

**Yorkshire and the Humber Senior PWP Network
Minutes
19th January 2017, 09:30-12:30
Novotel Leeds Centre, 4 Whitehall Quay, Leeds, LS1 4HR**

No.	AGENDA ITEMS	Action By
1.	<p>Welcome, Apologies and Introductions</p> <p>Sarah Boul welcomed everyone to the meeting of the Yorkshire and the Humber Senior PWP Network and conducted introductions and apologies.</p>	
2.	<p>Reflections and Purpose of Senior PWP Network</p> <p>Andy Wright welcomed everyone to the meeting and provided an overview of the purpose of the Network. Andy Wright emphasised the links between the Senior PWP Network and the IAPT Providers Network; stressing the alignment and governance between the two Networks. Andy Wright informed the attendees that Heather Stonebank also attends the IAPT Providers Network to ensure an update from the Senior PWP Network is provided and to highlight overlapping areas of concern.</p> <p>Andy Wright outlined the key benefits of the Senior PWP Network including giving a voice to the Step 2 staff; providing links to the regional, North and National teams, encouraging leadership, taking part in research, sharing best practice and helping services to improve.</p> <p>Heather Stonebank then provided an overview of the feedback from the meeting held in October 2016 and focussed on the key themes highlighted from discussions. Heather Stonebank advised the attendees that the Network team had closely reviewed the feedback and tried to tailor this meeting to the issues highlighted including learning from each other and having a focus on wellbeing. Please see the presentation slides for more information.</p>	
3.	<p>What is Wellbeing and Why is it Important? (Diamond 9 Activity)</p> <p>Heather Stonebank advised the attendees that wellbeing focusses on being happy, healthy and comfortable and personal wellbeing can impact on relationships both inside and outside of work and poor wellbeing can be a contributory factor in stress.</p> <p>Heather Stonebank introduced a Diamond 9 activity to the attendees and asked them to rank the most important to least important of the statements in relation to wellbeing.</p> <p>Following the activity the attendees fed back and the following points were noted:</p> <ul style="list-style-type: none"> • The most important statements were viewed as the more individual or personal statements such as working in positive team. • The least important statements were viewed as the things associated to organisational management. • There was a lot of debate in the room and most attendees found that all the statements were valuable to contributing to positive wellbeing and perhaps the statements should be viewed as a circle rather than a hierarchy of need. • The statement regarding patient care was discussed as being difficult to place as everyone felt it was very important but if staff are not working 	

	<p>effectively then this will impact on patients.</p> <ul style="list-style-type: none"> The importance of reducing burnout was also discussed. <p>Heather Stonebank advised the attendees that there are no right or wrong answers in conducting the activity and the main point to takeaway is that wellbeing, in all its forms, needs to be valued.</p>	
4.	<p>PWP Wellbeing Research – Presentation</p> <p>Jessie Traves presented to the attendees on a piece of research that had been conducted in the Wakefield Service.</p> <p>Please see the presentation slides for more information.</p> <p>Questions and Answers:</p> <p><i>Question:</i> What has the impact been in your organisation based on the research?</p> <p><i>Answer:</i> Nothing as yet because there has not yet been an opportunity to disseminate the research in the organisation. However, there are many elements that can be discussed especially the impact and role of guilt.</p>	
5.	<p>Feedback from Wellbeing Masterclass</p> <p>Andy Wright and Heather Stonebank advised the attendees that they had attended a Wellbeing Masterclass in the North West region and Heather Stonebank advised the attendees that she post the slides from the workshop on the online forum. Please see the presentation slides for more information.</p> <p><i>ACTION: Heather Stonebank to upload North West Wellbeing Masterclass slides to the online forum.</i></p> <p>Following the presentation the attendees briefly discussed supervision for PWPs and highlighted a significant gap in PWPs being offered the opportunity to debrief. Supervision focusses heavily on caseload management and clinical supervision is conducted in groups. More focus needs to be given to PWPs having the opportunity to debrief.</p>	<p>Heather Stonebank</p>
6.	<p>Wellbeing Discussion (10 minutes on each question):</p> <ul style="list-style-type: none"> What are services currently doing to promote wellbeing? What could Senior PWPs do to promote wellbeing? <p>The attendees conducted discussions on the two questions above.</p>	
7.	<p>Feedback from Wellbeing Discussion</p> <p>Following the activity the attendees fed back and the following points were noted:</p> <p>Question 1: What are services currently doing to promote wellbeing?</p> <ul style="list-style-type: none"> Touchstone has a core value about wellbeing, have CPD, 2 massages for free, and have a good organisational culture. Creating a sense of fun and camaraderie, conducting mindfulness etc. Good news mentioned in meetings, recognition of success/effort in emails Management teams proactively helping with stress reduction. Introduction of Senior PWPs improves wellbeing. Fancy dress at team meeting and bring and share lunches. CPD day event being rolled out on wellbeing. Informal peer support so people can come together and share. Isolation reduction by email support – Senior PWP always available. 	

	<ul style="list-style-type: none"> • Fun Thursday each week. • High quality clinical supervision including wellbeing time, yoga, crafts, etc. • Senior’s meet and do “supervision of supervision”. • Hold an away day once a year with half of the day dedicated to wellbeing. • Conducting a questionnaire on emotional wellbeing, looking at doing groups, evaluating caseload etc. • Holistic 1-1s, flexible working promoted, organised clinics to suit people’s personal lives. <p>Question 2: What could Senior PWPs and the Network do to promote wellbeing?</p> <ul style="list-style-type: none"> • Introduce wellbeing as a standing agenda item to clinical skills sessions. • Attend management and CCG meetings to input around wellbeing of Step 2 workforce. • Work more closely with secondary care on complexity of cases. • Conduct masterclasses. • Give a voice to PWPs. • Put Wellbeing Champions in the service. • Reduce isolation. • Feedback Network ideas to our PWPs and consider how we invest in PWPs. Work on burnout. • Ask for feedback from own teams. • Devise an induction package to prepare people for complex cases. <p><i>ACTION: Sarah Wood to type up discussion feedback sheets and these are then to be shared with the attendees.</i></p>	<p>Sarah Wood</p>
<p>8.</p>	<p>Provider Presentation – Running Courses in IAPT Services</p> <p>Tyra Sutton and Louise Unitt presented to the attendees on running courses in IAPT services. Please see the presentation slides for more information.</p> <p>Following the presentation the group briefly discussed clinician bias in advising patients about groups and discussed ways in which groups can be positively promoted to patients, as the evidence base shows that they are effective.</p>	
<p>9.</p>	<p>Psychoeducational Training Survey Feedback and Discussion</p> <p>Sarah Boul advised the attendees that following the Senior PWP Network meeting in October 2016 a survey regarding training for the delivery of psychoeducational training was conducted. The survey results showed that there is a level of need for further training on delivery of psychoeducational training amongst PWPs. Please see the presentation slides for more information.</p> <p>Sarah Boul then advised the attendees that NHS England North Region had awarded the Yorkshire and the Humber Adult Mental Health Clinical Network a proportion of funding to provide psychoeducational training to Step 2 workers. Further details on dates, times and locations will follow in due course.</p>	
<p>10.</p>	<p>Any Other Business</p> <ul style="list-style-type: none"> - <i>Topics for Next Time</i> <p>To be agreed in advance of the next meeting.</p> <ul style="list-style-type: none"> - <i>Yammer</i> 	

