

**Yorkshire and the Humber Senior PWP Network  
Minutes  
18 September 2018, 10:00-15:30  
The Cosmopolitan Hotel, Lower Briggate, Leeds LS1 4AE**

No.	AGENDA ITEMS	Action By
1.	<p><b>Welcome, Apologies and Introductions, Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks</b></p> <p>Andy Wright conducted introductions and explained the purpose of the Clinical Network.</p> <p>Andy Wright 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>	
2.	<p><b>Wellbeing Activity, Sarah Boul, Heather Stonebank, Andy Wright, Clinical Networks and All</b></p> <p>Andy Wright advised that going forward attendees would be asked 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 that 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>	
3.	<p><b>National IAPT Programme Update: A Journey from PWP to IAPT Project Manager, Becky Gill, IAPT National Programme, NHS England</b></p> <p>Becky Gill, Project Manager from the IAPT National Programme team presented to the attendees. The presentation included a celebration of 10 years of IAPT, a national update, particularly concerning the service commitments and the 2018/19 priorities, along with plans to promote and develop the PWP role on a national basis.</p> <p>Becky Gill also advised the attendees that the national team are keen to promote “champion” roles within services such as perinatal champions, older adults champions etc. Becky stated that the national team were looking for champions to write blogs about their experiences and encouraged attendees to get in touch if they would like to contribute to a blog.</p> <p><b><i>ACTION: Anyone interested in contributing to a blog regarding champion</i></b></p>	All

	<p><b>roles with services to contact <a href="mailto:rebeccagill1@nhs.net">rebeccagill1@nhs.net</a></b></p> <p>Becky Gill also advised the attendees that leadership skills within the Senior PWP role could be developed by accessing the Edward Jenner Programme provided by the NHS Leadership Academy. Becky recommended this course to all colleagues who are new to leadership or aspiring to leadership roles.</p> <p>NB: The Edward Jenner Programme from the NHS Leadership Academy for all colleagues who are new to leadership or aspiring to leadership roles can be accessed here: <a href="https://www.leadershipacademy.nhs.uk/programmes/the-edward-jenner-programme/">https://www.leadershipacademy.nhs.uk/programmes/the-edward-jenner-programme/</a>. The first course is free but the second course is chargeable.</p> <p>Please see the presentation slides for more information.</p> <p><b><u>Questions and Answers:</u></b></p> <p>Question: What is the current guidance for contact hours?</p> <p>Answer: The current guidance states 18-20 hours contact hours for High Intensity Therapists (HIT). The national team will be recommending the same number of hours for PWP's so that they will be on a par with HITs. However, it should be noted that adjustments will need to be made for additional duties i.e. supervision.</p> <p>Question: Is there going to be a version two of the IAPT Manual?</p> <p>Answer: Yes, but this is a long term plan. The section regarding contact hours will be updated sooner.</p> <p>Question: What do you enjoy about your role?</p> <p>Answer: Working with different people within the NHS, meeting providers and commissioners to help develop their services, having the capacity to influence people along with sharing best practice to improve services. I also enjoy being an IAPT clinician and promoting the PWP role to ensure it remains on the agenda.</p> <p>Question: What advice would you give to Senior PWP's who have an interest in more strategic roles, particularly around how to build confidence and a voice in their current service?</p> <p>Answer: PWP retention is really important and having autonomy to make changes makes the role more rewarding. I would advise that you talk with your manager about having more autonomy/strategic involvement in the service and/or to take up a small project such as a quality improvement initiative.</p>	
<p>4.</p>	<p><b>North Yorkshire IAPT: Service Overview and Wellbeing Initiatives, Tyra Sutton, Senior PWP, Tees, Esk and Wear Valley NHS Foundation Trust</b></p> <p>Tyra Sutton, Poppy Danahy and James Walton Senior PWP's, for the North Yorkshire IAPT team presented to the attendees on their service, in particular their Wellbeing Initiatives. Tyra stressed to the attendees that maintaining the wellbeing of the team is vital to keeping everyone well and happy in their work. Focussing on wellbeing is particularly important as the service is spread over a large geographical area.</p> <p>Tyra Sutton advised the attendees that there were numerous publications</p>	

