



# OXPIP Newsletter

Oxford Parent-Infant Project

December 2023

## Welcome from Helen Callaghan, CEO, Clinical Director

Dear Friends,

We have had so many achievements to celebrate in this our 25th Anniversary year! Our Impact Report was launched at our AGM on the 14th December, which is available to download from our website, and really gives the evidence of the efficacy of our specialist parent-infant therapy. Our 25th Anniversary Celebration Event in September was a huge success in raising crucial funds for our specialist parent-infant therapeutic work. A huge thank you to all who supported the event and donated via our charity auction.

Since our last newsletter we have said goodbye to Alison Pexton, our Development and Finance Manager, and Rachel Lohan, our Parent-Infant Therapist. We wish them both well and thank them both for their considerable contributions to OXPIP.

2024 is a time of change for us. I have decided to reduce my time with OXPIP, mainly due to having four wonderful grandchildren under four, and I am delighted to announce that I will be staying on as Clinical Director, working as Joint CEO with Dr Karen Bateson who is joining the team as our Executive Director in January.

If you have any ideas or would like to discuss anything with me, then please do contact me.

Wishing you a happy festive season, best wishes for the new year, and a huge thank you to you all for your ongoing support.

*H. Callaghan.*

Helen Callaghan CEO, Clinical Director  
helen.callaghan@oxpip.org.uk



*"OXPIP has changed my life for the better. I was struggling so much with my postpartum journey, and my therapist helped me talk through everything and link it back to things from my childhood that I would never have considered. My relationship with my daughter and family is so much stronger and I am enjoying being a parent so much now. I don't think I'd be the person I am today without this service. Thank you so much!"*

### In this newsletter:

- Please consider giving to our Christmas Campaign
- Release of our Impact Report 2023
- Details of our Online Lectures 2024

# Christmas Campaign 2023

Many families will be struggling this Christmas, not least those who are either expecting or adapting to the demands of a new baby. Watch the video via the link below to find out how OXPIP supports parents and infants in Oxfordshire. Your donation could help us reach more. Donate now.



[Watch now >>](#)

## Impact Report & Annual Report

We are delighted to announce that our Impact Report is now available to download from our website. The report demonstrates the efficacy of specialist parent-infant therapy and the impact this has on: improving the quality of the parent-infant relationship, facilitating the parent's capacity to reflect on their baby's needs and communications, helping parents make links between past experiences and their relationship with their baby, improving resilience in babies and reducing parental depression and anxiety.

A reminder that our Annual Report for 2022-2023 is also available to download from our website.

We hope you find them both interesting and inspiring!

[Find out more >>](#)

# OXPIP's 25th Anniversary Celebration Event

On September 16th, over 130 guests dusted off their black ties and gowns, and raised crucial funds for our front-line therapeutic work. Guests enjoyed a delicious three-course dinner and were united by their passion for the work of OXPIP, which offers specialist therapy to parents who may be struggling to bond with their babies. An Auction was held during the evening both online and in the room, with lots that included a Champagne Punting Trip with OXPIP's Chair of Trustees, Holiday Villas around the World, Dining Experiences, a Tour of the Ashmolean Museum and a Luxury Box at Cheltenham Races with catering for 20. The evening ended with dancing and music by 'The William Arthur Trio'. We hope that those of you who won lots in the auction have been enjoying them!

The event, auction and related donations raised over £42,000, for which we are extremely grateful. A huge thank you once again to all who contributed.

OXPIP's CEO, Clinical Director Helen Callaghan commented:

*"It truly was a wonderful evening, the weather held and we were able to enjoy the beautiful gardens at Balliol College, Oxford. Even without raising the funds which surpassed our expectations, and are so needed for our unfunded projects, we had a wonderful celebration of all that OXPIP has achieved in the past 25 years and continues to do. Thank you to everyone who donated to the auction, and for all who gave donations as part of this appeal!"*



# Clinical Work Update

It has been a good year for OXPIP, having expanded our services in Thame, based at The Red Kite Centre, as part of the Reaching Communities NLCF Funding. It is so important to be based in the community and working in partnership with some of the family centres. The demand for our work continues to increase, but we are managing to keep the wait-list to mainly under 8 weeks, offering both face-to-face work across Oxfordshire and Zoom sessions too.

