Having a baby is meant to be a happy time but for a lot of parents this just isn’t the case. Post Natal Depression can sometimes be the cause of this and the scary thing is, it can happen to anyone.

As a provider of online and face to face support services for families affected by PND, we also offer training to professionals throughout the UK. Our experience has helped us realise that nationally there is a shortage of conversation and debate forums for those working with PND to join. Therefore we decided to establish this conference for 2013.

During the day we will take you through a range of topics including:

- The role of the one-to-one midwife
- The impact of pnd on attachment
- The role of public health and partnership working
- Shaping the way forward for new pnd services
- PND amongst BME communities

Our day job

At PSS our PND service principally provides support by visiting the home of anyone in the Liverpool area who is struggling with the symptoms of PND. One of our specialist practitioners assesses need and offers tailor-made support; this can include advice, enhanced listening support (both emotional and practical) and/or signposting to other services that could be of help.

If one to one at home isn’t right for an individual, we also offer appointments at various children’s centres, as well as group work sessions at various venues around Liverpool. This offers a space for individuals to learn and share about PND while qualified Group Workers help them to relax and build up confidence at their own pace.

We also offer online support at: www.recoveryispossible.org.uk

@PSSPNDPROJECT

Speakers on the day include:

- Annette James, Lead for Mental Health, Public Health: Liverpool
- Dr Michael Galbraith, Consultant Clinical Psychologist
- Mark Williams, Founder, Father’s Reaching Out
Morning agenda

09:00  Registration, coffee and pastries.
09:25  Welcome from Lesley Dixon, CEO, PSS.
09:30  The role of Public Health in addressing PND
      Annette James, Mental Health Lead, Public Health: Liverpool.
09:45  Plugging the gap: Building fit for purpose PND services on a local level
      Julie Rawlinson, Service Manager, PSS PND Service.
10:00  Shaping the way forward for PND support services
      Dr. Simon Bowers, Liverpool Clinical Commissioning Group Lead:
           Children and Families
10:45  Break
11:00  Discussion sessions and workshops

      The role of the one to one midwife
      Rebecca Stevens
      Will this relatively new way of working benefit families both ante-natally and post-natally?

      Supporting mums with specialist needs
      Rita Lalley (QSW), Head of Children and Families, PSS.
      Using the Shared Lives model of care to help keep mother and baby together.

      There’s no such thing as PND
      Afrah Quassim, Community Development Worker, NHS
      and Sarah Hovington, Snr Therapist, Inclusion Matters.
      Working with BME communities who don’t formally recognise PND.

      The Importance of Attachment
      Dr Michael Galbraith, Consultant Clinical Psychologist
      Why forming a bond with baby is essential for development

12:00  Calamity Jane: A play about PND
      St Julie’s Sixth Form, Woolton.
12:30  Lunch and networking
      Your opportunity to meet other delegates and visit our exhibition stands.

Afternoon agenda

13:15  A dad’s perspective
      Mark Williams, Founder, Father’s Reaching Out.
14:00  Discussion sessions and workshops

      The role of the one to one midwife
      Rebecca Stevens
      Will this relatively new way of working benefit families both ante-natally and post-natally?

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      The Importance of Attachment
      Dr Michael Galbraith, Consultant Clinical Psychologist
      Why forming a bond with baby is essential for development

15:00  From supported to supporting: Kate’s Story
      Kate Smith, Network and Development Worker, PSS PND Service.
15:30  Experts Panel
      Delegate Q & A session.
      Annette James, Liverpool Public Health
      Dr Michael Galbraith, Clinical Psychologist
      Afrah Quassim, NHS
      Sarah Hovington, Inclusion Matters
      Rebecca Stevens, NHS Wirral
      Mark Williams, Fathers reaching out
      Kate Smith, PSS PND Service
      Rita Lalley, PSS Children and Families Team
      Julie Rawlinson, PSS PND Service.
15:55  Closing Remarks

PRICING
£115 per delegate (full day including lunch)

Looking for an earlybird ticket?
Book before 5th September for just £95 per delegate
A few of you coming?
Discounts are available, just contact our team pnd@pss.org.uk.

BOOK NOW
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0752 5702 679

Not Local?
We’ve got a deal for just £39 at Premier Inn, Central Liverpool. Just ask for details.