

PPN NEY Summer Newsletter

Welcome to the **Summer23 Edition** of
the **PPN North East and Yorkshire**
Newsletter

Our aim is to join up psychological professionals,
associated stakeholders, and experts by experience
across the North East and Yorkshire.



Psychological Professions Week 2023



Psychological Professions Week

13 – 17 November 2023

We are excited to announce that Psychological Professions Week will be taking place on 13th - 17th November 2023

The week will also feature sessions led by each regional Psychological Professions Network, and a national in person day in London on Wednesday 15th November 2023, with a focus on Psychological Practice in Physical Health. All the sessions will be completely free and are aimed at qualified and trainee psychological professionals and the staff who work with them, commissioners, the public, and experts by experience. Psychological Professions Week is a brilliant opportunity to bring together psychological professionals, policy makers, and the public to connect and share their learning to maximise the benefit of the psychological professions to the communities they serve.

We hope you will join us!

[Watch last years' recordings here to get a flavour of what to expect](#)

Psychological Professions Network Development Away Day



On the 8 June 2023, colleagues from across the Psychological Professions Networks (PPN) came together for the PPN Development meeting, hosted by PPN South West in Exeter. This was the first in-person team gathering since the establishment of all seven regional PPNs and included Experts by Experience. The purpose of the day was to:

1. Reflect on the achievements of the PPNs and the delivery of our foundational functions to “Inform, Enable and Influence”.
2. Identify ways of working during the current NHS England organisational change.
3. To align system, regional and national priorities, goals and policy in synergy, in order to maximise the impact of the psychological professions for the public.

It was fantastic to all come together physically from every corner of England and to see how far we have come as a national network in the last few years.

NICE Guidance on Prevention of Self-Harm

On the 01 June 2023, Dr Adrian Whittington, National Clinical Lead for Psychological Professions, NHS England wrote to all Education Providers of psychological professions training, professional bodies, regulators and Chief Psychological Professions Officers across the NHS requesting a call to action to ensure the implementation of the NICE Guideline on Self harm: assessment, management and preventing recurrence.

This action follows the communications from Professor Tim Kendall, National Clinical Director for Mental Health, NHS England wrote to the Chief Medical Officers of NHS Trusts in October 2022 drawing their attention to the new NICE guideline, which was published in September 2022.

The call to action

1. Services, education providers and professional organisations are asked to review the use of risk assessment tools and scales and develop highly personalised assessment and management of needs, risks, and contexts; which is often referred to as safety planning.
2. Practitioners are asked to focus the assessment (see Section 1.7 on principles for assessment and care by healthcare professionals and social care practitioners) on the person's needs and how to support their immediate and long-term psychological and physical safety.
3. Mental health professionals should undertake a risk formulation as part of every psychosocial assessment.

[Read the NICE Guidelines here](#)

Talking Therapies Career Engagement Event 19th July 2023 9am-1pm



North East and North Yorkshire ICB is undertaking a series of engagement events to include all stakeholders in Mental Health to showcase Talking Therapies to individuals interested in working in the area. The events are designed to attract a diverse range of people to join the workforce and continue the success of Primary Care Psychological Therapies.

Their next event will take place on **19th July, 9-1pm** and will be an opportunity for professionals to network and share their experiences as well as engage directly with prospective candidates. Speakers will include representatives from Therapists, Service providers, the Integrated Care Board and Universities.

Who should attend: anyone interested in working in mental health, Commissioners, providers, ICB, VCSE, Primary Care and Community Services.

[Reserve your place on eventbrite here](#)

Improving workforce data for Psychological Professionals in the NHS

Following national work supported by the PPNs, an update to the NHS Electronic Staff Record (ESR) has been implemented which will improve the accuracy of the recording of numbers and types of Psychological Professionals in NHS trusts. The updated version of the ESR manual includes several new specific Job Roles for Psychological Professions and a guidance document for coding our family of professions has also been published.

[View the ESR coding manual here](#)

NHSE has launched two new eLearning courses

NHSE has recently launched two new elearning courses to improve access to psychological therapies and outcome equity for people from ethnically and culturally diverse communities.

The two trainings are:

1. How to improve access to psychological therapies and outcome equity for people from ethnically and culturally diverse communities.

[Access the training here](#)

2. Improve access to psychological therapies and outcome equity for older people.

[Access the training here](#)

Many thanks to Dr Kate Swainston for telling us about being a...

Health Psychologist



Dr Kate Swainston
Senior Lecturer
Lead Health Psychologist
Newcastle University



Professional Profile

What is your favourite part of your role?

I don't think I can choose one part as I think my favourite thing about being a Health Psychologist is the variety in my role. Every day is different, and I can move between teaching and training, research, consultancy, and clinical practice. I have the opportunity to collaborate with teams from many disciplines and work with people who share my passion for improving patient care.

