



Leading in a complex world

iHV Leadership Conference
Wednesday 6 December 2023

10 Union Street, London, SE1 1SZ



Important Conference Information

Your ticket includes lunch and refreshments throughout the day.

For WiFi, please connect to the network entitled 'Union Street Guest' using password '10#UnionSt'.

Join the conversation using #iHVLeadership2023 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 our event evaluation so that we can continue to improve the conferences we provide - you will receive the link to the survey straight after the conference and it is also available to access via QR code on page 10.

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:

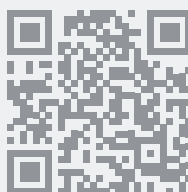
To explore current and future challenges that are impacting the life chances of babies, children, and families in the UK, with an emphasis on solutions and the significance of health visiting. To hear and learn about the latest research, policies, and practices aimed at strengthening practice and collaborative working to improve health and reduce inequalities.

Learning objectives:

- To hear and learn from cutting-edge researchers, national and local experts, and parents/carers/those with lived experience, to translate research into policy and practice.
- To equip health visitors and leaders 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 reducing health inequalities for the poorest families and those currently experiencing the worst health outcomes, drawing on the latest evidence from practice and research, collaborating with local communities, and promoting diversity and inclusion.
- To support professional leadership, service transformation and collaboration across agencies - focused on addressing key public health priorities including preconception care, infant mental health and rising A&E attendances in children.
- To hear updates on national plans for building careers in health visiting and improving health visiting leadership through research.
- To hear the latest national strategy for nursing and midwifery, including the role of health visitors in prevention, protection, promotion and reducing health inequalities.
- 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 financially 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 iHV Leadership conference 2023, with its overarching theme, **"Leading in a complex world"**. This annual event has become an important date in the calendar for health visiting.

We live and work in an ever more complex and dynamic world. The degree of change, interconnectivity, and unpredictability requires effective leadership to navigate such complexity and uncertainty. How do we lead health visiting decisively in a health and care system facing profound challenges? In every challenge, there are also opportunities for us to grasp – and the best place to start is in the earliest years of life.

Bringing together high-profile speakers, leaders, academics and practitioners, we will examine current and future challenges that are impacting the life chances of babies, children and families in the UK. Most importantly, we will focus on solutions and the value of health visiting within an integrated and 'whole system' response.

We have a fantastic and varied conference programme lined up for you. We feel especially honoured and privileged to be joined by Dame Ruth May, the Chief Nursing Officer for England, Dr Camilla Kingdon the President of the Royal College of Paediatrics and Child Health, and Professor Bola Owolabi at this pivotal time for public health in national policy.

Through keynote presentations, panel discussions and interactive sessions, we will explore the latest research, policy, practice, and collaborative working to improve health and reduce inequalities. At a time when attention has turned once again to the value of prevention, early intervention and public health – and the greatest threats to global health and healthcare systems are largely preventable and take root in early childhood – we need health visitors now, more than ever.

If we want to change the story, we need to change the beginning of the story.

#iHVLeadership2023

All iHV conferences set out to encourage and inspire, and we always like to 'do something different' within the programme at our conferences to help us connect with the purpose of our work and think 'outside the box'. This year, we are delighted to be able to showcase a short excerpt from a theatre production developed by the CHAMPIONS Project to address the invisibility of children living in homeless accommodation. No spoilers – but I hope you enjoy this powerful production which is breaking new ground in driving policy change using innovative approaches.

Our conference also provides a wonderful opportunity to connect with like-minded people from across the UK and get re-energised as we share our common purpose and passion. It is so important to step off the treadmill from time to time and invest in yourself. I hope that you will enjoy the opportunities to learn from the varied programme content and the time to network with colleagues from across all 4 nations of the UK - and from a range of professional groups working with families in the early years.

This year we also have a fantastic exhibition for you to enjoy during the break times - so do meet all the exhibitors, many of them are our partners in various projects. Please also share your learning with your colleagues so that they may benefit from it too.

If you are not an iHV member already, do consider joining us. Not only does that help to sustain us, but it means you hear about the latest developments for health visitors and the early years as they happen and are able to embrace career opportunities to get involved.

Thank you for all that you are doing – making a difference to so many.

With very best wishes

Alison Morton
iHV CEO

Programme

Our conference will examine current and future challenges impacting the life chances of babies, children and families in the UK. With a focus on solutions and the value of health visiting, we will explore the latest research, policy and practice aimed at strengthening practice and collaborative working.