	<p>available online, which can be used in services to help maintain wellbeing. The included Action for Happiness and Five Ways to Mental Wellbeing.</p> <p><b>ACTION: Sarah Boul to share links to Action for Happiness and Five Ways to Mental Wellbeing.</b></p> <p><b>NB: Links to Action for Happiness and Five Ways to Mental Wellbeing available below::</b></p> <p><a href="http://www.actionforhappiness.org/self-care-september">http://www.actionforhappiness.org/self-care-september</a></p> <p><a href="https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing">https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing</a></p> <p>Poppy Danahy and James Walton introduced the attendees to two wellbeing activities.</p> <p>James Walton asked the attendees to write down a checklist of things that they needed in order to stay fit and healthy and maintain their wellbeing. Attendees were then asked to tick off the items that they actually did and reflect on the reasons why there may have been some activities on the list that they did not manage to achieve.</p> <p>For the second activity, introduced by Poppy Danahy, the attendees were required to sit in pairs facing each other. The attendees were then asked to draw the person they were sitting opposite whilst maintaining eye contact and <u>not</u> looking down at the paper. The drawings were then shared with amusing results!</p> <p>Please see the presentation slides for more information.</p> <p><b><u>Questions and Answers:</u></b></p> <p>Question: How do you overcome individuals who don't want to be part of wellbeing initiatives?</p> <p>Answer: Tyra Sutton advised that you need to look at the individual's caseload, take time out and know that it is ok to feel like that. Tyra continued that you should give people time to come on board. Introduce wellbeing to team meetings so that it can't be completely avoided although, initially, you may need to facilitate for them.</p> <p>Question: Long Term Conditions (LTC) - How do you involve people who work from home, GP surgeries etc?</p> <p>Answer: Tyra Sutton suggested that regular emails, phone calls, meeting for lunch and WhatsApp groups would all work. Also ask the individual "how can we work smarter?"</p>	<p>Sarah Boul</p>
<p>5.</p>	<p><b>Celebrating 10 Years of IAPT and Planning for the Next Ten Years</b></p> <p>Andy Wright conducted a discussion and reflection on 10 years of IAPT.</p> <p>Heather Stonebank then introduced a wellbeing activity with toilet rolls in which the attendees were asked to tear off one single sheet of toilet roll and then tear off as many sheets as they wanted.</p> <p>On the single sheet of toilet roll attendees were asked to write their favourite song and on the second section of toilet roll they were asked to write one word, per sheet, to reflect what they were proud of in their services to celebrate 10 years of IAPT.</p> <p>The song titles included:</p>	

- Somewhere Over The Rainbow – Judy Garland
- Living On A Prayer – Bon Jovi
- Fairground – Simply Red
- Umbrella – Rihanna
- Mr Brightside – The Killers
- Bette Davis Eyes – Kim Carnes
- Bohemian Rhapsody – Queen
- Miss Independent – Ne-Yo
- Escape (The Pina Colada Song) – Rupert Holmes
- Like That – Run DMC
- A Thousand Years – Christina Perri
- Here Comes The Hot Stepper – Ini Kamoze
- Touch Me – Rui Da Silva
- Turn Back Time – Cher
- I Am Woman – Helen Reddy
- Always – Bon Jovi
- Sex On Fire – Kings of Leon
- Son Of A Preacher Man – Dusty Springfield
- Friday I’m In Love – The Cure
- Hunger/Shake It Off – Florence and the Machine
- You’ve Got a Friend In Me – Toy Story
- Drops Of Jupiter – Train
- The Best Things In Life Are Free – Luther Vandross and Janet Jackson

Heather Stonebank then asked attendees to share the reflections they had written on the larger piece of toilet roll. These included:

