

## Yorkshire and the Humber Senior PWP Network

Thursday 19<sup>th</sup> January 2017, 09.30-12.30

Novotel Leeds Centre, 4 Whitehall Quay, Leeds, LS1 4HR

### AGENDA

Time	Item	Title	Paper	Lead
09.30	1	Welcome, Apologies and Introductions		Sarah Boul
09.35	2	Reflections and Purpose of Senior PWP Network		Andy Wright and Heather Stonebank
09.45	3	What is Wellbeing and Why is it Important? (Diamond 9 Activity)		Heather Stonebank
10.00	4	PWP Wellbeing Research - Presentation		Jessie Traves, Senior PWP, Turning Point
10.30	5	Feedback from Wellbeing Masterclass		Andy Wright and Heather Stonebank
10.40	6	Wellbeing Discussion (10 minutes on each question): <ul style="list-style-type: none"> <li>What are services currently doing to promote wellbeing?</li> <li>What could Senior PWPs do to promote wellbeing?</li> </ul>		All
11.00		Tea & Coffee Break		
11.15	7	Feedback from Wellbeing Discussion		All
11.30	8	Provider Presentation – Running Courses in IAPT Services		Tyra Sutton and Louise Unitt Senior PWPs North Yorkshire
12.00	9	Results of Psychoeducation and Stress Control Survey – Recommendations and Next Steps Discussion		Sarah Boul / All
12.20	10	Any Other Business <ul style="list-style-type: none"> <li>Topics for Next Time</li> <li>Yammer</li> </ul>		All
12.30	11	Close Future Meeting Dates: To Be Confirmed		