



## WCAIMH July Newsletter

Dear members and friends of WCAIMH,

As South Africa is thrust into another wave of the Covid-19 pandemic we are aware that for many of you this has been a time of facing illness and personal loss. With new lockdown limitations and increased caution in seeing friends and family it may be a particularly isolating time for many. We hope that each of you is supported and held and can find comfort despite the fragility that surrounds us currently.

### July meeting

It is in the spirit of *connection* that for the July meeting the WCAIMH Committee have decided to change the format of our meeting. Covid-19 has allowed, for the first time in the history of WAIMH, for the biennial conference to be available online. This has given professionals from across the world access to Plenary Presentations, Symposiums, Workshops and Poster Presentations by leading experts in the field of Infant Mental Health. Many of you may have had the opportunity to register and begin to soak in the wealth of information that is now available with the click of a button. We also recognize that as many of us have begun to enjoy access to the talks from the conference what has been missed is the rich discussion amongst colleagues and friends, debating ideas and hashing out cutting edge discoveries. We have therefore selected three stimulating talks that from the WAIMH conference to focus on at the July meeting. There will be a brief synopsis of each talk and an opportunity to engage in discussion about the topic.

Those who were able to register for the conference, we would like to invite you to view these sessions before our July meeting so that we can come together to discuss the ideas presented and begin a conversation that would otherwise be missed while watching them in isolation. For those of you who do not have access to the talks we encourage you to attend our July meeting anyway as there will be a synopsis of the talks on offer and you will surely be enriched by the discussion.

There is still an opportunity to register for the WAIMH Conference and have access to all the talks until December 2021. If you still wish to do so please click [here](#).

Contact us on [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)  
Juané Voges – Chairperson Salisha Maharaj – Secretary  
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development



The format for the July Meeting is as follows:

Talk 1: “**Babies born into stories**” keynote address delivered by Helen Milroy at the opening of the WAIMH conference. Synopsis and discussion lead: Jenny Perkel

Talk 2: “**The body comes first. Epigenetic variations and embodied interactions in early adverse experiences**” keynote address by Rosario Montirosso. Synopsis and discussion lead: Juané Voges

Talk 3: “**The cultural nature of early relationships and development**”, Presidential symposium by Kai von Klitzing, Nandita Chaudhary and discussion by Campbell Paul that marked the end of the WAIMH conference. Synopsis and discussion lead: Salisha Maharaj

**Date: 15 July 2021**

**Time: 7pm**

**Platform: Zoom invitation**

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](mailto: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.*

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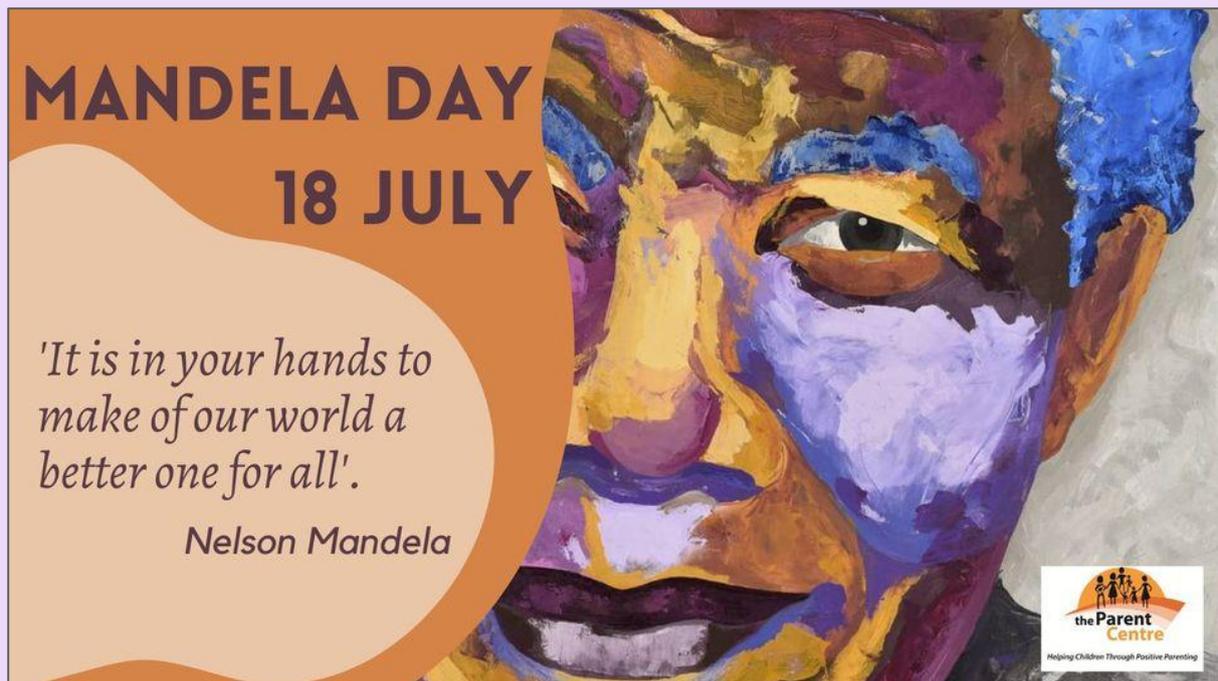
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## June Speaker

