



OXPIP NEWSLETTER

Oxford Parent-Infant Project

Autumn 2018



Helen Callaghan, Clinical Director and
Anna Thorne, Executive Director

Welcome to OXPIP's Autumn 2018 Newsletter. OXPIP helps families build close and loving relationships from the start of life.

We provide short-term intensive therapeutic support to parents and their babies from conception to two. Issues can include post-natal depression, a baby that struggles to sleep or feed, anxieties about parenthood or a difficult birth experience.

There may also be issues from a parent's past, or from the transition to parenthood, which affect the relationship now that they are parents themselves.

Over the past year over 200 new families have accessed OXPIP's specialist therapeutic support. We continue to work in Oxford City, Banbury, Carterton, Benson, Witney and Chipping Norton as well as starting new projects in Didcot and Blackbird Leys.

"OXPIP has helped me deal with my own feelings much better and communicate with my family. This has enabled me to establish a far more positive and sustainable healthy relationship with my child"

20th Anniversary Conference

In June OXPIP celebrated its 20th birthday with a conference, generously hosted by Unipart. 180 professionals, academics and supporters came together to explore the theme of 'Early relationships: a window into our shared future'. A huge thank you to our excellent team of speakers: Sue Gerhardt, Colwyn Trevarthen, Joanna Tucker and Vivette Glover and to all who attended to celebrate with us.

The Royal Foundation

In March OXPIP were delighted to be invited by The Royal Foundation to meet with the Duchess of Cambridge as part of a round table discussion at Pegasus School with Family Links and People. The focus was on early intervention to support parent and child mental health. This was followed by a symposium in London which we attended.

New Trustees

OXPIP was very sad to say goodbye to trustees Rachel Bailey Williams and Eva Burns-Lundgren who had both contributed so much to the charity over a number of years. However, we have also been lucky enough to recruit Rob Kenny, Kathy Peto and Anne Willcocks as new Trustees, each of whom brings a wealth of different experience to the Board.

Fundraising highlights

In April, Rob Kenny ran the London Marathon for OXPIP (in the middle of the heatwave!), raising an incredible £4,000 plus gift aid. A huge thanks and congratulations to Rob and to all who sponsored him.

In July, the weather was perfect for the performance of 'Il Mondo della Luna' in the walled garden of New College. Thank you to all who attended and to New Chamber Opera for continuing to support us through this event. We look forward to next year's!

In September, St Edward's School kindly hosted our Quiz, which was extremely well attended and a most enjoyable evening. Thank you to all who made it so and congratulations to our winners: The Poker Faces - ones to be beaten next time!

Looking ahead...

In 2019 OXPIP will continue to grow and develop in line with our ambition for OXPIP services to be available to families in need across the whole of Oxfordshire.

We are currently fundraising for our project to reach families on The Leys estates. Our 'My Baby and Me' project will enable OXPIP's specialist Parent-Infant Therapists to provide the earliest, supportive intervention to some of the most disadvantaged families in the City. To donate to this project please visit:

www.oxpip.org.uk/thebiggive

OXPIP are also looking to develop our work with families and babies affected by adoption, fostering and those in the care system.

We are excited about developing our training programme both internally and externally, in order to continue to train and work with other professionals and raise the profile of OXPIP and the importance of perinatal and infant emotional and mental health nationally. Alongside our regular programme of short courses we will be running our Associates and Infant Observation Training.



"It was insightful to hear other people's experience of the subject matter in practice and to hear real life examples"

Training

OXPIP delivers a highly regarded programme of specialist training and public lectures which attracts professionals from across the UK. We also offer specialist clinical consultations, presentations and are engaged in policy development.

In August we secured £50,000 Step Change investment funding to develop and grow our Training and Consultancy Service to create a sustainable income stream for the charity.

"It was so informative – I could have stayed for another day!"

We are increasingly being commissioned to run our training up and down the country, for example we recently presented and delivered Watch Wait and Wonder training to the Flying Start Teams in Wales.

"I can't thank OXPIP enough for its wonderful service."

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