Time	Session
08:30 - 09:20	Registration
09:00 - 09:20	Sponsor Breakfast Session – Barnardo’s Birmingham Forward Steps – an integrated Early Years health and wellbeing model Kirsty Edgson Strategic Lead for Health Visiting, Barnardo’s
09:20 - 10:45	Keynote Session 1
09:20 - 09:25	Welcome Alison Morton CEO, Institute of Health Visiting
09:25 - 09:45	Child health challenges: what are the solutions in a cost of living crisis? Dr Camilla Kingdon President, Royal College of Paediatrics and Child Health
09:45 - 09:55	Q&A for Dr Camilla Kingdon
09:55 - 10:10	Lived Experience - temporary housing, poverty and health Toni Estevez Parent: expert by lived experience
10:10 - 10:30	The role of health visiting in reducing health inequalities Professor Bola Owolabi Director – National Health Inequalities Improvement Programme, NHS England
10:30 - 10:45	Q&A
10:45 - 11:15	Break and Exhibition
11:15 - 13:00	Keynote Session 2
11:15 - 11:20	Welcome Back
11:20 - 11:35	Why is prevention and health improvement so difficult to secure? Professor Paul Cairney Professor of Politics and Public Policy, University of Stirling
11:35 - 11:45	Q&A for Paul Cairney
11:45 - 12:00	What can health before pregnancy deliver? Professor Judith Stephenson Margaret Pyke Professor of Sexual and Reproductive Health, University College London
12:00 - 12:15	Understanding and Evaluating Health Visiting in England Dr Jenny Woodman Associate Professor in Child and Family Policy, University College London
12:15 - 12:30	Use of the Alarm Distress BaBy (ADBB) scale within the health visiting provision in England: a mixed-methods study Hilda Beauchamp Perinatal and Infant Mental Health Lead, Institute of Health Visiting Dr Sharin Baldwin Senior Health Visiting Research Lead, Institute of Health Visiting
12:30 - 12:45	Creating Nurse Leaders in 0-19 Research Louise Wolstenholme 0-19 Research Lead (Education & Development) & Health Visitor, Sheffield Children’s NHS Foundation Trust, NIHR Clinical Fellow (Nursing & Midwifery Office) Tracey Long Nurse Consultant and NIHR Senior Research Leader: Nursing and Midwifery, Rotherham Doncaster and South Humber NHS Foundation Trust Sarah Lawley 0-19 Research Lead & Health Visitor, Locala Thriving Kirklees 0-19 Service

Time	Session
12:45 - 13:00	Q&A
13:00 - 13:45	Lunch and Exhibition
13:45 - 15:15	Keynote Session 3
13:45 - 13:50	Welcome Back
13:50 - 14:15	Extract from <i>Milestones Play</i> Response Ability Theatre Created with the CHAMPIONS project, led by Professor Monica Lakhanpaul (UCL Great Ormond Street Institute of Child Health) and Co-Investigator, Associate Professor Nadia Svirydzienka (De Montfort University), written by Nell Hardy (Response Ability Theatre)
14:15 - 14:30	Trends in children’s urgent and emergency care- is there a hole in the preventive care sieve? Professor Mitch Blair Emeritus Professor of Paediatrics and Child Public Health, Imperial College London and Retired Consultant Paediatrician, London North West University Healthcare Trust
14:30 - 14:45	Pan-London Workforce Project Nicky Brown Senior Nurse/Public Health Specialist Babies, Children and Young People, Office for Health Improvement and Disparities
14:45 - 15:00	Building a Career in Health Visiting: Challenges and Opportunities Dr Karen Whittaker Education and Workforce Lead, Institute of Health Visiting
15:00 - 15:15	Q&A
15:15 - 15:30	Break
15:30 - 16:20	Keynote Session 4
15:30 - 16:20	CNO Professional Strategy for Nursing and Midwifery Dame Ruth May DBE Chief Nursing Officer for England Followed by a Panel Discussion on the Strategy and the opportunities it presents to improve health equity Panel members Dame Ruth May DBE Chief Nursing Officer for England Liz Fenton Deputy Chief Nurse in the Workforce, Training and Education Directorate, NHS England Nicky Brown Senior Nurse/Public Health Specialist Babies, Children and Young People, Office for Health Improvement and Disparities Dr Helen Duncan National Lead for Lifecourse Intelligence, Office for Health Improvement and Disparities
16:20 - 16:30	Close


Thursday 14 March 2024

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Hertfordshire Community
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 iHV In Focus Conference


Keynote speakers

Through keynote presentations, panel discussions and interactive sessions, we will explore the latest research, policy and practice aimed at strengthening practice and collaborative working to improve health and reduce inequalities. We are privileged to be joined by such eminent speakers.