**Please note that the OXPIP Office will be closed from Thursday 21st December, and will reopen on Tuesday 2nd January 2024. We will not be accepting referrals between 18th December and 1st January. Please see our website for details of alternative services to contact during this period if required.**

# Funding Update

OXPIP receives no statutory funding for its Parent-Infant Therapy provision in Oxfordshire and our projects are co-funded by Trusts, Grants and Private Funders and your donations. We rely on this financial support to deliver OXPIP's Parent-Infant Therapy free-of-charge to families throughout Oxfordshire and to reach all our communities. We are very thankful for their support and what their funding helps us achieve for Oxfordshire families.

The funding reality is that due to the current economic crisis, funders now receive multiple funding requests from hundreds of charities and worthy causes. Sadly, they have limited financial resources to help funding applicants and this has led to restricted funding availability with some funding streams no longer available to us. If you are in a position to support us then please contact [helen.callaghan@oxpip.org.uk](mailto:helen.callaghan@oxpip.org.uk) - you may want to consider us as your charity of the year or fundraise yourselves for us.



# Professional Training Delivery

“ The facilitators were full of knowledge and so passionate about the delivery of the training. I felt the language used throughout the training was lovely! ”

“ I really enjoyed looking at different people's perspectives. Even as professionals, it was clear that views could really differ and this was explored further by the facilitators. ”

“ I enjoyed all the parts, however the experiential exercise was great! ”

We have had a busy few months running both our short courses and extended training programmes. Participants have been attending our online short courses both nationally and internationally. Please see our website for our upcoming courses.

[Find out more >>](#)

In September we welcomed 12 trainees on to our Parent-Infant Therapist Diploma and Advanced Practitioner Training. We are already receiving requests for the next trainings which will be advertised in the new year, starting in March 2025. Our Infant Observation Programme is well established and continues on a rolling basis. Please join our mailing list via our website to be kept up to date.

## Online Lectures



OXPIP ONLINE LECTURE:  
ARIETTA SLADE, PH.D.

**Ghosts in the Nursery Revisited:  
Lessons for Infant Mental  
Health Practice**

Friday 26th January 2024, 1-3pm, via Zoom

OXPIP ONLINE LECTURE:  
DR CHRISSY JAYARAJAH

**Perinatal OCD**

Friday 28th June 2024, 1-3pm, via Zoom



Join us for our online lectures in 2024,  
on Zoom in January and June.

For more details,  
please visit our website.

[Find out more >>](#)

# We'd like to hear from you!

**We are keen to know what you**, our supporters, **are interested to read about** in our Newsletters, and especially **what you have enjoyed reading.**

If you have **any suggestions for new topics** you would like to see us include, please email Lizi at [lizi.potter@oxpip.org.uk](mailto:lizi.potter@oxpip.org.uk).

**We look forward to hearing from you!**



## About Us

### **Celebrating 25 years of Parent-Infant Therapy Provision in Oxfordshire 1998 - 2023**

The Oxford Parent-Infant Project (OXPIP) works with families from conception to two years with issues that may impact on their relationship with their baby. We offer intensive therapeutic help to parents and infants in and around Oxfordshire. This parent-infant psychotherapy, a form of early intervention, considers the emotional health of the infant as well as that of the parent. We work with parents and infants together to boost parental confidence and help the parents understand the needs of the baby. We also offer training and consultancy to professionals on attachment theory and infant mental health, and work with others locally and nationally to promote the importance of very early intervention within policy and practice. Our Parent-Infant Therapy is offered free of charge, so we welcome any donations to help us continue our work.



Oxford Parent-Infant Project  
[oxpip.org.uk](http://oxpip.org.uk)  
@oxpip

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Registered Company 5410167