

Yorkshire and the Humber Senior PWP Network

Minutes

22 January 2019, 10:00-15:30

The Met Hotel, King Street, Leeds

No.	AGENDA ITEMS	Action By
1.	<p>Welcome, Apologies and Introductions, 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>	
2.	<p>Checking In, Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks / All</p> <p>Andy Wright invited the attendees to check into the meeting to ensure attendees get the most from the time and space provided on the day. Andy Wright invited the attendees to consider how they are feeling and what they are anticipating from the day ahead and to design an emoji to reflect those feelings. Each attendee was then invited to tell the others what their emoji represented.</p> <p>Andy Wright suggested to the attendees that they utilise the emoji exercise with their teams as a different way of opening a conversation about feelings. Andy Wright said the exercise is a good way of understanding what you are coming to work weighed down with and understanding these emotions can lead to being more productive.</p> <p>Andy Wright reiterated that at the last meeting all attendees were asked to think about the day and take away some learning. Andy Wright asked the attendees to feedback on their reflections from the previous meeting to consolidate the learning.</p> <p>Andy Wright advised people of the items covered at the last meeting and asked what learning was taken back into services. Attendees advised of the following:</p> <ul style="list-style-type: none"> • Wellbeing initiatives – bake off, group stitching • The drawing exercise • Picture/Coaching cards • Exclusion criteria • Rooms rearranged to make a more hospitable atmosphere • Toilet roll to be brought to supervision to write what went well/what's been a challenge <p>Andy Wright thanked the attendees for their feedback and stated that the use of the learning back in services was great.</p>	

<p>3.</p>	<p>Wellbeing Exercise – Managing the Energy, All</p> <p>Heather Stonebank introduced the “managing the energy” session to the attendees. Heather Stonebank asked the attendees to map their energy levels throughout the day. Attendees were then asked to discuss their typical day with another attendee. Attendees were asked to consider:</p> <ul style="list-style-type: none"> • What times are you most productive? • What times of day are most demanding? • Do you pay attention to this? Do you organise your day around your energy? • Can you do anything differently to manage demands? • Which require more energy? • Which require less? <p>Attendees fed back on their energy levels in conjunction with work demands. Reflections included face to face days were more energetic than desk days. Getting up from desk space increases energy. Managing emails using a “power hour” help to manage demands in conjunction with energy levels.</p> <p>Heather Stonebank then introduced an energy pyramid and asked the attendees to consider:</p> <ul style="list-style-type: none"> • What kind of energy is required at work? • What type of work activity extracts what type of energy? • What things zap energy? • What helps to re-energise? • How do you manage your energy? <p>Attendees then fed back on their reflections on the energy pyramid, which included high levels of mental and emotional energy with staff, colleagues, developing new interventions etc. much less physical energy, some spiritual energy in terms of organisational procedure that clashes with personal belief.</p> <p>Heather Stonebank encouraged the attendees to take the learning from this exercise and do some personal reflection as well as using this task in service.</p> <p><i>ACTION: All attendees to reflect on learning from the managing the energy exercise and use this task in service.</i></p>	<p>All</p>
<p>4.</p>	<p>Feedback from IAPT Providers Network, Heather Stonebank, Lead PWP Advisor, Yorkshire and the Humber Clinical Networks</p> <p>Andy Wright and Heather Stonebank fed back to the attendees that at each IAPT Providers’ Network Heather provides feedback to the managers and clinical leads on what has happened at the Senior Network. Heather Stonebank then fed back to the attendees on a discussion that was held at the IAPT Provider Network about what support Senior PWPs could receive from services.</p> <p>Andy Wright asked the attendees to consider for staff to be able to do the Senior PWP role well what would be most helpful? Andy Wright asked the attendees to write on post it notes what would help and then these ideas would be collated into a checklist for distribution to all IAPT services.</p> <p><i>ACTION: Sarah Boul to collate post it notes into a Senior PWP Support Checklist and disseminate to IAPT Providers’.</i></p>	<p>Sarah Boul</p>
<p>5.</p>	<p>Perinatal Mental Health and IAPT, Anna Sebine, Yorkshire and the Humber Clinical Network</p> <p>Andy Wright introduced Anna Sebine to the attendees. Anna Sebine introduced pregnancy notes to the attendees and advised the attendees that midwives</p>	

