

THE
DAKSHA
& FREYA
EMSON
FIFTH
ANNUAL
CONFERENCE



Perinatal Mental Health Matters:
Thinking Outside the Box

A one-day conference for all those interested
In Perinatal Mental Health

Friday 3rd July 2009



South East Essex
Primary Care Trust



North Essex Partnership
NHS Foundation Trust



Anglia Ruskin
University

Anglia Ruskin University Conference Centre,
Michael A Ashcroft Building, Chelmsford, Essex

ABOUT THE CONFERENCE

Anglia Ruskin University in collaboration with North Essex Mental Health Partnership Trust, South East Essex Primary Care Trust and, The Marce Society are pleased to announce the fifth Daksha & Freya Emson Annual Conference entitled Perinatal Mental Health Matters: Thinking outside the Box.

This year's conference intends to explore different perspectives on perinatal mental health in terms of thinking about alternative interventions. These include the impact of nutrition on mental health, options for self-help and alternative ways of thinking and acting with regard to particular aspects of assessing and managing perinatal mental health problems – such as the relevance of domestic violence, the prevalence of intrusive thoughts and the nurse's role in managing medication.

As always, the conference benefits from the input of a mother who has experienced mental ill-health during the perinatal period. She is generous enough to share her thoughts and feelings with the delegates so that we can appreciate what it is really like to be on the receiving end of care and reflect on what we might do differently to improve the service user experience. We also have a speaker ensuring that we keep the baby in mind in order to provide the most appropriate support that not only improves maternal mental health but also helps to maintain and foster sensitive, responsive parent-infant interactions and infant emotional well-being.

SPEAKER INFORMATION

The speakers are national experts in their field. The speakers are:

SUZANNE ZEEDYK

Senior Lecturer in Developmental Psychology, Dundee University

LOUISE HOWARD

Reader in Women's Mental Health and Head of Section of Women's Mental Health, Institute of Psychiatry King's College London

MARY MCGUINNESS

Consultant Clinical Psychologist, Birmingham & Solihull MH NHS Foundation Trust

SUSANNAH LAWSON

Nutritional Therapist and author of Optimum Nutrition Before, During and After Pregnancy

JULIA MCGINLEY

Parent Support Manager,
www.netmums.com

ANGIE BUTCHER

Nurse consultant (acute care)
North Essex Partnership NHS Foundation Trust

CHERYL PHILIP

Specialist Perinatal CPN
North Essex Partnership NHS Foundation Trust

CONFERENCE PROGRAMME

08:45 REGISTRATION & REFRESHMENTS

09:20 WELCOME – CATHY LOWENHOFF

09:30 SERVICE USER – TBC

10:10 'HOW UNDERSTANDING A MOTHER'S STRUGGLES HELPS US TO UNDERSTAND A BABY'S STRUGGLES' – SUZANNE ZEEDYK

10:50 Q & A SESSION

11.00 REFRESHMENTS

11:30 DOMESTIC VIOLENCE AND MENTAL HEALTH: ASKING DIFFICULT QUESTIONS AND KNOWING WHAT TO DO WITH THE ANSWERS – LOUISE HOWARD

12:10 CHARACTERISTICS OF THE INTRUSIVE THOUGHTS EXPERIENCED BY PREGNANT WOMEN AND NEW MOTHERS – MARY MCGUINNESS

13.00 LUNCH

14:00 OPTIONS FOR SELF-HELP – JULIA MCGINLEY

14:30 MANAGING MEDICATION IN PREGNANCY AND BEYOND: THE ROLE OF THE NURSE – ANGIE BUTCHER AND CHERYL PHILIP

15:00 PERINATAL DEPRESSION: THE NUTRITION CONNECTION – SUSANNAH LAWSON

16:00 Q & A TO PANEL AND SUMMING UP

16.15 FINISH WITH TEA

CONFERENCE BOOKING

To book place(s), please complete and return the attached booking form to Events Team, Estates & Facilities, Anglia Ruskin University, Bishop Hall Lane, Chelmsford, Essex, CM1 1SQ, Telephone 0845 196 3163, or e-mail events@anglia.ac.uk.

There is an early bird registration fee £94 including VAT if booked before **15th June 2009**. All delegate fees include refreshments, lunch and delegate pack.

After the 16th June the registration fee will be £111.63 including VAT.

All delegates will be acknowledged by post/email. Cancellations must be made in writing and will be subject to an administration charge of £15.00 until **Friday 19th June**, after which no refunds can be made. Closing date for applications – **Friday 22nd June**.

PLEASE USE BLOCK CAPITALS

TITLE FORENAME

SURNAME

JOB TITLE

ORGANISATION

ADDRESS

POST CODE

TEL NO

FAX NUMBER

EMAIL/WEBSITE ADDRESS

PLEASE STATE IF YOU HAVE ANY SPECIFIC REQUIREMENTS E.G. ACCESS REQUIREMENTS, LOOP SYSTEM, DIETARY, CONFERENCE MATERIAL IN ALTERNATIVE FORMATS

PAYMENT METHODS

INVOICE: If you wish to be invoiced please provide a purchase order number and give address details if different from above. Please note we cannot produce invoices without a purchase order number:

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JOB TITLE

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Cheques payable to: Anglia Ruskin University

CREDIT CARD

Please charge my debit card/credit card/MasterCard/Visa/Switch *(please delete as applicable)* for the amount of **£94.00** or **£111.63**

CARD NO.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
START DATE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
EXPIRY DATE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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(last 3 digit code on the back of the card, above the signature)

THE DATA PROTECTION ACT

We may wish to contact you in the future regarding other Anglia Ruskin University conferences. Please tick the box if you would like us to do this.

How did you find out about the conference?

Email

Post

Recommendation

Other

BOOKING DETAILS

Complete the form and return to the address below together with your payment **NO LATER THAN 22ND JUNE 2009**. After this date, please contact the Events Team to check availability of places.

All enquiries to be sent to:

Events Team
Estates & Facilities
Anglia Ruskin University
Bishop Hall Lane
Chelmsford
Essex, CM1 1SQ,

Telephone 0845 196 3163

Email: events@anglia.ac.uk