

**Yorkshire and the Humber Senior PWP Network**  
**Minutes**  
**30 June 2020, 10:00-12:15**  
**Microsoft Teams**

No.	AGENDA ITEMS	Action By
1.	<p><b>Welcome, Apologies, Introductions and Checking In - Andy Wright, IAPT Advisor, Yorkshire and the Humber Clinical Networks</b></p> <p>Andy Wright welcomed everyone to the meeting and conducted housekeeping and introductions.</p> <p>Andy Wright thanked the attendees for taking the time to connect virtually and come together to share best practice.</p>	
2.	<p><b>Normalising, Andy Wright, Yorkshire and the Humber Clinical Networks</b></p> <p>Andy Wright spoke to the attendees about the current situation with coronavirus and the impact that this will have had on people both professionally and personally. Andy Wright shared his experiences of the situation, both personally and professionally, and acknowledged that it is okay and normal for people to feel anxious and conflicted at this time. Andy Wright encouraged people to talk about how they are feeling and ensure they are practising self-care.</p>	
3.	<p><b>Wellbeing Exercise – What is your plate of food? – All</b></p> <p>Andy Wright conducted the “what is your plate of food” wellbeing exercise. Attendees were asked to think about their experience of COVID-19 to date (the good, the bad and the ugly) and then think of a plate of food that best represented their thoughts, feelings and reflections about COVID-19.</p> <p>The attendees all provided their reflections in an open and honest sharing session.</p>	
4.	<p><b>Sharing Top Tips: What are you doing to support PWPs? What are you doing to look after yourselves? – All</b></p> <p>Andy Wright invited the attendees to share their top tips for supporting PWPs and also looking after themselves.</p> <p>Please see the attached file for Sharing Top Tips:</p> <div style="text-align: center;">  </div> <p>2. Sharing Top Tips Senior PWP Network_</p>	
5.	<p><b>IAPT Leadership Training Offer - Andy Wright, Clinical Networks</b></p> <p>Andy Wright thanked the Senior PWPs who had completed the Survey Monkey survey on the leadership potential and the ability to undertake some additional training within the Network.</p> <p>Leadership is a regular agenda item for the Senior PWP Network and in the past we have featured compassionate leadership and managing difficult conversations.</p>	

	<p>The Clinical Network are looking to produce a leadership programme specifically for Senior PWPS working in IAPT that balances the needs of IAPT with your needs as leaders in the organisation whilst taking into account the challenges of COVID-19.</p> <p>Andy Wright presented the results of the survey to the attendees. Please see the presentation slides for further information.</p>	
<p><b>6.</b></p>	<p><b>How can the Network Support You? – All</b></p> <p>Andy Wright asked the attendees to consider how the Network can support them going forward especially as we are not currently able to meet face to face, on a quarterly basis, but we do have the MS Team webinar facility.</p> <p>The following feedback was received from the attendees:</p> <ul style="list-style-type: none"> <li>• Time spent discussing how to support trainees would be hugely helpful.</li> <li>• On the subject of trainees - ours have been shadowing appointments by being on Microsoft Teams in the background on mute and camera off, either with the patient and PWP on the phone on loudspeaker or on Microsoft Teams</li> <li>• Something we have found particularly difficult is having trainees who started in October and also trainees in March, balancing both cohorts can be very challenging at the best of times, so sharing tips and ideas would be great.</li> <li>• More webinars for Senior PWPs and PWPs coming through as up until COVID there wasn't much training available for PWPs. <i>Response:</i> Andy Wright replied that NHSE IAPT national team had produced training around wellbeing and EA but the network can't replicate CPD training. Andy Wright continued that the Network is currently looking to organise a "getting the most from supervision and avoiding burn out" webinar with Andrew Beck. Sarah Boul informed the attendees that details of webinars specifically targeted at Step 2 by Cambridgeshire and Peterborough Clinical Network had been circulated to everyone.</li> <li>• Struggling and anxious about the flow of information/resources to patients so would appreciate a short session of questions and answers people's ideas and practical solutions around resources and to discuss how people are managing this.</li> <li>• More regular webinars (even if for a shorter time) to check in with people as some Senior PWPs in smaller services do not have peers to discuss issues with and additional training/peer support would be valuable.</li> <li>• Concerned about the new trainee PWPs posts currently being advertised as their training is going to be online and it is important that they get the nurture and support needed. <i>Response:</i> Andy Wright suggested that a future agenda item could be how do we support trainee PWPs and how services are going to support them.</li> </ul>	
<p><b>7.</b></p>	<p><b>Checking Out and Any Other Business – All</b></p> <p>Please let Andy Wright or Sarah Boul have any comments about checking out, the leadership programme or future agenda items.</p> <p>Andy Wright thanked the attendees for joining today's call and for all their hard work during this national crisis and global pandemic.</p>	
	<p><b>ITEMS FOR INFORMATION:</b></p>	

	<p><b>Future Meetings:</b> The next Senior PWP Network meeting will be:</p> <ul style="list-style-type: none"><li>• Tuesday 3 November 2020, 09:30-15:30</li></ul>	
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