



Welcome to the second 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 work in partnership and build relationships with stakeholders and referrers.



## What have we been doing?

- In our second year we have had 96 families referred to us. We have completed 89 interventions and overall directly and indirectly supported 178 families.
- We have offered 84 consultations to professionals.
- Our PaIRS training has been delivered to 280 stakeholders and professionals.
- We delivered our Level One Infant Mental Health training to 69 staff.
- We have spoken to 1271 stakeholders and professionals about raising awareness for the Parent Infant Relationship.

## New Blackburn with Darwen team from January 2025:

- Accessed 10 parent/infant groups and spoken with approximately 68 parents.
- Attended 3 training programmes- IHV Fathers PIMH Champions, Building Bonds, Art at the Start. During sessions we introduced the BwD PaIRS offer to approximately 102 staff within the BwD footprint.
- Attended 8 different stakeholder meetings and spoken with approximately 137 professionals about our offer.
- We continue to speak with professionals on an ad hoc basis about our service and have so far had approximately 28 different promotional discussions.

## Circle of Security Parenting Groups

We continue to offer 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 are looking to develop an online group in the next year.



Blackpool  
Family Hubs

## PaIRS Bitesize Sessions

In 2024 we introduced our Bitesize sessions.

**We delivered 5 sessions to 110 professionals.**

We are delivering 7 sessions throughout 2025, which are focused on parent-infant relationships, infant mental health and working with babies and families. All sessions will take place via Microsoft Teams over lunchtime.

**Next Session:** Thursday 22<sup>nd</sup> May (12:30-13:30)- *Identifying risks and difficulties in the Parent Infant Relationship.*

Book a place via the link:

<https://forms.office.com/e/nxnhvt16ky>

## Raising Awareness of Infant Mental Health

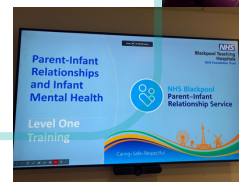
We have been involved in a number of projects highlighting the importance of infant mental health and listening to the voice of the infant. This includes 0-5's national webinars and many local stalls and events. We look forward to Infant Mental Health Awareness Week 2025, working with services and the community to consider this years theme "Who is holding the baby?"



# Level One Parent-Infant Relationship Training

Our one day training on Infant Mental Health and Parent-Infant Relationships is now 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 Parent Infant Therapists, Clinical Psychologists, Assistant and Trainee Psychologists, a Service Manager and Administrative expertise.

We proudly celebrated PAIRs The Caring Connection achievement as a finalist in the Smiley film awards in London.



We were also a finalist for the Mental Health and Wellbeing Award in the Children and Young People Awards 2024.

Although we did not win, being a finalist was a significant accomplishment.

## Feedback from families

The service provided exactly what was intended to and I feel my mental health has greatly improved as well as bond with my baby.

PaIRS Therapist have helped me to develop a relationship between me and my daughter. Showing and discussing how I meet her needs.

I believe my baby would say she is happy with the outcome due to ongoing love and support mum gives.

## Our vision for the year ahead

Our vision is to continue supporting parent-infant relationships. By focusing on direct work, indirect work (joint thinking space) and offering a broad spectrum of training. We aim to address the needs at universal, targeted, and specialist levels. This comprehensive approach aligns with research evidence, ensuring that our efforts are both impactful and evidence-based.



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 **bfw.h.blackpooldutypairs@nhs.net**