iHV virtual PIMH Champions Forums
Terms of Reference 2026-2027

Background

The iHV Perinatal and Infant Mental Health (PIMH) Forums were established with the aim of sustaining the confidence, competence and commitment of the iHV PIMH Champions. The Forums are modelled on the principles of place-based leadership, enabling alignment with regional strategic networks to integrate and improve local systems of care.

Forums will continue to be virtual, and all Forums, minutes and presentations will be open and available to all Champions via our website www.ihv.org.uk. Forums will take place quarterly, with the aim to showcase regional innovation alongside recent research and voices of lived experience.

Forums are open to all practitioners who have completed an iHV Champions training in one of more of the following programmes: Multi-Agency Perinatal and Infant Mental Health, Fathers' Perinatal and Infant Mental Health, LGBTQI+ People and Perinatal Mental Health, and Emotional Wellbeing Visits.

As an iHV Champion, you'll have **free access** to our Forums, Bulletins and resources for **two years**. Shortly before your access is due to end, we'll send you a reminder so you can renew if you'd like to stay connected.

Renewal costs £60 per Champion, per training programme, for a further two years. As a charity, the iHV keeps this fee as low as possible. It simply covers the cost of running the Forums and Bulletins and keeping all training resources up to date, so you can continue to rely on them in your practice.

We encourage all iHV PIMH Champions to become an Associate member of the iHV. All iHV Associate members have access to our vast suite of member benefits, including excellent evidence-based resources, events, and networking opportunities for all professionals who work with babies, children, families and communities.

Aim

The aim of the iHV PIMH Champions Forums is to improve perinatal and infant mental health outcomes for all parents, children and their families, through influencing, promoting and sharing best practice across all regions in the UK.

Objectives

- To feel connected, motivated and supported in the PIMH Champions role.
- To share challenges, learning, innovation and best practice.
- To develop the evidence base, implement research into practice, influence commissioning of care pathways, and shape policy.
- To strengthen the voice of families with lived experience in the design, delivery and evaluation of services and systems.
- To integrate the expertise of all agencies across PIMH care systems.

Organisation of Forums

Forums will:

- Be hosted online by the iHV Team, using Microsoft Teams.
- Be offered on a quarterly basis from 09:30 until 12:00.
- Have time for networking and discussion.
- Ensure time to troubleshoot and answer questions relating to cascade training and Champions resources.

A typical Forum agenda might include:

- iHV and national updates
- Lived experience speaker
- Guest speakers providing latest innovation or research
- Networking discussions.

After the Forum:

- Presentations from the session will be circulated via email (with speaker permission)
- Presentations will be available via the iHV PIMH Champions Forums webpage
- Champions will receive quarterly PIMH Champions Bulletins
- Champions are advised to access the training resources via iHV LEARN in preparation of each cascade they deliver.
- Champions are encouraged to raise parity of esteem for PIMH, share learning and news, and stay connected through social media. Follow iHV at:
    - **Linked In - https://www.linkedin.com/company/institute-of-health-visiting**
    - **Facebook - https://www.facebook.com/iHealthVisiting**
    - **Instagram - https://www.instagram.com/ihealthvisiting**
    - **BlueSky - https://bsky.app/profile/ihealthvisiting.bsky.social**