

**Yorkshire and the Humber Senior PWP Network
Minutes
4 June 2019, 10:00-15:30
Park Plaza Hotel, Boar Lane, Leeds, LS1 5NS**

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> <p>Andy Wright introduced the “Embracing Mindfulness” exercise where attendees were asked to look at photograph cards scattered around on the floor and chose one that represented how they were feeling that day. Each attendee was then invited to explain why they had picked their particular card.</p> <p>Andy Wright advised the attendees that the purpose of the day was to provide space for Senior PWPS to come out of the “chaos” and have a different type of conversation and also have time to embrace appreciation, share expertise and support each other, whilst trying to be real/grounded in our home and work lives.</p> <p>The “Embracing Mindfulness” coaching cards can be bought from Amazon and attendees were encouraged to take any of the day’s activities back to their own service.</p>	
2.	<p>Compassionate Leadership: Wellbeing exercise, presentation and table top discussion, Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks</p> <p>Andy Wright presented to the attendees on Compassionate Leadership. Andy Wright informed the attendees that the presentation had already been shared with service and clinical leads at the IAPT Providers Network meeting in October 2018.</p> <p>Andy Wright shared a video by Professor Michael West, Head of Thought Leadership at The King’s Fund and Professor of Work and Organisational Psychology at Lancaster University Management School.</p> <p>The video is available to view on YouTube - https://www.youtube.com/watch?v=0RXthT32vcY</p> <p>Please see the presentation slides for more information.</p>	

	<p>Following the presentation and video Andy Wright asked the attendees to reflect on what they had heard in Professor West's video and to think about the following questions:</p> <p>Question 1:</p> <ul style="list-style-type: none"> • In what ways can work contribute to our or staff's ill health? • How do we currently acknowledge our own and staff's compassionate behaviour at work? <p>Question 2:</p> <ul style="list-style-type: none"> • How do we currently model the components of compassionate leadership? • What are the barriers (internal and external)? <p>Question 3:</p> <ul style="list-style-type: none"> • How could we support each other to lead more compassionately? <p>Please see the discussion summary feedback attached:</p>  <p>Table Top Discussion Feedback - Compassi</p>	
<p>3.</p>	<p>Provider Presentation: Bradford IAPT, Sharon Edwards and Simon White, Bradford</p> <p>Simon White and Sharon Edwards presented to the attendees on the development of the MyWellbeing College in Bradford Care District NHS Foundation Trust focussing on the challenges, successes and future plans.</p> <p>Please see the presentation slides for more information.</p> <p>Questions and Answers:</p> <p>Question: Are PWP's getting extra training to work with health and social anxiety cases? Answer: Yes, Sharon Edwards is delivering the training internally in conjunction with the University of Bradford.</p> <p>Question: Are the Guided Self Help workbooks available in other languages? Answer: Yes but there are limitations.</p> <p>Question: Can other service providers use the workbooks or are they are copyrighted? Answer: Sharon Edwards advised that the workbooks are copyrighted and interested parties should contact Bradford District Care NHS Foundation Trust.</p> <p>Question: What is the cost of the workbooks? Answer: Sharon Edwards was unsure of the exact cost to produce the workbooks. Sharon Edwards worked with PWP's, focus groups, patients and comms team to produce the draft copies of the workbooks. The aim was to have a tool that patients would value and the feedback has been positive.</p> <p>Question: How do you carry out the six month review? Do you discharge and then re-open the patient's record? How do you input the follow up? Answer: Sharon Edwards explained that the six month review date comes up automatically using the minimum dataset (MDS).</p>	

	<p>Question: What are the recovery rates with the workbook v non workbook treatment? Answer: There is a higher recovery rate with non workbook treatment due to such things as language and literacy limitations. The Trust are developing an easy read workbook for depression and anxiety and are currently recording an audio depression workbook in Urdu which will be piloted in the near future.</p> <p>Question: What are you doing at Step 2 on Social Anxiety? Answer: Sharon Edwards advised that a draft workbook is being created and agreed to share a draft copy of the workbook.</p>	
<p>4.</p>	<p>Clinical Skills – Psychoed Courses, Lottie Hutton, Tyra Sutton, Poppy Danahay and James Walton, North Yorkshire IAPT</p> <p>Lottie Hutton introduced a group exercise to create new table groups within the room. Lottie Hutton read a statement out and attendees were asked to stand up and change chairs with someone else in the room who had also stood up in response to the statement.</p> <p>In the new table groups attendees were asked to discuss the following:</p> <ul style="list-style-type: none"> • What courses do you run? • How many sessions is it? • What is the recovery rate for your courses? • How do manage DNA/drop out? • Have you considered best practice? <p>Feedback was taken from the room.</p> <p>Question: What did you do to improve the confidence of your PWP's? Answer: The service used data, CPD and supervision to improve confidence.</p> <p>Question: Was there any training available for people who hadn't previously delivered presentations? Answer: Yes, everyone went on a presenting course and had time to learn the content of each course.</p> <p>James Walton presented to the attendees on Drop-out Management Observations and explained what it means and what they did to manage DNA/CAN within TEWV NHS FT.</p> <p>Please see the presentation slides for more information.</p> <p>Poppy Danahay then presented to the attendees on Direct Observations detailing best practice, additional observations to consider, further suggestions by observers and suggestions for the course book.</p> <p>Please see the presentation slides for more information.</p> <p>Question: How did the PWP's feel about being observed? Answer: PWP's were given advance warning, by email, of their observation date and it was carried out by a Senior PWP from a different locality. The observation was to assess how the course was conducted, or performed, and not on the content.</p> <p>The North Yorkshire IAPT team are happy to share their psycho-education template. Please contact Lottie – charlotte.hutton@nhs.net – James – james.walton2@nhs.net – or Poppy – poppy.danahay@nhs.net for further information.</p>	

<p>5.</p>	<p>Materials/strategy for adjustments made to treat/engage patients with ASD - Discussion</p> <p>Heather Stonebank introduced a discussion on the material/strategy for adjustments made to treat/engage diverse patients. Attendees split into the following four table groups:</p> <ul style="list-style-type: none"> • ASD and Asperger's • BAME • Learning Difficulties • Older Adults <p>The points for discussion were:</p> <ul style="list-style-type: none"> ○ What are the challenges? ○ What are the solutions? ○ What adaptations do you make? ○ What self-help materials do you use? <p>Please see the attached table top discussion feedback:</p> <div style="text-align: center;">  </div> <p>Table Top Discussion Feedback - Materials</p>	
<p>6.</p>	<p>Any Other Business</p> <ul style="list-style-type: none"> • 2019 Northern PWP Conference Places are still available on the 2019 Northern PWP Conference to be held in Sheffield on 27 June. To attend please register via the link below: https://www.nwppn.nhs.uk/index.php/resources/news/2449-upcoming-pwp-conference-27th-june-2019-agenda-now-available • Shadowing Opportunity at Bradford If anybody would like to shadow Simon White or Sharon Edwards at the Bradford IAPT service please contact them – simon.white@bdct.nhs.uk or Sharon.edwards@bdct.nhs.uk <p>Checking out Andy Wright asked all the attendees to think of one thing from today that they are going to take away and also what they have appreciated about today.</p> <p>Andy Wright thanked everyone for attending and encouraged all to complete their evaluation forms.</p>	
	<p>ITEMS FOR INFORMATION:</p>	
	<p>Future Meetings: The next Senior PWP Network will be held in Autumn 2019. A date will be circulated as soon as possible.</p>	