



# Oxford Parent-Infant Project Newsletter

March 2025

## Welcome from Dr Karen Bateson, CEO

Welcome to our Spring newsletter. We're all enjoying the warmer, lighter days of March and the emergence of the daffodils. There's lots of good news to share with you since our last newsletter. I've been taking more time to read in detail the **feedback we get from parents about the work they've done with OXPIP. It has reaffirmed for me how life-changing this work is.** I've read parents' stories of how OXPIP has transformed their relationship with their new baby, prevented a downward spiral into the darkest recesses of mental health and has restored hope and joy.

We are delighted to have recently welcomed several **new staff members**. We also **welcomed HRH Prince Edward as part of his visit to The Branch in Chipping Norton in February**, which you can read about [here](#).

Thanks to our **amazing donors and supporters we finish the financial year in good health** - please see our fundraising update [here](#). But that work never stops! April sees the start of a new financial year for us and therefore a new round of funding applications and fundraising events. I hope to see some of you at our **Quiz Night at Keble college on Friday 28th March**. We have 30 tickets remaining so if you are unable to get a team of 10 together please book individual tickets. For those who like a more physical challenge, we'll be tackling some Langdale Fells in June in our **Sponsored Fellwalking Challenge**. As ever, if you would like any more information about OXPIP, please do get in touch.

With warmest wishes

Dr Karen Bateson, CEO



*"OXPIP has helped me to understand my baby's emotions and how this impacts our relationship. Being able to see things from my baby's point of view helped me to understand that her difficult feelings are not my fault or directed against me. Before I had a baby I heard people say baby's just eat sleep and poop. It was not until I had a baby that I realised that she is a complex emotional being. It has been really helpful to have a reliable safe space to think about this. I have high expectations of myself as a mother and I always want to do the best I can for my baby. In the beginning when I was referred to OXPIP I was worried that I was failing. My feelings around that has really changed, it has been a really positive experience for me and my baby.."*  
- OXPIP Client

## In this newsletter:

- Join us once again for our Quiz Night this month!
- Register to participate in our Fell Walking Challenge June 2025
- Team Hellos and Goodbyes



**QUIZ NIGHT**

in aid of The Oxford Parent-Infant Project

with Quiz Master: QuizQuizQuiz

Friday 28th March 2025, 7pm - 10.30pm  
Douglas Price Room, Keble College,  
Oxford, OX1 3PG  
£30 per person including reception drinks  
Bring your own picnic supper and drinks  
- glasses and crockery provided

Join us once again for OXPIP's Quiz Night!

Hosted in the incredible grounds of **Keble College**, with an experienced Quiz Master from '**QuizQuizQuiz**', this promises to be an enjoyable evening for all, to raise funds for OXPIP. We have **30 tickets remaining** so if you are unable to get a team of 10 together please book individual tickets. Tickets are sold at **£30 per person including reception drinks**.

**Bring your own picnic supper and drinks** - glasses and crockery provided.  
Please note: this event is for over 16s only.

Our previous quiz was a great evening of fun with friends, food and great quizzing - we look forward to sharing much the same with you this time!

[Book now >>](#)

# OXPIP Fell Walking Challenge: Register To Participate!



One of the ways we'll be **celebrating Infant Mental Health Week 2025** is by raising money so that we can see more families, through our **Fell Walking Challenge**. If you'd like to join us, we'll be setting off from the National Trust Langdale carpark early on **Saturday 14th June** - **note date change!** The route will be a spectacular walk, taking in Esk Pike and Bow Fell. We expect the walk to take about 6-7 hours with breaks, and whilst you'll need a **reasonable level of fitness**, this is a **route for mixed abilities**. Karen, our CEO, wants to reassure you all that she is neither fast nor super fit so if you need to go slowly you'll have her as company!

We've booked a **professional mountain leader**, and there will be options to descend throughout the walk for anyone who wants a shorter walk. Aside from all of that, we expect the day to be a lot of fun.

**Application fee is £30** and we're asking everyone to **raise at least £200 for OXPIP**. **Places are limited** so please register with us using the link below.

And if fellwalking isn't your thing, then please do consider **sponsoring the people who are walking** – link to follow.

*Photo permission kindly granted by copyright owner Andrew Locking @AndrewsWalks*

[Register to participate >>](#)



# OXPIP and NCO's Summer Opera 2025



We are pleased to announce that once again OXPIP is inviting guests to attend a performance by the **New Chamber Opera** on **Tuesday 8th July 2025**, in the **Warden's Garden, New College, Oxford**.

New Chamber Opera presents: **Antonio Salieri's 'The School for Jealousy' (1778)**  
Version: Bampton Opera

La scuola de' gelosi is an operatic dramma giocoso by Antonio Salieri. The plot involves love intrigues, attempted seductions and provocations to jealousy between members of the three different social strata: the aristocracy, the bourgeoisie and the working class. The role of the Lieutenant is a close parallel to that of Don Alfonso in Mozart's *Così fan tutte*.

**Tickets cost £50**, including a pre-performance glass of wine - please note price increase!  
**50% of the cost of the tickets booked through OXPIP go directly to OXPIP.**

18.00: Drinks in the Cloisters  
18.30: Opera Act I  
19.45: Picnic Interval in the Cloisters (approximately 75 minutes)  
21.00: Opera Acts II and III  
22.30: Curtain

As always, this will be a delightful evening as well as a significant fundraiser for OXPIP and we are extremely grateful to NCO for continuing to support us through this annual event. Tickets are limited so they will be allocated on receipt of payment on a first come, first served basis.

Please **bring your own food and drink** for the picnic; tables and chairs are provided.  
If you have any questions please email [info@oxpip.org.uk](mailto:info@oxpip.org.uk) or call 01865 778034.

