



WCAIMH February Newsletter

Dear members and friends of WCAIMH,

We wish you a very happy new year! 2022 holds the promise of greater connection and we hope that you will experience a year filled with inspiration and peace. As a committee, we are excited to continue with our monthly talks and hope that there may be additional opportunities for connection. At present, our meetings will continue online, but we are hopeful that there may be opportunities for in-person meetings in future. One such opportunity that we are exploring is a coffee/networking morning. To indicate your interest and preferences, please complete this quick survey:

<https://forms.gle/GSbHCY5yuWbsKhWs8>

At the November AGM, the committee also indicated that we would welcome your feedback about the functioning of the association. We are especially interested to hear whether there are areas in which we can improve as well as any additional suggestions. We would sincerely appreciate your feedback, which you can provide using the following link: <https://forms.gle/n52FCuibi4ucRhiJ8>

February meeting

We are very excited to welcome Mush Perrins as our February speaker on the topic “Exploring the use of play in health promotion: Perspectives originating from the continent of Africa”. The talk will consist of a presentation on a recent scoping review and systematic review that were formed part of Mush’s Master’s degree thesis. The systematic review highlights the use and value of play, any changes in play and play’s possibilities as an effective tool in human development, learning and occupation, originating from the continent of Africa. The systematic review examined evidence of play used in health promotion intervention with community-dwelling adults and children, originating



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from the continent of Africa, and to make recommendations for the future use of play as a health promotion tool.

Mush Perrins' fascination with children and learning has been life-long. She worked for 18 years in government, 14+ years at the Red Cross War Memorial Children's Hospital. Mush now runs her comprehensive paediatric private practice from home. She was a long-time part-time lecturer/clinical supervisor for UCT's O.T. Department, she has presented papers on occupational therapy at international and national congresses, and has presented many paediatric courses in South Africa as well as a few in neighbouring countries. Mush has attended many varied lectures and training courses over the past 40 years, from door gardening to music related to heart beats. Professionally, she has many tools in her tool box, significantly neuro-developmental, sensory integration, sensory modulation and play therapy. Mush completed her Msc. Occupational Therapy in April 2021, her thesis title being Exploring the use of play in health promotion: Perspectives originating from the continent of Africa. Her two children and husband have taught her many a valuable lesson.

Date: 17 February 2022

Time: 7pm

Platform: Zoom invitation

Cost: The session is **free** for members who will receive the link to the meeting via email. **Non-members are welcome to join at a cost of R60.**

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com

We would like to kindly request that you do an EFT, and not a bank deposit. Contact us if you cannot do an EFT and we can make alternative arrangements.

WAIMH matters

This year, Infant and Early Mental Health Promotion (IEMHP) at The Hospital for Sick Children in Toronto Canada has partnered with the World Association for Infant Mental Health (WAIMH) and Tampere University to offer practitioners around the world the opportunity to hear directly from some of the pioneers and experts of infant and early mental health research and practice. This will include Dr. Jack Shonkoff, Dr. Charles Zeanah, Dr. Hiram Fitzgerald, Dr. Joy Osofsky, Dr. Hisako Watanabe, Dr. Astrid Berg, Dr. Diane Phillip, Dr. Sheri Madigan and many more.

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The web-based series will provide insight into the foundational science of infant and early mental health, the importance of promotion and prevention policies and strategies, evidence-based interventions, and treatment approaches. The structure of the series will be aligned with the Competency Framework developed by IEMHP.

Lecture Series 2022 will be launched on a new learning platform. Through this platform each participant will have access to:

- 15 recorded lectures – each 2 hours in length.
- Lecture recordings can be viewed at the convenience of each participant.
- Each participant is eligible to receive a certificate of completion after all required enrollment and session evaluations.
- Participants will have their own account giving them the ability to track their progress through series.
- Access to additional resources provided by presenters.
- Each session will be available for 2 years.
- For those purchasing the new series, bonus access to the 2020/21 Lecture Series (an additional 26 hours of content) will also be included until September 2024.

For those wishing to register as individuals please visit <https://learning.iemhp.ca>

For those wishing to register groups ranging in size from 10 or more participants, please contact us directly at lectureseries@sickkids.ca

More details on pricing may be found here:

https://waimh.org/resource/resmgr/documents/Lecture_Series_2022_Internat.pdf

For more detailed information, please visit <https://imhpromotion.ca/Learning-Centre/Expert-Lectures/Lecture-Series-2022> or contact the organisers at iemhp.lectureseries@sickkids.ca

Membership 2022

We have maintained the annual WCAIMH membership fee at **R375**, with an early bird rate of **R325**, which is payable before 31 March 2022.

Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. Membership also allows for active engagement with the process of appointing a WCAIMH committee, decisions taken by the association and ultimately an affiliation to the World Association of Infant Mental Health. We are hoping that many of you renew your membership this year and that we gain many new members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

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To become a member, use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com.

Banking information is as follows:

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Keep in Touch

We welcome any feedback or suggestions. If there are specific topics of interest that you would like us to pursue for a speaker evening, or if you would like to nominate yourself or a colleague for our member highlight section, please also get in touch. Our contact details are:

Email: wcaimhza@gmail.com

Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health

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