Dame Ruth May DBE

Chief Nursing Officer for England

Ruth enjoyed national appointments with NHS Improvement and Monitor, as well as regional and trust leadership roles, before becoming the Chief Nursing Officer (CNO) for England in January 2019. During the COVID-19 pandemic, Ruth led the nursing, midwifery and care professions' response in England and led collaborative work with UK CNO colleagues, the NMC and trade unions. She is passionate about nurturing the next generation of NHS nursing and midwifery leaders and encouraging professional development opportunities. This includes advocating for improved mental health awareness, championing volunteer activity and she is a vocal supporter of increasing diversity across the NHS.

@CNOEngland



Dr Camilla Kingdon

Consultant Paediatrician and President
Royal College of Paediatrics and Child Health

Dr Camilla Kingdon is a consultant neonatologist at Evelina London Children's Hospital, part of Guy's and St Thomas' Hospital, and since May 2021 has been the President of the Royal College of Paediatrics and Child Health (RCPC). She graduated at the University of Cape Town and worked in South Africa before moving to the UK. She undertook her Paediatric training in London and has been a consultant since 2000. Camilla has a particular interest in the social determinants of child health - poverty, climate change and racism. She has made these core activities during her RCPC presidency.

@CamillaKingdon



Professor Bola Owolabi MRCGP MFPH(Hon) FRSPH

Director – National Health Inequalities Improvement Programme
NHS England

Professor Bola Owolabi is Director of the National Health Inequalities Improvement Programme at NHS England (NHSE). She has spearheaded NHSE's Core20PLUS5 approach to narrowing healthcare inequalities. She was previously National Speciality Advisor for Older People and Integrated Person-Centred Care at NHSE. She collaborated with teams across NHSE and DHSC as part of the COVID-19 pandemic response. Bola is an Honorary Professor at the Institute of Applied Health Research, College of Medicine and Dentistry, University of Birmingham. She is a Vice President of the Royal Society of Public Health and also works as a GP in the Midlands. @bolaowolabi8



Toni Estevez

Parent: expert by lived experience

Toni Estevez is a seasoned professional with a wealth of experience in community engagement and leadership, with over 20 years of expertise. Previously a Community Engagement Consultant leveraging her London origins and now flourishing in the West Midlands. Her remarkable journey is marked by her Diploma level 5 Leadership and Management, which showcases her commitment to personal and professional growth. A mother of seven children, ages from 0-24, including 4-month old twins. Toni's nurturing spirit extends beyond her family. Toni's advocacy shines through her role as an ambassador of Shelter, highlighting her unwavering dedication to making a positive impact.



Professor Paul Cairney

Professor of Politics and Public Policy
University of Stirling

Paul Cairney (PhD, FAcSS) is Professor of Politics and Public Policy at the University of Stirling. His research expertise covers the theory, practice, and politics of public policy. It spans comparisons of policy theories and their methods, international policy processes, UK and devolved policymaking, and policy sectors (including health and environment). He has written or co-written 13 books, 92 articles in international peer reviewed journals, and 31 chapters in edited books.

@Cairneypaul



Professor Judith Stephenson

Professor of Sexual & Reproductive Health
University College London

Judith Stephenson holds the Margaret Pyke Chair of Sexual & Reproductive Health at UCL. After training in clinical medicine at Oxford University and UCL, she studied epidemiology at the London School of Hygiene & Tropical Medicine. Since then she has held academic posts at UCL, first in HIV Epidemiology, and currently in Women's Reproductive Health.

Judith's research has changed policy and practice nationally and internationally in relation to chlamydia screening and preconception health. Her current research spans pregnancy prevention (bit.ly/3cvLBuz), planning and preparation for pregnancy (bit.ly/3FB2Ohi) and how the preconception period influences mother and child health across the life course. @Judith_SRH



Dr Jenny Woodman

Associate Professor of Child and Family Policy
University College London

Dr Woodman is a public health researcher in the areas of child and family policy, with a strong focus on describing and evaluating public services for children and with an aim of reducing inequalities in child and family health. Dr Woodman co-directs the NIHR Children and Family Policy Research Unit and in this capacity works closely with policy colleagues in the Department of Health and Social Care. Dr Woodman is currently leading several NIHR-funded studies describing and evaluating health visiting in England. @jwoodman_UCL



Dr Sharin Baldwin

Senior Health Visitor Research Lead
Institute of Health Visiting

Dr Sharin Baldwin joined the iHV Projects and Evaluations team in July 2023. Sharin is a trained nurse, midwife, health visitor with over 26 years of experience working in the NHS. Sharin completed her PhD at King's College London in 2020 as part of a NIHR Clinical Doctoral Fellowship and remains the only health visitor in the UK to be awarded this fellowship. Sharin's New Dad Study (NEST) has resulted in numerous publications and national/international recognition. Sharin has completed a post-doctoral NIHR DSE Award at Warwick Clinical Trials Unit. Sharin is an adjunct Research Fellow at Western Sydney University. @BaldwinSharin



