




**Yorkshire and the Humber Senior PWP Network
 Minutes
 3 March 2020, 09:30-15:30
 Novotel Leeds Centre, 4 Whitehall Quay, Leeds LS1 4HR**

No.	AGENDA ITEMS	Action By
1.	<p>Welcome, Apologies, Introductions and Checking In - Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks</p> <p>Andy Wright welcomed everyone to the meeting and conducted housekeeping and introductions.</p> <p>Andy Wright welcomed all the new attendees to the meeting and reiterated the purpose of the Senior PWP network, which is to focus on sharing good practice, connect on a regional and national level and support Senior PWPs as the leaders of the future.</p> <p>Andy Wright advised the attendees that the majority of IAPT work takes place at Step 2 with high volume/high turnover of patients. Senior PWPs are critical to the future of IAPT and are the legacy of the service.</p> <p>Andy Wright invited attendees to “check in” (how are you landing) at the beginning of the day and “check out” (how are you leaving) at the end of the day.</p>	
2.	<p>Wellbeing Exercise – Creating a Positivitree – All</p> <p>Andy Wright presented to the attendees on creating a Positivitree.</p> <p>Attendees were asked to take time out to write a positive reflection about the people they work with, or their organisation, on a post-it note which was then attached to the Positivitree and discussed.</p> <div style="text-align: center;">  </div> <p>Leaf shaped post-it notes are available from Amazon - https://www.amazon.co.uk/Shaped-Notes-Sticky-Quality-heets/dp/B076DKDQRZ</p>	
3.	<p>Mental Health and Deafness - Rebecca Walls, Clinical Nurse Specialist in Mental Health and Deafness, South Yorkshire Service for Deaf People with Mental Health Needs</p> <p>Rebecca Walls presented to the attendees on mental health and deafness.</p>	

	<p>Please see the presentation slides for more information.</p> <p>Rebecca Walls asked the attendees to ensure that they follow the Accessible Information Standards - https://www.england.nhs.uk/ourwork/accessibleinfo/</p> <p>Andy Wright thanked Rebecca Walls for a very powerful and informative presentation.</p> <p>Questions and Answers: <i>Question:</i> How do we make contacts with the deaf community? <i>Answer:</i> Rebecca Walls advised attendees to contact their local Deaf Club or Healthwatch. Rebecca Walls continued that there is lots of work to be done around mental health education within deaf communities.</p>	
<p>4.</p>	<p>How do we get the best out of the Network for 2020? – All</p> <p>Andy Wright presented to the attendees on “How do we get the best out of the Network for 2020” and asked them to discuss the following questions:-</p> <ul style="list-style-type: none"> • How would you like to be contacted or communicated with by the network? • What sort of updates/information would you like to receive? • How often would you like to meet as a network? • Where would you like future network meetings to be held? • What topics would you like to focus on? • Would anyone like to volunteer to present? • If yes to presenting – what will you present on? <p>Please see the discussion summary feedback attached:</p> <div style="text-align: center;">  7. Table Top Discussion 1 - Feedba </div> <p>Action: Sarah Boul to circulate details of the Yorkshire and the Humber Clinical Network Senior PWP online forum</p>	<p>Sarah Boul</p>
<p>5.</p>	<p>Leadership Training: Why should somebody be led by you? - Andy Wright, Clinical Networks</p> <p>Andy Wright presented to the attendees on “Why should somebody be led by you?” and continued that Senior PWPs are the IAPT managers and clinical leads of the future.</p> <p>Andy Wright then asked the attendees to take part in an exercise to establish and consider their leadership potential and strengths. In pairs, the attendees were asked to take time to consider the following:-</p> <ul style="list-style-type: none"> • What gifts can people on me for? • When I am making a difference and creating value, my talents that show up are? • Other people constantly tell me that I make a difference by ... • When I am working in an engaged and energised way I am contributing ... • I just can’t help ... • In summary my signature strengths (the things that make a real difference) are ... 	

<p>6.</p>	<p>What makes you a SUPERvisor? - Heather Stonebank, Clinical Networks</p> <p>Heather Stonebank presented to the attendees on “What makes you a SUPERvisor?” and asked them to discuss the following:-</p> <ul style="list-style-type: none"> • How do we receive feedback as supervisors? • How do we look after ourselves as supervisors? • What can we do in the SPWP network to support your supervisor roles? • What are or can you do in your services to support your supervisor roles? <p>Please see the discussion summary feedback attached:</p> <div style="text-align: center;">  <p>7. Table Top Discussion 2 - Feedba</p> </div>	
<p>7.</p>	<p>Any Other Business – All</p> <p>Andy Wright encouraged all attendees to subscribe to the Northern IAPT Practice Research Network - https://www.iaptprn.com/contact.html and the Psychological Professionals Network - https://www.nwppn.nhs.uk/ or follow them on Twitter @NWPPN</p> <p>Checking Out</p> <p>Andy Wright asked all attendees to think of one thing from today that they are going to take away and also what they appreciated about today.</p> <p>Andy Wright thanked everyone for attending and encouraged all to complete their evaluation form.</p>	
<p>ITEMS FOR INFORMATION:</p>		
	<p>Future Meetings:</p> <p>The next Senior PWP Network meetings will be:</p> <ul style="list-style-type: none"> • Tuesday 30 June 2020, 09:30-15:30 • Tuesday 3 November 2020, 09:30-15:30 	