



## Baby Week Cheshire and Merseyside

### Coming Soon

### 15–21 November 2021



**BOOK NOW**



**#BabyWeekCM21**







### What's it all about?

Baby Week brings together cross-sector organisations, families and caregivers to promote the importance of women's health and giving all our babies the best possible start in life.

It is a collaborative platform, designed to highlight health inequalities where they start, in the womb and in the early years; dedicated to finding solutions together; brought to you by the NHS Cheshire and Merseyside Women's Health and Maternity (WHAM) network formerly the Women and Children's Partnership (Improving Me) in collaboration with Baby Week Bradford and Leeds.

### Designed to

-  Share
-  Engage
-  Entertain and
-  Inform.

### Designed for

The health care workforce, as well as women, other carers and their families.



## Read On

Baby Week brings together cross-sector organisations and it's a great opportunity for organisations working with women, babies and their families and caregivers to come together and learn from each other (includes a women's health agenda, preconception, pregnancy and beyond). It's a chance to be hands on, as well as the first to learn about the latest research, policy and practice development. It's also a platform for you to showcase your work, highlight the services you provide and extend your reach.

## To draw you in we're sharing some early opportunity

For healthcare workforce and any adults, to get you in the mood and to start a Baby Week count down, we've organised some very hands-on sessions to unleash your inner creativity.

### WriteWell live online workshop Poems for Life's Journey

**Tuesday 26 October at 7.30pm**

We are pleased to announce a new Baby Week partnership with WriteWell an innovative online writing community launched to support mental health and wellbeing through writing. Baby Week will be offering free access to a WriteWell live online event, Poems for Life's Journey, led by award-winning writer Victoria Field.

You don't need to know anything about poetry and it doesn't matter whether you love poetry or haven't looked at a poem since school. All you need is a bit of curiosity, want to explore something new. Have a pen and something to write with at the ready.

**BOOK HERE**

For families we have two treats

## The Rise Trio and Live Music Now



*Museum of Liverpool Pier head Liverpool Waterfront L3 1 DG*

Two FREE ticketed family concerts.

**Tuesday 26 October • 10.15am**

**Suitable for 0–3 years**

Rise trio will lead a fun and interactive music session for babies and pre-school children and their families and carers.

**Tuesday 26 October • 11.30am**

**Suitable for all ages**

Rise Trio performs a fun and interactive concert for you to play, sing and dance along to. Pip, Mickey and Heidi will play some traditional and well known songs for all the family to enjoy.

Tickets need to be booked in advance so act early.

Simply email [amy.hughes@livemusicnow.org.uk](mailto:amy.hughes@livemusicnow.org.uk)

**And the main Baby Week programme is here...read on**

*(Please note this programme may be subject to change)*



## Monday 15 November

**It's Maternity Support Worker's Week  
Baby Week is joining forces with the Royal College of Midwives North.**

**10.30–11.30am**

### **Women's Health and Maternity (WHAM) Launch**

For generations, women have lived with a health and care system that is mostly designed by men, for men. This 'male by default' problem of the past must be put right.

Cheshire and Merseyside will be reflecting on the DfHS call for evidence and the women's health enquiry, launching the Gynaecology Network and the Women's Medicine Group. Hear all about the ambitious plans to recalibrate systems and procedures to improve women's health.

**BOOK HERE**

**11.00–12.30pm**

### **The Birth Rites virtual tour led by BRC curator and founder, Helen Knowles**

The Birth Rites Collection (BRC) is the first and only collection of contemporary artwork dedicated to the subject of childbirth. The collection currently comprises of photography, sculpture, painting, wallpaper, drawing, new media, documentary and experimental film. Use the promotional code **BabyWeek** when booking your November 15 ticket and secure your place for free.

**BOOK HERE**

**1.00–2.30pm**

### **A celebration of Maternity Support Workers Week through and an exploration of an innovative response to Maternity Support Worker development in the North**

We believe Maternity Support Workers (MSWs) play an essential role in keeping women and babies well. Hear all about the Cheshire and Merseyside's pioneering investment in this key group of staff and find out about some new developments to ensure that NHS support staff 'Get On' and 'Go Further' in their careers in the NHS. This session will celebrate MSWs across the North and be ready to hear first-hand what motivates these essential workers.

**BOOK HERE**

# Monday 15 November

1.30–2.30pm

## Singing Mamas



*Toxteth Library Windsor St Liverpool L8 1XF*

**FREE taster – group singing session for a wellbeing boost**

A Liverpool Libraries and a Rachel Waite collaboration: bringing women together; to meet, connect and experience the freedom, energy and pure magic of harmony singing.

Singing together is clinically proven to improve wellbeing and treat postnatal depression and anxiety. As children we sing freely and joyfully, but many voices get shushed or told they're not good enough. Singing becomes scary and we forget how.

Well, this is your invitation to find your voice again. No singing experience necessary, open to ALL women - bring your babies if you have them. To join in just book a place by emailing Irene at [Irene.Mandelkow@liverpool.gov.uk](mailto:Irene.Mandelkow@liverpool.gov.uk) specifying number of babies and number of adults. Places are limited.