Hilda Beauchamp

Perinatal and Infant Mental Health Lead
Institute of Health Visiting



Hilda supports the iHV's work across the national and international perinatal and infant mental health (PIMH) programme. Prior to joining the Institute, Hilda worked as a Specialist Health Visitor for PIMH, fulfilling specialist clinical, consultative, training and strategic roles within health visiting and the wider integrated perinatal mental health systems. She has a background in adult nursing and is a registered midwife and health visitor with many years of clinical experience in acute and community settings. [@hildabeauchamp](#)

Louise Wolstenholme

0-19 Research Lead & Health Visitor
Sheffield Children's NHS Foundation Trust & NIHR Nursing and Midwifery Clinical Fellow



Louise is the 0-19 Research Lead at Sheffield Children's NHS Foundation Trust, she is an experienced health visitor and practice educator. She has an interest in building research capacity in community-based nursing, with a specific focus on public health research for the benefit of babies, children, young people and families. Louise is currently on secondment as a Clinical Fellow to the NIHR Nursing & Midwifery office where she is leading on the RISE (Research In community SETtings) project which aims to identify the factors that enable successful research-related initiatives for nurses and midwives in community settings. [@loubarrett73](#)

Tracey Long

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



Tracey is invested in research; values close to practice research undertaken by clinicians and strives to support learners and practitioners interested in research. During extensive Health Visiting experience, Tracey has supported practitioners through Communities of Practice, established initially for newly qualified health visitors during preceptorship. The remit of her role is to build research capacity and capability within the Children's Care Group and wider. This includes co-leading/facilitating the Yorkshire and Humber 0-19 Research Network (research network for Health Visiting and School Nurses) and the Children's Care Group, Community of Research Practice, alongside other local, regional, and national priorities. Tracey's PhD is exploring transition to adoptive parenthood. [@tray_long](#)

Sarah Lawley

0-19 Research Lead & Health Visitor
Locala Thriving Kirklees 0-19 Service



Sarah Lawley has been a Health Visitor for over 10 years and is also the 0-19 Research Lead for Locala Health & Wellbeing; a not-for-profit social enterprise which provides NHS services. Sarah's role as 0-19 Research Lead covers both the Locala areas of Calderdale and Kirklees within West Yorkshire. Sarah was one of the first practitioners to undertake the Research Champion training programme run by the 0-19 Research Network and commenced this training in October 2022. Since becoming a 0-19 Research Champion, Sarah has demonstrated an increased knowledge and confidence around research. This has resulted in Sarah successfully setting up a Community of Research Practice within her 0-19 Service, and more recently supporting the embedding of a large research study into the Locala 0-19 Service.

Professor Mitch Blair

Emeritus Professor of Paediatrics and Child Public Health, Imperial College London
Retired Consultant Paediatrician, London North West University Healthcare Trust



Professor, general and developmental paediatrician, specialist in child public health. Senior Lecturer in Community Paediatrics 1990-98, Nottingham. Established the River Island Academic Centre for Paediatrics and Child Health in 1998 at Northwick Park Hospital, Harrow, UK. 200 peer reviewed publications on international child health indicators, child public health monitoring, and health service evaluation. Co-author of the Manual of Community Paediatrics and also the first textbook on Child Public Health. Officer for Health Promotion for the RCPCH from 2010-15. Lead Editor for HCP e-learning. Research - reducing unscheduled care in infants through social support and parental education enhanced with digital means. [@blair_mitch](#)

Nicky Brown

Senior Nurse/Public Health Specialist Babies, Children and Young People
Office for Health Improvement and Disparities



Nicky Brown is a senior nurse/ public health specialist in BCYP working for Office of Health Improvement and Disparities (OHID) in the London region. With 40 years of nursing and health visiting experience, Nicky works in partnership with all London stakeholders including local authorities, NHSE/I, and Greater London Assembly to deliver on the reduction of health inequalities and improve the population's health and wellbeing. She provides specialist public health input into all 0-19 years public health programmes and she is jointly leading on a workforce plan for public health nursing. Nicky is currently undertaking a Doctorate in Public Health. [@nickybrown8](#)

Dr Karen Whittaker

Education and Workforce Lead
Institute of Health Visiting



Karen is an iHV Fellow, former Trustee, and now Lead for Education and Workforce at the iHV. Her health visiting career spans 30+years working in practice, education and research. She is a former SCPHN course leader at the University of Central Lancashire where she still holds an Associate Fellow position. She completed her PhD in at King's College London and has delivered research studies on parenting and family support, child health and workforce retention. She has authored a number of journal papers, book chapters and e-learn training resources for health visitors and other home visitors. [@kwhittaker1](#)

