



Welcome to the first PaIRS annual summary newsletter. What a year it's been! Since opening for referrals on 1st March 2023, the team have been working hard to support parent-infant relationships in Blackpool, and to build relationships with stakeholders and referrers.

What have we been doing?

1. In our first year we have had **139** families referred to us.

We have completed interventions with **72** families, and many more remain ongoing.

2. We have offered **93** consultations to professionals

3. Our PaIR service introduction training has now been delivered to **357** stakeholders and we have raised awareness of our service to **944** people including professionals and families.

4. We have designed and developed a Level One Infant Mental Health training and rolled this out to **43** staff so far. A further **46** are booked on to attend later this year.



Animation Video Launch

We worked closely with designers and animators ForMed to develop a short animated film, which aimed to share the journey some of our families have taken through the service. 4 families kindly shared their experiences to be used in the film. We love it and think it shows how important parent-infant interventions are and what a big difference we can make.



Circle of Security Parenting Groups

We now offer the COSP groups across all 3 family hubs on a rolling programme, for parents of children aged 2, 3 & 4. Feedback has been positive and outcomes show improvements in parent-child relationships. We will continue to offer this and aim to develop a 0-2 group in the next year



Raising Awareness of Infant Mental Health

We have been involved in a number of projects highlighting the importance of infant mental health and listening to the voice of the infant. This includes an NSPCC video (due out soon), 0-5's Webinars and many stalls and events.

Blackpool
Family Hubs



Level One Parent-Infant Relationship Training

Our one day training on Infant Mental Health and Parent-Infant Relationships has been developed and is now being rolled out and offered to staff/workers/stakeholders in Blackpool. This aims to provide attendees with competences in accordance with the Association of Infant Mental Health (AIMH) framework. Stay tuned for our Level Two training



Our Growing Team and Skillset

We have grown in size and now have a wide range of staff with a breadth of skills and experience. Within our team we have psychology, social work, health visiting, nursing, mental health nursing, community nursery nursing, and administrative expertise.

Our vision for the next year ahead



Outcomes



Further training and development of the team



Moving away from rapid development of the first year into more steady growth

Association of Infant Mental Health Award



PaIRS Team Manager Tracy won the AiMH-HIGH award 2023, and the service was nominated and came runners up for the AiMH-Together award 2023. We are very proud & thrilled that the hard work has been acknowledged and celebrated.

- Co-development of the service with families and increasing accessibility to all families in need.
- Further developing the skills and expertise within the service
- Ongoing direct and indirect interventions and firming up our service offer for both the 0-2 and 2-up to age 5 group.
- Continue building and strengthening relationships with stakeholders.
- Supporting teams to hold the infant in mind through reflective practice, training, and consultation.

Our One Year Celebration Day

To acknowledge the milestone of getting to our first 'birthday' the service has organised a celebration day on 30th April 2024 and has invited a number of stakeholders including families. It is hoped this can provide further relationship building as well as a celebration.

Feedback from families

I feel in a lot better place, I wouldn't have had as much of a bond if it wasn't for the service

I now feel like I know my baby, can anticipate what she needs and understand what she is trying to tell me



Scan to refer



If you are working with a family that you feel could benefit from the PaIRS please contact us on: 01253 958573 or bfwh.blackpooledutypairs@nhs.net