# Tuesday 16 November

## International Day of Tolerance

10.30–12.00 noon

## Maternity Action specialist advice session

ZOOM

Maternity Action is partnering Baby Week to offer a specialist workshop to support health workers and advisory staff working with pregnant Afghan women and new mothers arriving in the UK. Approximately 8,000 Afghan refugees have arrived from Afghanistan over the past few months under the evacuation programme.

**BOOK HERE**

## Tuesday 16 November

12.00–2.00pm

Ready Steady Flow

ZOOM

**Can reading and writing really save your life?**

Baby Week is delighted to be partnering the Reading Agency and WriteWell for this hands on workshop exploring just how books and the mighty pen can provide a powerful medicine. We will be asking can reading really help you live longer? Meanwhile WriteWell's Kate Mc Barron will be considering just how we can all write ourselves a better future. To celebrate this partnership Baby Week wanted to tell you about the WriteWell 14 day FREE trial. So, if this session gets you hooked you don't need to put that pen away.

**BOOK HERE**

1.00–2.00pm

Singing Mamas



*Museum of Liverpool the Little Liverpool Children's Gallery*

**FREE taster – group singing session for a wellbeing boost**

A National Museums Liverpool and a Rachel Waite Collaboration: bringing women together; to meet, connect and experience the freedom, energy and pure magic of harmony singing.

Singing together is clinically proven to improve wellbeing and treat postnatal depression and anxiety. As children we sing freely and joyfully, but many voices get shushed or told they're not good enough. Singing becomes scary and we forget how.

Well, this is your invitation to find your voice again. No singing experience necessary, open to ALL women – bring your babies if you have them. To join in just book a place by emailing [families@liverpoolmuseums.org.uk](mailto:families@liverpoolmuseums.org.uk) specifying number of babies and number of adults. Places are limited.

3.00–4.30pm

Vaccination in a maternity context

ZOOM

**COVID vaccination it matters**

1 in 6 people critically ill in ICU are unvaccinated pregnant women

Join us for a discussion led by Catherine McClennan Director Women's Health and Maternity and Dr. Devender Roberts Consultant in Obstetrics and Fetal Medicine Liverpool Women's Hospital.

**BOOK HERE**

# Wednesday 17th November

## World Prematurity Day

10.30–12.00 noon

**The price is our rights?**

ZOOM

Baby Week is absolutely delighted to welcome back Dr Ian Sinah. Ian is a respiratory paediatric consultant at Alderhey and a Professor of Child Health at the University of Liverpool. Ian will be exploring a right's-based approach to health equity for women and children. He will be joined by the WHAM team who will share some key developments.

[BOOK HERE](#)

2.00–3.30pm

**Systems in crisis?**

ZOOM

This Northern Powerhouse collaboration for Baby Week brings the wonderful Professor Kate Pickett and Dr Sophie Wickham together to share the latest research on the impact of COVID on maternal and neonatal outcomes, through the lens of inequalities. Sophie will be drawing on the Child of the North report.

The equally brilliant Dr Mary Ann Stephenson from the Women's Budget Group will also provide an essential briefing on funding and affordability of childcare. The whole session will be solution-oriented culminating in a very clear ask to save the future.

[BOOK HERE](#)

4.00–5.30pm

**The Lullaby Project has arrived  
Magic happens**

ZOOM

Baby Week welcomes back Carnegie Hall and Live Music Now team to share their journey over the last 12 months to transform maternity care with music. We are also expecting a rather special VIP who was set a task last November to write and produce a lullaby. Watch this space. You heard it here first.

[BOOK HERE](#)

# Thursday 18 November

## It's Use Less Stuff Day

9.30–11.00am

### Why We Have to Dismantle Maternity Care and Start Again

ZOOM

Professor Soo Downe shares her thoughts on what is wrong with the current maternity care system. This webinar will reflect on two of the week's big screen events, In Utero and Birth Time.

This event is a must for anyone interested in pregnancy and childbirth.

[BOOK HERE](#)

10.00–11.30am

### Whose health?

ZOOM

The Baby Week team are delighted to be joined by Professor Marian Knight to examine how structural and cultural bias in medicine is impacting on women's health.

[BOOK HERE](#)

10.00–11.30am

### Why women drink? Workshop

Online

Provisional data from the ONS in 2020 showed alcohol specific deaths in England and Wales rose by 20 % compared to the previous year and alcohol sales skyrocketed by 67 % in lockdown 1. The BMJ rightly argue tackling alcohol harm must be part of the nation's recovery. But what has COVID also shown us about our response to people living with alcohol addiction?

Dr Abi Rose will lead this interactive online session with mums and mums to be, supported by the WHaM community engagement team and Maternity Voices network. It will also be of interest to health professionals wanting to gain insight.

