-in sessions, commissioned peer support infant feeding programmes, antenatal workshops, walking groups, a national Breastfeeding Friendly scheme and more.

The charity provides telephone, email, webchat and social media messaging support 365 days a year through the National Breastfeeding Helpline. Their pharmacist-run Drugs in Breastmilk information service is another invaluable resource with downloadable factsheets plus email and messenger support available.

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)  
 @BfN\_UK @TheBreastfeedingNetwork  
 @thebreastfeedingnetworkuk



BookTrust gets millions of children reading, especially those from low-income families or vulnerable backgrounds. Children who read regularly are happier, healthier, form stronger bonds, do better at school and are more creative. They enjoy more success in life.

BookTrust works with families, supporting them to start reading together from the earliest possible age.

Our carefully selected books and well-researched programmes are delivered by thousands of local partners to children in every community in England, Wales and Northern Ireland.

[www.booktrust.org.uk](http://www.booktrust.org.uk)  
 @BookTrust @booktrust

# BBC TINY HAPPY PEOPLE

BBC Tiny Happy People is a UK-wide initiative supporting parents/carers in developing the speech, language and communication skills of their 0-4-year-old children.

The wide range of free activities, articles, child development content and parenting tips and advice have been designed to help nurture children’s language from pregnancy.

All of BBC Tiny Happy People’s resources are rooted in evidence and have been developed with the help of leading experts in the fields of child and language development.

[bbc.co.uk/tinyhappypeople](http://bbc.co.uk/tinyhappypeople)

[@bbctinyhappypeople](#)



**Make sure to visit all of our sponsor and exhibitor stands to receive a stamp and enter the raffle!**

# DadPad®

Engaging with and listening to men during the transition to fatherhood is essential to support our families and communities of the future. 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. These resources aim to provide the knowledge and practical skills that new dads need to support themselves, their partner and baby as they transition to fatherhood.

[www.thedadpad.co.uk](http://www.thedadpad.co.uk) [@Dadpaduk](#)

# ChatHealth

# Health for Under 5s

We support many health visiting teams throughout the country to successfully run digital services using our award-winning ChatHealth platform and ever-popular Health for Under 5s website. Over 120,000 messaging conversations were started by parents last year, supporting families to easily get help. Set up a messaging service to enhance your health visiting offer, using resources and skills you already have, whilst reducing pressures on A&E and GPs. Plus, you can provide online updates on local advice and support services.

<https://chathealth.nhs.uk/>

[@ChatHealthNHS](#)

<https://healthforunder5s.co.uk/>

[@HealthforU5s](#)

Impacts Report: <https://impacts.dhtsnhs.uk/spotlights/health-visiting/>



The Local Government Association is the national membership body for local authorities. We work on behalf of our member councils to support, promote and improve local government.

[www.local.gov.uk](http://www.local.gov.uk) [@LGACOMMS](https://twitter.com/LGACOMMS)



The MECSH evidence-based, child focused prevention model supports families to learn the skills to build their capacity and source the resources they need to adapt and self manage in their parenting journey.

[www.earlychildhoodconnect.edu.au/home-visiting-programs/mecsh-public/about-mecsh](http://www.earlychildhoodconnect.edu.au/home-visiting-programs/mecsh-public/about-mecsh) [@UKMecsh](https://twitter.com/UKMecsh)



First Steps Nutrition Trust is an independent public health nutrition charity. We endeavour to fill practical and policy-relevant information gaps and provide resources for health workers supporting eating well from preconception to five years.

[firststepsnutrition.org](http://firststepsnutrition.org) [@1stepsnutrition](https://twitter.com/1stepsnutrition) [@firststepsnutritiontrust](https://www.facebook.com/firststepsnutritiontrust)



Action Cerebral Palsy is a registered charity working to improve public, professional and political awareness of the issues facing children and young people with cerebral palsy. Our aim is to ensure that every child and young person in the UK with cerebral palsy has access to the best possible intervention, care, education and support to meet their complex and changing needs.

[actioncp.org](http://actioncp.org) [@action\\_cp](https://twitter.com/action_cp) [@actioncerebralpalsy](https://www.facebook.com/actioncerebralpalsy)



At The For Baby's Sake Trust, we provide parents with trauma-informed, therapeutic support to break the cycle of domestic abuse and give their baby the best start in life.

[www.forbabysake.org.uk](http://www.forbabysake.org.uk) [@forbabysake](https://twitter.com/forbabysake) [@forbabysaketrust](https://www.facebook.com/forbabysaketrust)

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!

If you don't have membership with us - you can join us today!

The iHV only works with partner organisations whose goals, values and actions align with our own to improve health and/or reduce inequalities. The iHV undertakes ethical reviews for all commercial and partner organisations prior to the event to ensure there are no conflicts of interest. Our sponsors have no input to the agenda or content of the conference, other than providing a sponsor session as described in the programme.