[Book now >>](#)

# Team News: OXPIP is blooming like Lizi is!

This month **Lizi Potter, our Operations Manager, goes on Maternity Leave** to have her second child. We wish Lizi and her family all the best. To cover the role we are delighted to **welcome to the team Elizabeth Willis, Operations Officer, and Pip Dingle, Operations Manager**. They will work alongside Sam Smith, our Administrator, in our essential and efficient office team.

We are also undergoing changes in our clinical team. Last month we **said goodbye to Jane Spencer** who was one of our Freelance Senior Parent-Infant Psychotherapists. This is Jane's second stint with OXPIP as she previously was employed between 2009 and 2015 as a psychotherapist, supervisor, trainer and clinical director. We would like to take this opportunity to thank Jane for all her hard work and wish her the very best.

In order to meet the demand in referrals, this month we welcome both **Judith Rassmann and Louise Plianos as Freelance Parent-Infant Therapists**. Both Judith and Louise are finishing their Parent-Infant Therapist Diploma with us and we are pleased to welcome them to the team!

For more information about our team, please see our website.



**Elizabeth Willis**  
Operations Officer



**Pip Dingle**  
Operations Manager



**Judith Rassmann**  
Freelance Parent-  
Infant Therapist



**Louise Plianos**  
Freelance Parent-  
Infant Therapist

[OXPIP Staff Team >>](#)

# Clinical Work Update from our new Head of Clinical Services

I am so excited to contribute to the first newsletter of 2025 as the Head of Clinical Services, although I'm not totally new as I have been working for OXPIP since 2020 as clinician and part of the training team.

Since I started in the new post in January 25, I have been meeting with our clinicians and confirmed what I already suspected – that they have been working extremely hard to offer the best possible therapeutic practice to our clients.

We have now a clinical workforce of 15 clinicians which comprises of 6 seniors; 5 newly qualified and 4 freelancers to which two of them come from the last Parent-Infant therapy training cohort. This is a big clinical workforce, but they are all

extremely competent and skilful, which is good because in the month of January 2025 we had the highest level of referrals in a long period – the total of 39. Our colleague, Jane Eustace, has been working hard to keep the waiting list and allocations in good control.

I hope to be able to continuously bring my clinical and teaching experience to this new role and help the clinicians to feel contained so they can continue to offer the OXPIP families the best in psychotherapeutic work.

With best wishes,



A handwritten signature in black ink that reads "Gisele Mendonça".

Gisele Mendonça

## A Royal Visit to The Branch, Chipping Norton



Our Head of Training, Jo Chapman, was pleased to meet **HRH Duke of Edinburgh** during his visit to **The Branch Trust** in Chipping Norton last month. Oxford Parent-Infant Project has two therapists working from The Branch, offering free parent-infant psychotherapy, both **kindly funded by a local Chipping Norton family**.

**Prince Edward** was particularly interested in the work being done for babies and children's mental health and it was an honour to be able to share with him the positive impact that OXPIP has on Chipping Norton families.

The Branch highlighted that although Chipping Norton may be one of the most desirable areas in the country, this often masks the fact that poverty, debt, lack of opportunity, mental health and domestic abuse challenges still exist.



# Fundraising Update

**Thanks to our incredible supporters we finish the financial year in good health;** this is important in terms of maintaining our ability to apply for larger trusts and grants. All donors and funders want to be sure that they are giving their grants and donations to financially sound charities so the OXPIP Board and senior leadership team work hard to all year to manage costs and secure income.

In the last few months, we've **had several family trusts make donations** or confirm that they will be continuing to donate over the next 12 months. We're also delighted to announce that we were successful with our **Lewin Trust** application, so our sincere gratitude to them for granting a three year award.

April sees the start of a new financial year for us and therefore a new round of funding applications and fundraising events. Please do join our upcoming fundraising events as listed previously:

- **OXPIP Quiz Night - Friday 28th March**
- **OXPIP Fell Walking Challenge - Friday 13th June**
- **OXPIP and NCO's Summer Opera 2025 - Tuesday 8th July**

# Training Update

We are excited to begin both our **Diploma in Psychodynamic Parent-Infant Therapy** and **Advanced Parent-Infant Practitioner Training** this with our new cohort of trainees from around the world. We have also released more dates for our short courses, some of which are available to book via our website - more details on the following page!



## OXPIP ONLINE LECTURE: AMANDA JONES

**Parental denial of their baby's innate emotional needs: some thoughts about the consequences for a baby's forming body and mind**

 Friday 4th April 2025,  
1-3pm, via Zoom

[Book now >>](#)

# Upcoming Professional Training Dates 2025



## **Attachment and Intersubjectivity**

Friday 6th June or 12th September, via Zoom, £271, 1 day

Understand the basics of the parent-infant relationship and the importance, process and impact of attachment in a child's early development.

## **Assessing Parent-Infant Relationships**

Friday 9th and 16th May or 11th & 18th July, via Zoom, £542, 2 days

Looking at a baby's early development and how it is impacted by their parents' attachment histories and the parent-baby relationships.

## **Watch, Wait and Wonder**

Friday 2nd May or 13th June via Zoom, £271, 1 day - *limited places available!*

Explore the theory and understand how to help facilitate parents' capacity to observe, recognise and understand their child's play.

## **Ghosts in the Nursery**

Friday 23rd May or 4th July 2025 via Zoom, £271, 1 day

Understand the impact of a parent's unresolved issues from their past on the parent-infant relationship.

[Book now >>](#)



# 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 [info@oxpip.org.uk](mailto:info@oxpip.org.uk).

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



## About Us

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 support** 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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