Yorkshire and the Humber Senior PWP Network
Minutes
23 January 2018, 10:00-15:30
The Met Hotel, King Street, Leeds

No.	AGENDA ITEMS	Action By
1.	**Welcome, Apologies and Introductions, Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks** Andy Wright conducted introductions and explained the purpose of the Clinical Network. Andy Wright reiterated the purpose of the 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.	
2.	**Wellbeing Activity, Lottie Hutton and Tyra Sutton, North Yorkshire IAPT** Lottie Hutton and Tyra Sutton presented to the attendees on the importance of wellbeing within services and advised attendees to focus on wellbeing; being mindful is potent and powerful. Lottie and Tyra provided a brief overview of activities undertaken in North Yorkshire and then conducted a progressive muscle relaxation exercise for attendees. **Questions and Answers:** Q. How have you overcome wellbeing issues in your service? A. We have been a positive role model within the service and encouraged people to conduct their wellbeing pledges. Undertaking wellbeing activities as a group, such as having lunch together, works really well. We have also created wellbeing boards in the bases that include 3 inspirational quotes that are chosen by a different member of staff every month. Q. How do you manage the team lunch breaks given people's differing patient schedules? A. We have a routine assessment day so on that day we are all working to the same schedule and are able to have lunch together. Comment: The promotion of wellbeing in service does require cultural shift and it is really important to attend to your own wellbeing as well as that of others. *ACTION: Sarah Boul to share the outputs from the wellbeing discussions held at the Senior PWP Network in January 2017.*	**Sarah Boul**
3.	**Group Skills Supervision, Sally Poyser, Touchstone IAPT** Andy Wright and Heather Stonebank advised the attendees that unfortunately Sally Poyser was unable to join the meeting and would present her work at a future meeting. Andy Wright and Heather Stonebank briefly took the attendees through the context of the slides provided on group skills supervision and reiterated the fact	

	that coming together to share practice is really useful and it is important that everyone should have a learning contract in place. It was also noted that supervision time should be protected and Senior PWPs were encouraged to work with Service Managers and Clinical Leads to ensure protected time.	
	Andy Wright and Heather Stonebank also reflected on the skills imparted during the psychoeducational training that took place in Spring 2017 and encouraged attendees to utilise the learning from this within a group supervision session.	
	ACTION: Sarah Boul to circulate materials from psychoeducational training.	**Sarah Boul**
	Andy Wright and Heather Stonebank encouraged services to think about how to implement groups and group supervision. It was noted that some services have issues with group attendance and with therapist belief in groups. It was agreed that the presentation from the North Yorkshire IAPT service on groups, which was presented at the network meeting in January 2017, would be circulated to help others.	
	ACTION: Sarah Boul to circulate the presentation from the North Yorkshire IAPT service on groups.	**Sarah Boul**
4.	**Provider Presentation: Kirklees & Calderdale Improving Access to Psychological Therapies Service (IAPT), Sarah Mullaney**	
	Sarah Mullaney provided an excellent presentation about the Kirklees Improving Access to Psychological Therapies Service and the work that is being undertaken within the service.	
	Please see the presentation slides for more information.	
	Questions and Answers:	
	Q. How long have you been doing self referrals?	
	A. We brought it in 2014 and it works really well. We saw an increase in referrals.	
	Q. How do you encourage staff to say no when there is no service to offer and balance that with signposting?	
	A. We refer to the evidence base. We ask people to look at the evidence base and consider how service users might progress or recover – we encourage honesty with the clients, if therapy won't help then we give PWPs confidence to say no and direct the service user to other more appropriate services.	
	Q. How does the step 3 service work in terms of buddying step 2 staff?	
	A. We convinced them by displaying how it could reduce their workload. If Step 2 are able to get advice earlier in the process and get the patient to the right place faster it is a win all round. But culture shift takes a long time and we spent quite a while focussing on the fact that we are all one team not two teams.	
	Q. Who takes self-referrals?	
	A. It is our admin staff. They don't ask about the person's mental health problem so we have to assess everyone. It is difficult but if we get people that are not	

suitable we have a discussion about how to help them find a service appropriate for their needs.

Q. Regarding your wellbeing group do you set out a baseline and what is recovery like?

A. It has only been running since October 2017, though groups in general have good recovery. We ask attendees what they want to talk about and there are frequent common topics such as sleep, exposure, avoidance, some things from the mental health handbook i.e. 5 ways to wellbeing etc.