## Read about the iHV's other areas of work:

# iHV Innovation and Research

The iHV Innovation and Research Department has worked on several different areas 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:

## SCPHN training and education: Pan-London project

NHS England's Workforce Training and Education Directorate commissioned iHV to lead on the following projects:

- Student SCPHN recruitment pathway review and development: A roadmap to success
- **COMING SOON:** An audit of practice education infrastructure for Specialist Community Public Health Nurses (SCPHN) in Greater London
- **COMING SOON:** Charter and Maturity Matrix for Enabling a Good Learning Environment

The project is nearly complete and the findings aim to inform and support changes in practice and service development.

Scan the QR code to read **A roadmap to success**.



## Genomics and health visiting

With continued support from the Genomics England Education Programme, we are building on our previous genomics project to develop a workforce development plan for health visitors. This aims to increase their knowledge and confidence in genomics and working with families.

As part of this, a brand new Genomics Ambassador event was delivered in partnership with the North West GMSA for health visitors.

Scan the QR code to find out more.



## Healthy Weight, Healthy Nutrition (HWHN)

Our HWHN project continues with support from the AIM Foundation. This year, we are continuing to expand our resources.



In the "park" section of the HWHN toolkit, you will find our new Physical Activity Factographic, co-authored with subject expert Dr Kathryn Hesketh.

This year, we also delivered renewed HWHN Champion training as well as our HWHN Ambassador training. We were delighted to be able to offer these sessions specifically to the devolved nations and welcome all our new HWHN Champions and HWHN Ambassadors. If you are interested in this training, please come and speak to us at our event stand today or email [training@ihv.org.uk](mailto:training@ihv.org.uk).

## BabyBreathe

This NIHR multi-centre randomised control trial led by the University of East Anglia is progressing well. The iHV is a partner leading the North East trial site.

The study aims to offer a health visitor-led intervention and compare this to usual care to prevent postpartum relapse of smoking. The research is in its final year, look out for the results in 2025.

## Yorkshire and Humber Community of Research Practice 0-19

This project was supported by the Clinical Research Network in Yorkshire and Humber, and in partnership with Sheffield Children's NHS Foundation Trust. It aimed to equip health visitors and school health nurses to be Research Champions in their areas. This included a bespoke training programme and supervision to support them to create a Community of Research Practice in their locality.

We have successfully completed this project and fully evaluated it with Leeds Beckett University. The 0-19 Research Network (Yorks & Humber) evaluated well along with the Community of Research Practice Champion programme.



Visit [bit.ly/4eoS1qQ](https://bit.ly/4eoS1qQ) or scan the QR code to read the final report.

### Motor development toolkit

Supported by Novartis UK, this project aims to create a toolkit of resources for health visitors on motor development, including typical and atypical development, red flags in development, and when to refer. The toolkit will include resources about some specific conditions including cerebral palsy and spinal muscular atrophy.

The toolkit will be launched in the autumn, along with an introductory webinar. Please come and speak to us at our event stand today if you would like to know more, or email [projects@ihv.org.uk](mailto:projects@ihv.org.uk).

### Chronic respiratory disease

This project is funded by the Burdett Trust for Nursing. The aim is to develop training and resources on chronic respiratory disease in babies and children. As well as looking at conditions such as asthma, we will consider the impact of lung disease on population groups such as preterm babies and those living in deprivation and the impact of air pollution on respiratory health.

We are currently in the scoping and design phase, so please come and speak to us at our event stand today if you would like to know more, or email [projects@ihv.org.uk](mailto:projects@ihv.org.uk).

### iHV Research Network

The iHV continues to develop our health visiting research community through regular research network events which are open to all iHV members. These provide an opportunity to keep up-to-date with national developments, learn about funding opportunities, network and share research ideas, collaborate with other researchers and create a community of health visitor researchers.

### iHV Research collaborations

The iHV is currently working collaboratively with a wide range of partners and high-profile funders on a large portfolio of research projects, covering a breadth of health visiting practice and public health priorities for babies, children and families. We are co-applicants and steering group members on many national research grant applications on topics addressing health inequalities, perinatal mental health, child development/speech and language, and parenting interventions, to name a few.



Scan to read about our work



Scan to read about our research publications

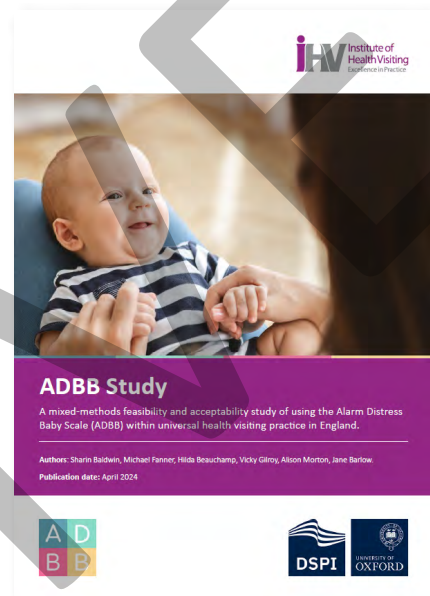
If you would like to know more about any of our projects or research, or want to get involved, please come and visit us during the conference or email [projects@ihv.org.uk](mailto:projects@ihv.org.uk).