	<p>need to get to know their patient and significant people in their lives. Anna highlighted that pregnant people and the people in their lives are all affected by the pregnancy and a lot of information is required from people.</p> <p>Anna Sebine advised that postnatal depression has to be fully explored to understand the severity of it. The pregnancy notes then explore all aspects of mental health to ensure the patient is referred or signposted to the right service from the beginning.</p> <p>Anna Sebine advised that there are perinatal services established across Yorkshire and the Humber and they should be coming out to each IAPT service to discuss referrals. Anna Sebine advised that in South Yorkshire the service will cover Sheffield, Doncaster and Rotherham. A North Yorkshire service has been established and there is a service across West Yorkshire and Harrogate. The services will offer perinatal advice to colleagues and will see the very high risk patients. The specialist service will educate and support IAPT services to manage their patients.</p> <p>Anna Sebine encouraged the attendees to get to know their perinatal mental health services to discuss pathways to streamline services for patients. Communicating is essential and Anna Sebine encouraged IAPT services to obtain a copy of the Pregnancy Notes and Antenatal Notes by asking the patient to bring their notes with them. Attendees were encouraged to add in to the notes the IAPT workers contact details.</p> <p>Anna Sebine advised that the Perinatal Network is looking to deliver more Institute of Health Visiting training to IAPT workers. Work with dads is also part of the NHS Long Term Plan and systems and pathways for this support will be developed.</p> <p><i>ACTION: Sarah Boul to liaise with Anna Sebine to set up education sessions between perinatal mental health services and IAPT services per STP/ICS footprint.</i></p> <p><i>ACTION: Sarah Boul to circulate a copy of the NHS Long Term Plan to all attendees.</i></p>	<p>Sarah Boul</p> <p>Sarah Boul</p>
<p>6.</p>	<p>Provider Presentation: Barnsley IAPT, Rachel Ambler and Rhyann Morley, Senior PWPs, Barnsley IAPT</p> <p>Rachel Ambler and Rhyann Morley presented to the attendees on the development of the Senior PWP role within Barnsley IAPT, focussing on challenges, successes and future plans. Please see the presentation slides for more information.</p> <p>Questions and Answers:</p> <p><i>Question:</i> The wellbeing questionnaires you have developed are these validated or ones you have developed yourself?</p> <p><i>Answer:</i> Validated measures were sourced but they didn't quite fit the IAPT remit so we adapted the questionnaires and anonymised for staff to feedback confidentially. We are happy to share the questionnaires with other services if helpful.</p> <p><i>Comment:</i> I just want to applaud how far the Barnsley service has come. You have both done a great deal of work and really changed the culture – well done!</p>	
<p>7.</p>	<p>Supervision Discussion, Sheryl Horton and Gayle O'Donnell, East Riding Emotional Wellbeing Service / All</p> <p>Gayle O'Donnell introduced a discussion around supervision asking attendees to focus on:</p>	

	<ul style="list-style-type: none"> • How do you work with managing staff and being a peer? • How do you manage being a senior, manager and clinical supervisor all at the same time? • How do you manage preceptorship in your service? <p>Gayle O'Donnell asked the attendees to capture feedback on the questions.</p> <p>ACTION: Sarah Boul to send round the preceptorship guidance from NHS England.</p>	<p>Sarah Boul</p>
<p>8.</p>	<p>Any Other Business</p> <p>Checking Out: Andy Wright asked all the attendees to think of one thing from today that they are going to take away and apply in service. Andy Wright advised that at the next network meeting we would feedback on what people had taken away and applied in service. Andy Wright also asked everyone to think about how they feel now compared to the start of the day.</p> <p>Employment Advisors in IAPT Conference: Andy Wright advised of this conference on 13 March 2019 at The Met Hotel. The link to book tickets is here.</p> <p>Andy Wright thanked everyone for attending and encouraged everyone to complete their evaluation forms.</p>	
	<p>ITEMS FOR INFORMATION:</p>	
	<p>Future Meetings: The next Senior PWP Network will be held in Spring 2019. A date will be circulated as soon as possible.</p>	