Q. How do you manage your SilverCloud process?

A. For SilverCloud we send an invite email with lots of information. PWPs review people once a week and leave a supportive message. This classes as an appointment and we put a progress note on SilverCloud. If a person has not logged in to SilverCloud we class this as a DNA and then send an email saying how can we help you to access cCBT? Our PWPs have 7 SilverCloud contacts per week.

5.	**Low Intensity Competency Project – Presentation and Q&A, Rachael Matharoo**	
	Rachel Matharoo presented to the attendees on the Low Intensity Competency Project covering the aims and aspirations of the project, the competency scales developed and the outputs of the project study.	
	Please see the presentation slides for more information.	
	Questions and Answers:	
	Q. Could you say a little more around the future competencies for telephone and group work would these be trialled with real service users?	
	A. We are looking at building in a triage session. We are also looking at putting on an additional supervisor's course to explain what is expected of trainees. We would like to use service users for groups in future. We would also seek feedback from services.	
	Q. How widespread is this competency measure used? Will it become national rather than regional?	
	A. I sit on the BSP accreditation committee and on attending it was recognised that the courses were very different. For Yorkshire and the Humber the tool is widespread but once the formal paper on the tool is written and published it is hoped it will spread nationally. Manchester and Reading use it as well as Yorkshire and the Humber.	
	Q. Group competencies is a good avenue but what about cCBT?	
	A. There should definitely be scope for that. We need to be responsive to changing service needs.	
	Q. Where are the competencies paperwork documents available?	

	A. They are on the Senior PWP Forum or email Heather.Stonebank@shsc.nhs.uk for a copy. ***ACTION: Sarah Boul to send round online forum joining details.*** Q. Do you have a sense of where the PWP and Senior PWP role is being perceived with accreditation bodies? A. BABCP accreditation has been pulled, this is disappointing but they are looking to package it as something better. The PWP role is certainly on the agenda.	**Sarah Boul**
6.	**Reflection, Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks** Andy Wright introduced a table top discussion focussing on 3 areas: leadership, data and the future. A question on each topic was posed to attendees and attendees were asked to capture feedback from their discussions which will then be collated by the Clinical Network. - **Leadership** *Question:* What do we need to do to support you in your current role to increase your leadership skills? *Feedback*: Training – IAPT leadership academy. Internal and external leadership training – there is a need for this. PWP is not recognised as a core profession which makes access to training difficult. Cultural shift is a challenge but have a Senior PWP on the leadership team would help. Consider how to feedback to managers – communicate in a respectful way. - **Data** *Question*: What information do you need access to? How can data help you to understand your service? *Feedback*: Interpreting data and utilising this. Use audits or deep dives to look at themes from data. Data informed decision making. Discuss in supervision. Sharing data is important, Senior's need to understand it and they need to share that understanding with staff. How do we access it and how do we use it on the ground? - **The Future** *Question:* What items would you like to see on the agenda for the Senior PWP Network in 2018/19? *Feedback:* - Accreditation and recognition of the role - Attendees from University of Sheffield - Guest speakers - Recovery - Engagement tips - Team morale and wellbeing - Key messages from above - How can we sell the PWP role - Different pathways that are becoming more apparent i.e. perinatal, older	

	people, LTC etc. training in these areas • CPD and Training • Keep the forum going and ensure attendance by all Senior's across the region ***ACTION: Sarah Boul to collate all written feedback from the table top discussion and circulate to attendees.***	**Sarah Boul**

7.	**Any Other Business**
	
	   - **Timings**
	Andy Wright asked the attendees to reflect on the frequency and timings of the network meetings and feedback thoughts on this on the evaluation forms.
	
	   - **Publication of case study**
	
	Heather Stonebank advised the attendees that Becky Minton, the National IAPT Programme Workforce and Wellbeing Manager is in the process of writing a strategy to promote the PWP role and recognise the role. The BABCP Special Interest group are also working to put accreditation back in place. Additionally, a case study to promote the PWP role has been published on the NHS England website, which can be accessed here: https://www.england.nhs.uk/blog/the-role-of-psychological-wellbeing-practitioner-and-career-progression/
	
	   - **cCBT**
	
	Andy Wright advised the attendees that the Clinical Network are in discussions with SilverCloud to run a cCBT workshop on 16 May 2018. Further information is to follow on this but if any services would like to present about their experiences with cCBT on 16 May please contact sarah.boul@nhs.net.	

	ITEMS FOR INFORMATION:	
	Future Meetings: The next Senior PWP Network will be held in April 2018. A date will be circulated as soon as possible.	