Liz Fenton (MSc, BSC (Hons), RN, QN)

Deputy Chief Nurse in the Workforce, Training and Education Directorate
NHS England



Liz qualified as a Registered Nurse in 1981 and subsequently held a number of clinical and leadership roles in both acute and community settings, including at board level. Liz was awarded the title Queen's Nurse in 2017 and an OBE for services to nursing in 2021. Passionate about care quality, Liz also undertakes national and international accreditation, benchmarking services against best practice most recently in Cyprus and is the chair of the CHKS Accreditation Council. [@Liz_HEE](#)

Dr Helen Duncan

National Lead for Lifecourse Intelligence
Office for Health Improvement and Disparities



Helen is a public health intelligence specialist leading on the theme of child and maternal health. She works in partnership across the health system to drive up standards in data, information and intelligence to improve child health outcomes and reduce inequalities. She is a Fellow of the Faculty of Public Health and a defined specialist on the UK Public Health Register with advanced competencies in population surveillance and development of information systems.



Professor Monica Lakhanpaul Professor of Integrated Community Child Health
Great Ormond Street Institute of Child Health, University College London

Professor Monica leads multidisciplinary research teams to tackle pressing issues facing marginalised and vulnerable families globally. Using participatory research, she ensures that communities are involved in co-developing solutions for health.



Dr Nadia Svirydzienka Ph.D., FRSA FHEA
Associate Professor/Reader in Culture, Identity, and Mental Health, De Montfort University

Dr Nadia is a social and cultural psychologist researching the mental health of vulnerable populations through culturally-framed identities and attitudes, and exploring how to develop resilience in response to social challenges.



Michelle Kelly
Actor, Response Ability Theatre

Michelle is a South Yorkshire-based actor, singer and voice actor passionate about performing work which engages with marginalised and under-represented communities.

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 revert to the 'old fashioned' method of raising your hand.

Join the conversation by scanning the QR code.



Post-conference evaluation and certificate of attendance

We hope that you really enjoy our Leadership 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. Use the QR code, or the link in the email that we will send you 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



Our Sponsor

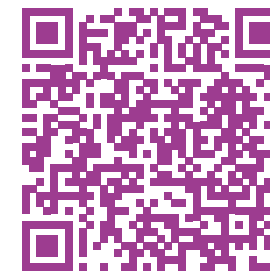
Barnardo's is the UK's largest children's charity and one of the most comprehensive providers of integrated health and social care services for children and young people, bringing over 150 years' experience of supporting those facing the most challenging circumstances.



Believe in children
Barnardo's

We work in partnership with a range of commissioners across Integrated Care System (ICS) footprints, NHS England, Department of Health and Social Care, Department for Education and Local Authorities 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/integrating-health-and-social-care



<https://www.barnardos.org.uk/commission-us/health>

Kirsty Edgson - Barnardo's Speaker

Strategic Lead for Health Visiting
Barnardo's



Kirsty joined Barnardo's clinical team in February 2023 to support the design, delivery of modernisation and service change across care groups, specialisms, and care settings. Kirsty is a Specialist Community Public Health Nurse in health visiting, with 27 years in the NHS. Kirsty has extensive experience working in safeguarding, her most recent role being a Designated Nurse for Safeguarding Children in an ICB. Kirsty has significant experience of working in the domestic abuse field and was a Clinical Lead for IRISI. Kirsty was the health lead in a multi-agency co-located team tackling child sexual exploitation, recognised by the NWG Network.



www.barnardos.org.uk



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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 conflict 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.

Our Exhibitors

Scan the QR code to find out more about who is exhibiting at iHV Leadership Conference 2023. All exhibitors will be situated in the main hall foyer area.

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Supporting Early Minds Research Network aims to identify, facilitate, and support the existing research infrastructure focusing on the development of accessible, acceptable, and targeted interventions aimed at the cognitive and mental well-being of infants, toddlers, and pre-schoolers and their families from diverse backgrounds. Supporting Early Minds Research Network is co-led by Professor Jane Barlow (Social Policy and Intervention), Dr Alexandra Hendry (Experimental Psychology) and Dr Michael Fanner (Social Policy and Intervention).

<https://oxfordhealthbrc.nihr.ac.uk/research/mental-health-in-development/supporting-early-minds-research-network/>

@OxHealthBRC | @DSPI_Oxford | @OxExpPsy

Effective prevention of serious accidents requires effective partnership working.

The Child Accident Prevention Trust is committed to equipping and supporting health visitors to prevent serious accidents in their communities. We do this through our training, educational campaigns and free resources.

