

PQN Annual Forum 2025 “Nature in Mind”

Monday 17 November 2025
Royal College of Psychiatrists, London

09.30 – 10.00	Registration and Refreshments		
10.00 – 10.10	Welcome Dr Roch Cantwell , Consultant Psychiatrist & PQN Advisory Group Chair, NHS Greater Glasgow and Clyde Patient Rep TBC		
10.10 – 10.30	PQN Project Update Nicole McCarthy , PQN Deputy Programme Manager, Lara Lucic , PQN Project Officer		
10.30 – 11.15	Why Mothers Matter Shannon Davies , Project Coordinator at Mothers Matter, Katy Thomas , Counsellor, Founder & CEO at Mothers Matter		
11.15 – 11.30	Break		
11.30 – 12.15	The Mother Nature Project Dr Katie Hall , NIHR Doctoral Research Fellow and ST6 in General Adult Psychiatry, Centre for Academic Mental Health & Cornwall Specialist Perinatal Mental Health Team, Lucinda Stanton , Peer Support Worker, Tasneem Ghanchi , Lived Experience Advisor, Dr Rosa Roberts , TBC		
12.15 – 13.00	Dancing the Parenting Dr Rebecca Tucker , Clinical Psychologist, Bronwen Wilson Rashad , Dance Artist, Barbara Cunningham , Peer Support Worker, Specialist Perinatal Mental Health Service, Aneurin Bevan University Health Board	Babes in the Woods Selina Dare , Occupational Therapy Lead, Alix Hamilton , Community Perinatal Occupational Therapy Apprentice, Devon Perinatal Mental Health Service, Devon NHS Partnership Trust	Nature in Mind, Partners in Recovery: Reframing Perinatal Mental Health Support Dr Saima Mustafa , ST6 General Adult Psychiatrist, Dr Annamarie Schmidt , Consultant Perinatal Psychiatrist, North Wales Perinatal Mental Health Team, Betsi Cadwaladr University Health Board
13.00 – 13.45	Lunch		
13.45 – 14.30	Mindful Birthing Miranda Bloodworth , Mental Health Practitioner, Frances Donovan , Assistant Psychologist, Somerset Perinatal and Maternal Mental Health Service, Somerset NHS Foundation Trust		
14.30 – 15.15	Walking Together Ruth Naughton-Doe , Research Associate, Nabiha Waheed , Research Associate, Mental Health Social Care Research Team, University of York, Katy O'Neill Gutierrez , Blaze Trails CIC	Nature in Mind on the Mother and Baby Unit Dr Rose Spencer , Principal Perinatal Psychologist, Coombe Wood Mother and Baby Unit, Central and North West London NHS Foundation Trust	Nature-Based Art Psychotherapy Vanessa Jones , Principal Art Psychotherapist, Oxleas Perinatal Mental Health Service, Oxleas NHS Foundation Trust Patient Rep TBC
15.15 – 15.30	Break		
15.30 – 16.15	Sport in Mind Mum and Baby Programme: Championing Maternal Mental Health Through Movement Kayleigh Harris , Head of Growth and Innovation, Sport in Mind, Katie Light , Development Officer, Sport in Mind		
16.15 – 16.30	Close & Evaluation		
16.30 – 17.30	Drinks Reception		