[BOOK HERE](#)



# Friday 19 November

## It's International Men's Day

### Everyday Sexism – in the NHS We've heard it's bad for women and men

We are delighted to be launching a short film by Dr Chelcie Jewitt, founder of the Sexism in Medicine Project during Baby Week. Chelcie graduated from the University of Liverpool in 2015 and has worked around Merseyside and the Northwest ever since. She is an Emergency Medicine doctor, who was inspired to create the Sexism in Medicine project following events she has experienced throughout her own career. Working alongside the BMA, the project details the responses of over 2000 doctors within the UK, looking into their experiences of #EverydaySexism and how gender inequality has negatively impacted their career progression and opportunities.

We will be launching the video on Friday 19 November.

10.00–11.30am

### Smoking in pregnancy webinar

*Catherine McClennan WHaM Director and Dr Devender Roberts Consultant Obstetrician and Fetal Medicine, Liverpool Women's Hospital*

Join the debate about what kinds of solutions are needed if we are ever to truly address smoking in pregnancy.

[BOOK HERE](#)

2.00–5.00pm

### Holding Time – the Friday event

 **Open Eye Gallery 19 Mann Island Liverpool Waterfront L3 1BP**

We are celebrating Holding Time a multi-disciplinary, collaborative project by UK artist Lisa Creagh, challenging the cultural stigmas surrounding breastfeeding through photography and women's voices.

Watch out for the invitation. Numbers will be limited due to COVID considerations.

### Birth Times and Inutero

Two documentary big screen experiences coming soon

New additions to the programme will be posted on the [Improving Me](#) website. Look out for [Birth Times](#) and [Inutero](#) as Baby Week hits the big screen. We will be welcoming Professor Soo Downe with Baby Week Bradford to lead a discussion on both films on 18 November.

# The family programme just got bigger for the week 15–21 November

**Thanks to National Museums Liverpool our Baby Week cultural partner**

## **It is world nursery rhyme week**

The Early Years and Families team at National Museums Liverpool know that visitors will not come for events alone but for a warm welcome, relevant and accessible content, and family-friendly facilities. National Museum Liverpool offer safe nurturing spaces to support and acknowledge this time.

As part of this year's Baby Week they hope to reach out to families who, as we emerge from the pandemic, have experienced particular difficulties and welcome them back to their museums and galleries where they can recover, heal and grow together.

## **16–19 November**

### **Museum of Liverpool**

Four free mornings of activity, fun and learning and a free cuppa for adults at the end. Each morning has a different theme, but all offer a safe, interactive space with focus on wellbeing for parents and babies under 12 months.

**Babies get moving**  
**Babies get messy**  
**Babies get listening**  
**Babies get creative**

## **10.30–11.30am**

### **Free tickets from the Welcome Desk**

**Various options**

**10.15am, 11.00am, 11.45am, 1.15pm, 2.00pm, and 2.45pm** – free tickets from the Welcome Desk for all families with a child under seven, subject to availability.

**The Little Liverpool gallery** is a hands-on fantasy world where children under seven can play and learn, led by our fantastic team of Learning facilitators. Children can sail boats, run cars through tunnels and fish in the river. Liverpuddles engages children with the city environment and helps them understand their responsibility to wildlife in keeping cleaner waters. Little ones can create their own Liverpool - a city where they are in charge. If you have a group of 20 or more we can pre-book a session in Little Liverpool just for you.

## Every day except Monday

### 11am, 1pm, 2pm and 3pm

Babies and carers join us in our beautiful, inspirational Sculpture gallery for a warm welcome, play and stories.

Places are limited pick up a ticket from the information desk on the day.

## Story Walkers and Song Explorers

### Tuesday 16 November • 10.15am

Join us in the Walker for familiar songs with an arty twist. Pick up a ticket from the information desk on the day.

## Babbling Babies

### Wednesday 17 November • 10.30am

In celebration of Baby week National Museums Liverpool are re-launching their popular Babbling Babies sessions and are look forward to welcoming their littlest visitors to the gallery. Join museum staff in the gallery for artworks, sensory play and songs. These sessions have been specifically designed for pre-crawlers under the age of 12 months and will provide stimulating activities to support you baby's early communication and physical development. At the end of each session you will make something special to take home for your baby.

Places are limited. Pre-booking is essential (tickets will go live closer to the date)

## Rhyme Time

### Saturday 20 November • 11am

Rhymes and stories to start the weekend with our fantastic

Pick up a free ticket from the information desk on the day.

## World museum

### Mini Gazers

**Tuesday 16 November • 10.15am**

**Calling all Little Stars and Space Cadets!!** Join the museum team in the Planetarium for a baby friendly full-length show. Everyone at these shows will be parent or carer, so there's no need to worry about disturbing others if your baby cries. During the session we will also have sensory toys for your little star to explore. These sessions are aimed at parents/carers with babies under the age of 12 months. Please bring a blanket with you the planetarium needs to be kept cool so can sometimes feel a little chilly for little ones.

(The next Mini Gazers will be on: 7 December, 18 January, 15 Feb, 15 March, 5 April, 17 May, 14 June, 5 July)

### Seaside Explorers

**16, 17, 18 & 20 November**

Finally join the museum team in their brand-new Aquarium for Tiddlers: Seaside Explorers. A new workshop for babies aged 0–36 months.