Visit us on the stand today to claim your free resources and talk to us about our new training offering.

Sign up for information, advice and free downloads.



www.capt.org.uk/sign-up

@ChildAccidentPreventionTrust

@CAPTcharity @CAPT_charity



The Lullaby Trust provides specialist support for bereaved families and promotes the latest safer sleep advice for babies.

We run a national health visitor-led service for bereaved parents, Care of Next Infant (CONI), which supports families before and after the birth of their new baby.

We are committed to supporting research to understand how to prevent sudden, unexpected infant deaths.

The Lullaby Trust also runs a free information line for parents and professionals (0808 802 6869) and a free dedicated line for bereaved families (0808 802 6868).

Advice for parents and professionals available here: lullabytrust.org.uk

lullabytrust.org.uk


@LullabyTrust

We're supporting many health visiting teams across the NHS to enhance their digital offer. As a result, more than 2 million parents and carers of babies and young children can get confidential help and advice from local health visitors using ChatHealth messaging. Last year, over 370 thousand visitors found trusted health information on the award-winning website: healthforunder5s.co.uk. Speak to our team if you're interested in setting up ChatHealth or a Local Area on Health for Under 5s for your health visiting service.



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

@ChatHealthNHS



We are a user-led registered national charity that works tirelessly to make life better for children with hydrocephalus and the families who love and care for them.

Every year around 1 in 770 babies and children in the UK will develop the condition, so it is vital that we raise awareness.

We provide training for health care professionals so they can learn more about hydrocephalus and consequently improve patient care.

To reduce isolation, we provide support for families through our peer-to-peer support programme.

We campaign for better awareness of head circumference measurement as tool for early diagnosis through our Get-A-Head campaign.

www.harrys-hat.org
 @harryshatrust
 @HarrysHAT5
 @harrys_hat_charity

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 pre-conception to five years.



www.firststepsnutrition.org/ @firststepsnutrition @1stepsnutrition



Immunisation is the single most effective way to protect pregnant women and their babies, infants, children and adults against infectious diseases.

Immunisation and Vaccine Preventable Diseases Division leads on the UK routine and selective immunisation programmes, the surveillance of the vaccine programmes and has done through the evolutions of the public health organisations – HPA, PHE and now the UKHSA. We publish extensive publications on immunisation, including the Green Book, Vaccine update, consent and operational publications for patients/parents/health professionals. Find out what we can offer to help address inequalities underserved communities and give everyone the best protection from infectious disease.

www.healthpublications.gov.uk/Home.html @UKHSA

The NIHR fund, enable and deliver world-leading health and social care research that improves people's health and wellbeing, and promotes economic growth.



The NIHR Nursing and Midwifery vision is to inspire nurses and midwives to improve health outcomes through research. Their aim is to enable nurses and midwives who support, deliver or lead research to develop and work to their potential, and to develop a pipeline of skilled research nurses and midwives at all stages in their career.

www.nihr.ac.uk @OfficialNIHR #NIHRNursingMidwifery

Milestones

Supported by University College London and De Montfort University

Written by Nell Hardy

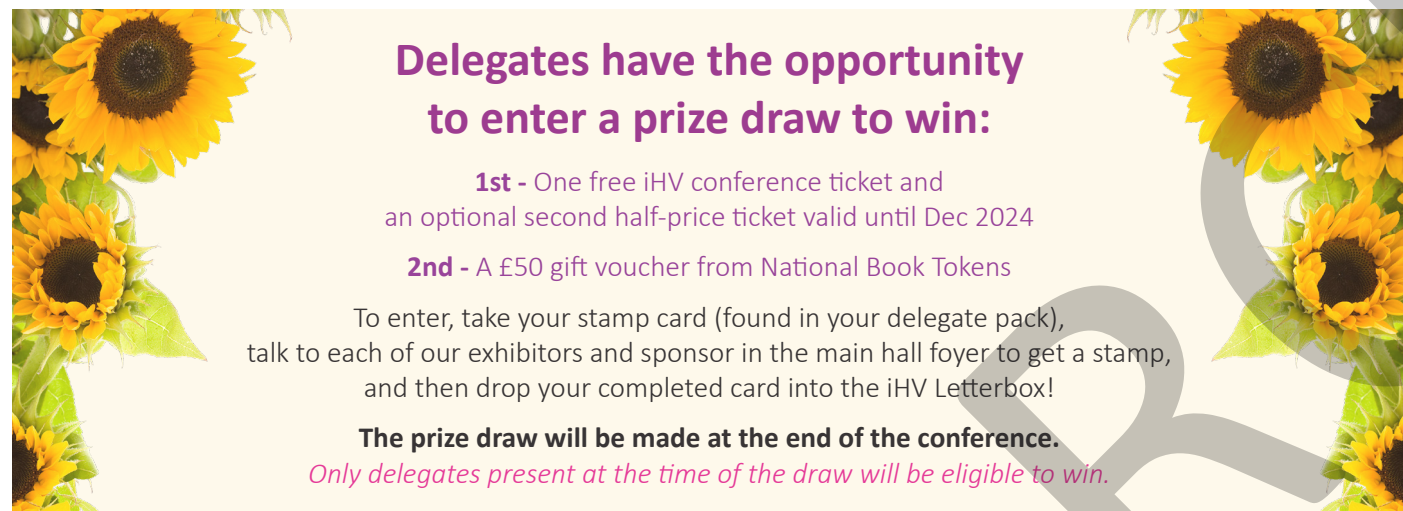
Based on interviews from the CHAMPIONS project, curated by Professor Monica Lakhanpaul (UCL), Dr Nadzeya Svirydzenka (DMU) and Nell Hardy (Response Ability Theatre), **Milestones** gives an honest insight into the lives of families in temporary accommodation with children under the age of 5.

