



OXPIP NEWSLETTER

Oxford Parent-Infant Project

June 2020

Welcome to our June 2020 Newsletter!

It has been a time of considerable change for OXPIP, not just due to COVID-19. As mentioned below, there has been a change to the structure of the organisation and we are pleased to welcome **two new members** to the team. We are also really pleased with our **new website** format, so if you haven't already had a look, please do so! Many thanks to **Step Change** for funding this project.

Whilst our day-to-day working has been **heavily impacted by the COVID-19** pandemic, we have been able to **continue offering our services**, which we felt was extremely important during this time. The team has adapted well to this **new style of working**, challenges and opportunities to evaluate how we work. We have also started to look further into **moving some of our training online** - more details below.

Our **clinical work is at the centre of all we do** and we continue to work well with our established partnerships, particularly in South and West Oxfordshire. We hope that this year we will also be able to **expand our clinical team** to enable us to reach out to those in East Oxfordshire.

With our experienced clinical team and recent COVID-19 funding success from the **National Lottery**, as well as funding from a **private funder** for a project in **Banbury**; we are in a strong position to plan and increase provision in Oxfordshire and beyond. We are also very excited about our project in **Rose Hill funded by the Sylvia Adams Trust**. We are **extremely grateful** to these funders for their support.

Best wishes – and please stay safe,

H. Callaghan.

Helen Callaghan, CEO Clinical Director of OXPIP



"This is something that will stay with me over the years and I appreciate learning about this now while my child is still young. Hopefully

with that awareness I can start to shift some of my default settings and be more mindful as a parent". - OXPIP Client

Frilford Heath Golf Club Captain's Charity of the Year 2019



Last year we were **Frilford**

Captain's Charity of the Year. Over the various events across the year, this raised over **£11,200** which is brilliant! A huge thank you once again to all involved.

If you would like to nominate OXPIP as your business' charity of the year, please contact us at info@oxpip.org.uk.

Team News

In January, **Anna Thorne stepped down as Executive Director**.

We would like to take this opportunity to **thank Anna for all she has done for OXPIP**. Following this, we reviewed our organisational structure to best meet OXPIP's evolving needs.

We are delighted to confirm that **Lizi Potter** has been promoted to **Operations Manager**, with responsibility for the day-to-day running of our charity; and to welcome **Alison Pexton** as **Development Manager** leading on funding and fundraising, and **Sam Smith** as our **Administrator**.

Furthermore, in April we were granted part-funding from **Step Change** for a **Training Manager**. Joanna Chapman will begin in this role in July. We have already started **transitioning some of our training to digital delivery** and the development of this will be a key role for our Training Manager.

Impact of COVID-19

Whilst initially the transition to remote working was a **huge challenge**, there have also been **new opportunities** for us. Our therapists have developed their **online clinical delivery** for both 1:1 and groups. We have

I'm glad that the group has been able to continue in the current climate, our OXPIP therapist has been great keeping the group as close to normal as possible. It's been helpful to have a safe space to discuss how we are doing and to have keep some variety in our lockdown routine.

partnered with other local charities such as **Botley Bridges** and **Oxfordshire Breastfeeding Support**, to be part of a **weekly virtual group for Mums** who are pregnant or have given birth during the pandemic. As part of this we have run groups on the impact of **birth trauma, baby watching** and **baby massage**. This has enabled us to reach out to more families in Oxfordshire and the feedback from these groups have been **excellent**.

We have also produced a **resource** with **ideas for parents to take emotional care of themselves, babies and toddlers during this time**, which is downloadable from our website.

Looking ahead...

In the last financial year we supported over 180 families. With everything we have learnt during COVID-19, we hope to return to face-to-face work in



our different locations across Oxfordshire, and we will continue to offer some remote work, which will enable us to expand our services and outreach.

We are very grateful to all our private funders and donors who support our parent-infant therapy work. We have recently received funding for a forthcoming project in Banbury with The Sunshine Centre. This is due to start online over the course of the next few weeks, and then will progress to face-to-face group work when possible. We are very excited by this opportunity to work with colleagues at The Sunshine Centre, to extend our provision in North Oxfordshire.

Training

Although face-to-face training delivery is our preferred method, we are now exploring moving some of our training and lectures online to meet the needs of our trainees. We have trialled this with our Associates and

Parent Infant Practitioner Training for Brighter Futures for Children. We are excited about the training opportunities this brings, such as training professionals around the world!

In February Gwen Adshead delivered our lecture entitled, 'Mothers at risk: forensic psychotherapy in the antenatal and perinatal period'. This was extremely well attended, and one said, *"This was an outstanding lecture (I've been to many OXPIP ones). It was a privilege to be in the room with Gwen"*.

Our training is maintaining nationwide recognition for its specialism and expertise. From September we will be delivering our Attachment and Watch, Wait and Wonder Training for NHS Trusts in Hull, Derby and the East of England.

It was all informative and helpful, both trainers were very clear and knowledgeable. Thank you for a great day!

Fundraising & Development Update

We are delighted to have raised over £4,000 donations for our OXPIP COVID 19 Appeal and are very thankful to all our individual donors, including those that kindly converted their cancelled Opera July 2020 tickets into donations.

This essential funding was used to provide our therapists with IT equipment to deliver Parent-Infant Therapy virtually to clients across Oxfordshire, during the COVID 19 Crisis. Charitable donations are vital to support our therapy initiatives with parents and their infants, and your generous donations will go towards ensuring that our OXPIP projects can continue.

More information on how you might like to support our fundraising initiatives can be found on our [website](#) or email Alison at alison.pexton@oxpip.org.uk. We are very grateful for any donation (no matter how small) that you are able to make to OXPIP.



Could you join our Board of Trustees as our new

TREASURER?

OXPIP Treasurer

We're looking for a new Treasurer to join our Board of Trustees. If you or someone you know may be interested, please visit our website for more information.

We'd like to hear from you!

We are keen to know what you, as our supporters, are interested to read in our Newsletters. So if there is something you particularly enjoy reading that we currently include, or have suggestions for new topics to include, please email Lizi at lizi.potter@oxpip.org.uk. We look forward to hearing from you!



OXPIP tackles some of society's most challenging issues by helping parents and their babies to form strong and loving relationships. We support families by working with parents and infant together, to build on the positive, to boost parental confidence, and help the parents be led by the needs of the baby. OXPIP offers intensive therapeutic help to parents and their babies in the first two years, in Oxfordshire and surrounding areas.