We would like to thank our June speaker **Professor Katherine Bain** who presented her talk “**A person’s a person, no matter how small**”: **The challenge to prioritize infant mental health in the national health system**. Her talk highlighted several challenges that affect progress made towards implementing knowledge about infant mental health in private and public health settings. She identified several areas where advocacy may be expanded and also shared her article published in the South African Journal of Psychology. The talk stimulated a rich discussion and there was a suggestion that we should revisit the of ways that awareness about infant mental health may be expanded at a future meeting. Members who were unable to attend, but who would like to view a recording of the talk are welcome to email us, and we will send you the download link.

## July highlight

This month, we would like to highlight **The Parent Centre’s Mandela Day** initiative to support a number of new mothers in the Parent Infant Programme who are in dire situations and in urgent need of basic supplies, such as food, nappies and clothing for their babies. We would like to encourage our members to joint them by donating 67 items or giving R67 towards baby items.



The main items needed:

- Cloth Nappies
- Baby Grows: 0-3mths, 3-6mths, 6-12mths
- Socks, Beanies and gloves
- Warm blankets

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- Nutritional Baby Cereal/food
- Formula
- Face clothes
- Wipes

They also launched a new drive to collect '**New Mom Boxes**' (similar to Santa Shoeboxes), but for new moms in need which they will distribute within the vulnerable communities. Each donated box should have the following (approx cost of R350) if you would prefer to donate towards a box instead:

- 3 x cloth nappies
- Baby grows, a beanie, socks, gloves
- A pack of wipes
- A face cloth
- Baby cereal
- A warm blanket

All Donations or Complete 'New Mom' boxes can be dropped off at The Parent Centre for distribution within their programmes and communities. This will be an ongoing drive but they hope to kickstart it this Mandela Day. If you have any questions or want to get involved, you can DONATE here: <https://bit.ly/3qPGJna> (ref: Mandela Day). You may also email [parentinfant@theparentcentre.org.za](mailto:parentinfant@theparentcentre.org.za) or call 021 762 0116 for drop off details of items listed.

**Drop off address:**

22 Wetton Road, Wynberg, Cape Town

## Call for Participation in Research

You are invited to take part in an online survey on how Covid has affected health care workers looking after mothers & babies in the community. The research is by Dr Tereza Whittaker, a master's student at Stellenbosch University Department of Psychiatry.

Please consider doing the survey if you are a health care worker working with mothers & babies in the community.

The survey takes 10-15 minutes and it is in English, it is voluntary & you can exit at any point. It is anonymous, no personal information is stored and your responses will be protected. There are no anticipated risks or benefits, but your participation will add to our knowledge of how healthcare is delivered in SA. There is no payment but there is a draw for a R250 voucher.

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For any questions, please contact Tereza Whittaker on 0839694000 or [terezawhittaker@gmail.com](mailto:terezawhittaker@gmail.com). If you have questions about the ethics of the study please contact Stellenbosch University Research Ethics Committee (tel: 021 938 9677/9819).

To access the survey please go to: <https://sunsurveys.sun.ac.za/surveys/covid-19-impacting-perinatal-mental-health-service-delivery-in-the-community>.

## SAACAPAP virtual congress

The 21st Congress of The South African Association of Child & Adolescent Psychiatry and Allied Professions (SA-ACAPAP) in partnership with Paediatric Neurology and Development Association of Southern Africa (PANDA-SA) and the South African Institute of Sensory Integration (SAISI) will be in virtual format this year. The congress will take place **28 – 29 July 2021**, with workshops on 27 July. Invited speakers include the President of IACAPAP, Daniel Fung, lecturer at King's college London, Rosa Hoekstra, Co-director of the Institute for Life Course Health Research at Stellenbosch University, Prof. Mark Tomlinson and Prof. Vikram Patel, joint leader of the Mental Health Innovation Network.

Please visit the congress website for more details and registration: [www.saacapap.co.za](http://www.saacapap.co.za)

## POPIA

The Protection of Personal Information Act, 4 of 2013 came into operation from 1 July 2021. In order to comply we need your permission to keep you on our email database in order to send out newsletters which include details of our monthly talks and information or resources pertaining specifically to Infant Mental Health. We endeavour to limit our email communication to a maximum of two emails per month.

WCAIMH also makes use of Google Services for dissemination and storage of information. This is password protected and only committee members have access to it.

**IMPORTANT** - Please reply to [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com) informing us if you wish to STOP receiving monthly newsletters or any further communication from WCAIMH. If we do not receive communication to remove your email from our database we infer consent to remain on the WCAIMH database.

## Membership

The annual fee to become a member of WCAIMH remains **R375**. 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

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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 more members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

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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](mailto:wcaimhza@gmail.com)

Website: [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za)

Facebook group:  Western Cape Association of Infant Mental Health

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