Under the cover of anonymity, these mums (and a dad) speak without fear about the barriers in their way as they try to give their kids a good start in life.

Milestones is a collaboration between CHAMPIONS, families, artists, and organisations working hard to support families in temporary accommodation. Using innovative theatre techniques to bridge the worlds of academia and the creative arts, this play shows the realities faced by these families and presents the human face of those affected to stakeholders and policy-makers capable of making significant differences in their lives.

Find out more at:

www.championsproject.co.uk/champions-milestones-play
www.responseabilitytheatre.com/milestones

Delegates have the opportunity to enter a prize draw to win:

- 1st** - One free iHV conference ticket and an optional second half-price ticket valid until Dec 2024
- 2nd** - A £50 gift voucher from National Book Tokens

To enter, take your stamp card (found in your delegate pack), talk to each of our exhibitors and sponsor in the main hall foyer 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.
Only delegates present at the time of the draw will be eligible to win.

Save the date for our Evidence-based Practice Conference - A Healthier Future

We are delighted to announce that our call for abstracts for our 2024 iHV Evidence-based Practice Conference is now open. Next year's conference "A Healthier Future" will be held at King's House Conference Centre in Manchester on 3 July 2024 – save the date!

The conference provides a great opportunity to present your work on a UK platform. We hope that you will join us and showcase the very best of health visiting.

Scan the QR code to see details on how to submit your abstract.

03 July

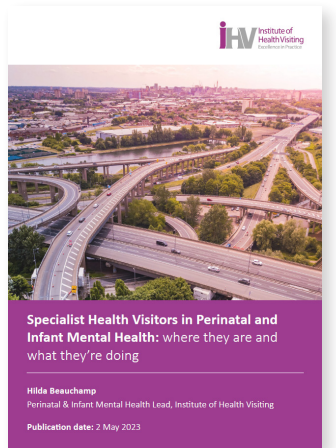


Specialist Health Visitors in Perinatal and Infant Mental Health

The iHV group for Specialist Health Visitors in Perinatal and Infant Mental Health (Sp HV PIMH) provides valuable opportunities to network, share resources and best practice via regular virtual meetings, a vibrant list serve, dedicated section on the iHV website, and options to join subgroup special interest meetings to develop further thinking and action.

Earlier this year, iHV launched a report to highlight the crucial strategic, consultative and clinical roles that Sp HV PIMH fulfil on behalf of health visiting services and the leadership roles they undertake within integrated perinatal and infant mental health pathways and wider clinical networks.

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

PIMH Champions Forums

If you have completed any of our PIMH Champions training programmes then stay inspired, motivated and connected by joining us at one (or more) of our virtual Forums in 2024. 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.



Save the dates for 2024:

-  **Thursday 1 February 2024**
-  **Tuesday 14 May 2024**
-  **Thursday 10 October 2024**
-  **Tuesday 26 November 2024**

PIMH Training Programmes

Come and join us for one of our highly acclaimed, multi-agency perinatal and infant mental health Champions training programmes in 2024. 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: 15 & 16 Jan 2024
-  **LGBTQ+ People and PMH Champions**
Next dates: March 2024
-  **Emotional Wellbeing Visits Champions**
Next dates: April 2024
-  **Fathers & Perinatal Mental Health Champions**
Next dates: March 2024

Contact: training@ihv.org.uk for costs and booking information

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 visiting practitioners
- 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



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
- New area specifically for SCPHN student health visitors, to support learning in theory, practice, and beyond academic studies



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



Member Offers

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

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.