Care	Progression	Supervision	Always wanting to learn
Value	Network	Variety	Supervisor Training
Profession	Annual Leave	Making A Difference	Personal Development
NHS	Sick Pay	Patients	Integration
Colleagues	Mobile Working	Supportive Managers	Relationship Building
Friends	Team	Grateful	Evidence Based Practice
Support	Cakes	Proud	Change and Innovation
Flexibility	PWPs	Clinical Skills	Making People Better
Career	Admin Staff	Autonomy	Peer Support
Pay	CPD	Humour	The Senior PWP Network
Diversity	Flexible Working	Being valued	Mentoring

Sarah Boul introduced the attendees to a letter from Claire Murdoch, the NHS England National Director for Mental Health. Sarah Boul advised the attendees that Claire Murdoch was seeking views on the future focus of mental health services in the NHS and had developed 11 questions to gain an understanding of the future focus for the next 10 years. Sarah Boul asked each attendee to

	<p>reflect on the questions either as an individual or with their teams and then feedback what they would like to see included in the 10 Year Plan.</p> <p><b>ACTION: All attendees to reflect on the 11 questions from Claire Murdoch either as an individual or as a team and then feedback any comments or suggestions to Carole Tarff (<a href="mailto:carole.tarff@nhs.net">carole.tarff@nhs.net</a>) by 31 October 2018.</b></p>	<p>All</p>
<p>6.</p>	<p><b>Exclusion Criteria, Sheryl Horton, Senior PWP, Humber Foundation Trust and All</b></p> <p>Sheryl Horton, Senior PWP, from Humber Foundation Trust opened a discussion on exclusion criteria, as there is currently no specific written guidance. Sheryl Horton enquired of the attendees what their exclusion criteria was across the different services. Attendees fed back on what their services accepted/did not accept. Andy Wright agreed to feedback on the exclusion criteria discussion to the IAPT Providers Network.</p> <p><b>ACTION: Andy Wright to feedback on the exclusion criteria discussion to the IAPT Providers Network.</b></p>	<p>Andy Wright</p>
<p>7.</p>	<p><b>Any Other Business</b></p> <ul style="list-style-type: none"> <li>- <b>Volunteer for next provider presentation</b> Barnsley IAPT Team volunteered to present at the next meeting and Bradford IAPT Team volunteered to present at the first network meeting in 2019.</li> <li>- <b>Future agendas</b> <b>ACTION: Please let Andy Wright, Heather Stonebank or Sarah Boul know if there is anything specific you would like to be included on future agendas.</b></li> <li>- <b>A Focus On Recovery Cards</b> <b>ACTION: For any services who would like copies of the “A Focus On Recovery” cards please email <a href="mailto:sarah.boul@nhs.net">sarah.boul@nhs.net</a> with a delivery address and number of cards required for the service.</b></li> <li>- <b>Check out</b> Andy Wright conducted the “check out” activity by asking attendees to write down two statements connected to their own development and two statements connected to the development of their PWPs. Andy Wright then asked how the attendees would be accountable for these statements. It was agreed that each attendee would: <ul style="list-style-type: none"> <li>1. <b>Set a timescale to write the statements</b></li> <li>2. <b>Set an alarm to alert themselves to the timescale for completion</b></li> <li>3. <b>At the next meeting the statements will be discussed at “check in” to discover what happened to the commitment/reflection.</b></li> </ul> <p>Andy Wright encouraged all attendees to make the time for producing their statements to ensure that the Senior PWP Network days held a legacy back in services.</p> <p>Andy Wright thanked all the attendees and the speakers and wished everyone a safe journey home.</p> </li> </ul>	<p>All</p> <p>All/Sarah Boul</p> <p>All</p>
	<p><b>ITEMS FOR INFORMATION:</b></p>	
	<p><b>Future Meetings:</b> The next Senior PWP Network will be held in Winter 2018. A date will be circulated as soon as possible.</p>	

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