# iHV Mental Health

## ADBB Study: a mixed-methods feasibility and acceptability study of using the Alarm Distress baby Scale (ADBB) within universal health visiting practice in England

Earlier this year, the iHV launched the overwhelmingly positive findings of this study, funded by the Royal Foundation Centre for Early Childhood and conducted in partnership with Professor Jane Barlow from the University of Oxford. Health visitors from two NHS sites, who had been trained in the use of the ADBB and its modified version m-ADBB, described the skills and knowledge to observe babies' behaviours and interactions gained through the training as 'hugely beneficial' and of 'great importance' to their practice. Use of the m-ADBB during routine 6-8 week visits to families enabled health visitors to:

- Have more meaningful conversations with parents and carers about the emotional wellbeing of their baby;
- Promote positive parent-infant interactions, attachment, and bonding; and
- Identify those babies and families in need of greater support during this critical period of development.



Scan the QR code to read the report.

## PIMH Champions Forums

With our PIMH Champions 'family' currently standing at over 4,500, our quarterly virtual forums are a great way to stay inspired, motivated and connected. You will have opportunities to hear of perinatal and infant mental health developments across the UK and be kept up to date with current evidence through our special guest lectures. Our lived experience speakers will remind you why you do what you do, and you will have opportunities to network, find solutions to challenges and share best practice with fellow Champions.

### Book for our remaining Forums in 2024

Thursday 10th Oct  
(hosted by Wales)

Tuesday 26th Nov  
(hosted by Scotland)



## PIMH Training Programmes

Come and join us for one of our highly acclaimed, multi-agency perinatal and infant mental health Champions training programmes. We will provide the background and evidence to underpin best practice for working with all families in the perinatal period and a range of high-quality materials that can be used by Champions to share an awareness training with their colleagues. Our programmes include:

### Perinatal and Infant Mental Health Champions



Next dates: Sept 2024

### Emotional Wellbeing Visits Champions



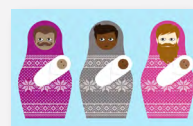
Next dates: Oct 2024

### LGBTQI+ People and PMH Champions



Next dates: Nov 2024

### Fathers & Perinatal Mental Health Champions



Next dates: Oct 2024



# iHV Learning and Development

Our Learning and Development 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 are developed in collaboration with some of the country’s leading subject experts and co-designed with parents. We have earned a reputation for quality, proving hugely popular as witnessed by the participant reviews.

We offer a wide range of training subjects – and these can be modified to meet your bespoke needs for your workforce when delivered as a private training event. Alternatively, we also offer many of these as open events so that individual practitioners can enrol to support their CPD.

**Come and talk to us today about our exciting new offers and check out our calendar of events for Autumn 2024!**

 **iHV Spotlight Learn**

**NEW** **Launching our Autumn workshop series!**

Give your CPD a boost with this programme of accessible live virtual learning designed around practice. See our flyer for more details - or chat to our team in the Exhibition Hall today!

**Supporting Parents Programme**  
*2½-hour virtual workshops focusing on key parent health topics*

**Starting Well Programme**  
*2½-hour virtual workshops focusing on key child health topics to support later school readiness*

**Member & Group booking discounts available**  
**DONT MISS OUT!**

**Ambassadors Programmes:**

Our Ambassadors model is a blended learning approach with live training and a digital toolkit of CPD resources for further learning and parent-facing information. The programmes are very popular, accessible and suited to a wide workforce. Each has a short awareness cascade session that can be delivered by the Ambassador, so that whole teams can learn (and get access to the digital toolkit).

 **NEW - COMING SOON!**  
**Genomics Ambassadors programme**

Just a reminder that our other current Ambassadors programmes cover many priority topics including subjects for supporting SEND and reducing obesity:

- Changing Conversations: Autism & Supporting Behaviour Ambassadors**
- Surviving to Thriving: Neonatal Families Ambassadors**
- Healthy Weight, Healthy Nutrition Ambassadors**
- This Mum Moves Ambassadors**

**Awareness Training**

We are providers of Level 1 Awareness training for the national Start for Life Family Hubs programme. Choose from our range of co-designed and co-delivered programmes - Perinatal & Infant Mental Health Awareness, Fathers & PMH Awareness, LGBTQI+ People & PMH Awareness - suitable for delivery to a broad multi-agency workforce. **Booking now for Autumn/ Winter 2024 delivery!**

**Development Programmes:**

- Applying the Family Partnership Model to conversations with families** *NEW - COMING SOON!*
- Leading Excellence in Practice - Leadership development programme for aspiring SCPHN leaders.**  
*JOIN OUR SPRING 2025 COHORT!*

*Our programmes are CPD-accredited, so you can be sure of the quality of delivery.*

The CPD Standards Office  
CPD PROVIDER: 21481  
2022-2024  
[www.cpdstandards.com](http://www.cpdstandards.com)



Contact us with your specific training requirements by email to: [training@ihv.org.uk](mailto:training@ihv.org.uk)



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