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 our multi-agency participant reviews. We offer a wide range of training topics – and these can be modified to meet your bespoke needs for your workforce.

What is an iHV Ambassador?

Our Ambassadors model is a blended learning approach with live training supported by a digital toolkit of resources for further learning. Like our Champions model, Ambassadors receive access to cascade materials to raise awareness with their team. A difference is that the cascade is shorter (e.g. 90 mins long) making them feasible for delivery onwards by the Ambassador to their colleagues in a busy workforce. The associated digital toolkit provides a suite of further information accessible online to support practice. Toolkit materials include articles, films, e-learning and details of useful organisations to support ongoing self-directed learning for both the Ambassador and their colleagues.

Ambassadors Programmes:



Changing Conversations: Autism & Supporting Behaviour Ambassadors

"My mind was whirling with ways I could use the information to support families!"



Healthy Weight, Healthy Nutrition Ambassadors

"I can pass on useful information to my colleagues and guide them where to gain access [to the toolkit] and be proactive with my work and include the information I learnt today"



Surviving to Thriving: Neonatal Families Ambassadors

"The stories were truly valuable in this training to fully understand the impact this experience has had on them and their family"



This Mum Moves Ambassadors

"I am much more confident about delivering the current CMO guidelines for [physical activity for pregnant women] as well as postnatally, and being able to signpost women to appropriate resources and available services/groups!"

Workshops & Development Programmes:



Sexual Reproductive Health – Postnatal Contraception Workshops for midwives & HVs

"I feel much more confident in informing parents about contraception and won't feel I need to signpost to GP/sexual health for advice as much"



Leading Excellence in Practice - Leadership Development programme for aspiring SCPHNs

"I am so very grateful for the opportunity to do the course as the knowledge gained will benefit me in everything I do (already using in work and home life - think everyone would benefit from the course). Thank you so much."

And - not forgetting our acclaimed and award-winning Perinatal & Infant Mental Health programmes...

Choose from Champions or Awareness level for Perinatal & Infant Mental Health, Fathers & PMH, LGBTQI+ People & PMH, and our Emotional Wellbeing Visits Programme. Our programmes are multi-agency in focus and suitable for delivery to support an empowered Start for Life Family Hubs workforce. We offer these programmes as regular scheduled iHV Hosted Champions events whereby up to 5 places can be purchased by individuals or organisations. Come and speak to us about our next available dates!

Contact us with your specific training requirements by email to: training@ihv.org.uk

Our programmes are independently reviewed and 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



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 minor illnesses 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 minor illnesses in babies and children:

- A series of webinars 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.

NHS England has awarded us further funding for 2023/24 to give you more opportunities to hear from experts in new webinars and podcasts. Keep an eye on your email for booking details.



Urgent Care Project for children 0-4 years

The iHV has been supported by Kindred Squared to complete a rapid review of the changing trend of Emergency Department presentations for children aged 0-4 years. The review also considers the role of health visiting services in the management of minor illnesses and explores how this has changed over time. A thematic policy report, infographics and short film will be published soon!



Healthy Weight, Healthy Nutrition (HWHN)

We are delighted to have been granted a further three years support from The AIM Foundation to further develop our HWHN Champion and Ambassador programmes. This will include developing resources on the promotion of physical activity. We will continue to offer the newsletter and update sessions.

SCPHN training and education: Pan-London project

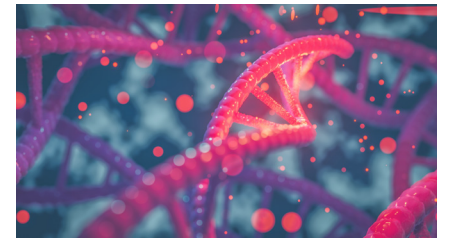
NHS England's Workforce Training and Education Directorate commissioned iHV to lead on the following projects:

- Student SCPHN recruitment pathway review and development
- Audit to review the 'state of learning' for health visiting and school nursing practitioners within London. The findings will be presented and disseminated in April 2024.

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 will increase their knowledge and confidence in genomics and working with families.

To access the resources scan the QR code.



Working in partnership with families - let's 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. This important, and very timely, project focuses specifically on the modifiable risk factors for cardiovascular disease (the 'SNAP' risk factors of: smoking, nutrition, alcohol and physical activity) to reduce CVD risk.

We have successfully completed this programme and are in the process of evaluating it. Please keep an eye out for our full report next year and our future plans for this new training programme.



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, supported by NIHR, and in partnership with Sheffield Children's NHS Foundation Trust, aims to equip 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. The evaluation results and report are due spring 2024.

The Community of Research Practice were finalists for the 2023 Nursing Times Awards in Public Health and Research.

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.



Institute of Health Visiting

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