I'm particularly keen to champion training in health psychology as our specialist knowledge is crucial when working with medically complex patients and supporting behaviour change. We need many more Health Psychologists to meet demands and provide essential psychological support.

[Click here to read the interview in full.](#)

New online eating disorder learning for all on MindEd

In August 2022 the MindEd Feeding and Eating Disorders Hub working in collaboration with MindEd and clinical experts was launched. People with eating disorders have better recovery rates and a reduced risk of relapse when they receive the right support as early as possible. Health and care professionals are supporting increasing numbers of people with an eating disorder, who have diverse complex needs. Therefore, these learning resources aim to support professionals and a wider audience to recognise early signs and symptoms through a holistic lens and feel more confident in how to have positive and effective conversations with people about eating disorders and how to support appropriately or refer on accordingly.

New additions to the Feeding and Eating Disorder Hub include:

1. Four Top Tips sheets for healthcare professionals in primary care, hospital, mental health and specialist eating disorder services working with adults.
2. Collated learning resources for professionals working with people of all ages with feeding or eating disorders, with content on eating disorders in under-served populations such as men, ethnically and culturally diverse communities, members of the LGBTQ+ community, people with diabetes and many more.

For further information, visit MindEd or contact mindedenquiries@hee.nhs.uk.

[Visit the MindEd Feeding and Eating Disorders Hub here](#)

Welcoming our new Workforce Lead for South Yorkshire



Elizabeth Darwell has been appointed as the Humber and North Yorkshire Workforce Lead for Psychological Professions.

I have worked in mental health services for 20 years. I first qualified as a mental health nurse in London and have worked in a wide range of settings from acute inpatient, eating disorder services, forensic, and crisis and home treatment teams. I qualified as a Systemic & Family Psychotherapist in 2011 and worked in the children's safeguarding service in Hull where I was supporting a

Welcoming our new CYP Workforce Lead for West Yorkshire

Andrew Roberts has been appointed as the second South Yorkshire and the Humber Workforce Lead for Psychological Professions.

I first started working in the NHS in 1992 and qualified as a Clinical Psychologist in 1999. I initially worked for 18 months in Doncaster Adult CMHT and in 2001, began working in Older Adult services in Sheffield. Within Older Adult services I have led on the Memory Services National Accreditation Programme (MSNAP) within Sheffield Memory Service since 2009 & we have remained accredited since then. In 2018 I became a Consultant Clinical Psychologist split across Older Adult (Professional Lead for

system wide organisational change through the introduction of the reclaiming social work model. I have worked in CAMHS for the last 7 years and I also work for the University of Leeds as a supervisor on the MSc Systemic & Family Therapy training. For the last four years I have been undertaking a Doctorate in Systemic Practice & Research at the Tavistock & Portman, and will be submitting my thesis at the end of August.

I have a particular interest in supporting more diverse entry routes into training, and increasing the visibility of the psychological professions at all levels. I am excited to be part of a developing community which aims to ensure that the psychological professions workforce feel considered and supported as they progress through their career.

Welcome Elizabeth!

Dementia) & Long-Term Neurological Conditions (Clinical Lead for the service). In 2019, I completed the 'Leading Sheffield' systems leadership programme and subsequently worked on a number of pathway developments across service and organisational boundaries.

As a workforce lead, I am motivated to work collaboratively to support the growth and diversification of the PP workforce. I hope that this system working approach will make service provision more equitable and available wherever there is need across the South Yorkshire ICS.

Welcome Andrew!

Save the date!

14th
September 2023

NHS Talking Therapies national conference - 14th September 2023

On Thursday 14th September 2023 the NHS Talking Therapies policy and WT&E teams at NHS England will host the National NHS Talking Therapies Conference.

The conference will take place in London, venue TBC. Booking will open in the coming weeks: join us to celebrate and accelerate progress in NHS Talking Therapies services by showcasing best practice and fostering networking between colleagues.

13th -
17th
November
2023

Psychological Professions Week 2023

Monday 13th - Friday 17th November 2023

A brilliant opportunity to bring together psychological professionals, policy makers, and the public to connect and share their learning to maximise the benefit of the psychological professions to the communities they serve.

How you can get involved...

Share your news!

We would love to hear updates from your work or local network that aligns with our vision that we could include in this newsletter. So please email the PPN-NE&Y team at ppn-ney.lypft@nhs.net with anything you think might be relevant.

Alternatively, follow us on Twitter @NEandY_PPN for more regular updates and tag us when tweeting about your work. We want to profile events and developments from around our region, so let us know what's going on where you are.

Interested in joining the PPN?

Anyone can join the Psychological Professions Network - aspiring and qualified psychological professions; members of the public; other health and social care staff; commissioners, and policy makers. Please use this link to sign up and join us for free and share this newsletter more widely.

[Click on the icons below to be taken to our LinkedIn and Twitter pages.](#)



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