Abstract
Nicola will provide an overview of the Winston Churchill Memorial Trust Travel Fellowship which she was awarded in 2017 and allowed her to travel to Canada, USA and Cork! She will reflect on the process from application to the present day and will provide a summary of her findings. Her fellowship focused on the health and wellbeing of babies born sick and born early and she will highlight best practice in the areas she visited and make recommendations for implementation of key findings now that she is home and has had time to reflect.

Biography
Nicola is a Consultant Clinical Psychologist leading Paediatric Clinical Psychology services in the Western Trust. She is passionate about promoting health and wellbeing in the early years both through intervening early and encouraging professionals to work together with the child in mind. Her other roles positions on various trust, regional and national committees including Division of Clinical Psychology- NI, Association of Infant Mental Health (NI), Paediatric Psychology Network (UK), an infant massage instructor, and a mother. She loves research, talking, laughing and travelling and was delighted to be able to combine all in the Churchill Fellowship.