

# PPN NEY Spring Newsletter

Welcome to the **Spring 25** 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.



## A note from your chair...

As we 'spring' into 2025 I would like to welcome you to the latest edition of the Psychological Professions Network Northeast and Yorkshire newsletter. We aim to bring you the latest updates about our work, to join up psychological professionals, associated stakeholders, carers and experts by experience in the region. NEY PPN aims to build a supportive community by sharing updates on psychological professionals' initiatives, upcoming events and resources.

In this bulletin you will find information on:

- NEY PPN Communities of Practice
- Expert by Experience mapping project update
- Racial Equity Day briefing paper
- Spotlight on psychological profession colleagues across the region
- PPN 2024 week NEY regional and national presentations - in case you missed them
- Recent national guidance from NHSE, NICE and professional bodies

We would love to hear about your projects and ideas to develop and enhance the visibility of the psychological professions workforce and the contributions you are making to the transformation of services and ways of working. Please do get in touch with us to share your news at [ppn-ney.lypft@nhs.net](mailto:ppn-ney.lypft@nhs.net)

Sharon Prince

Chair NEY PPN

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# PPN NEY Racial Equity Study Day 2024

In October 2024, PPN NEY held a racial equity study day, bringing together psychological professionals from a variety of professions and services to explore the challenges and opportunities within racial equity advocacy in psychological practice. The day featured a range of presentations, workshops, and posters addressing systemic inequalities, culturally inclusive practice and reflective development. Attendees gained valuable insights and actionable steps towards fostering racial equity within their professional practice. For a deeper look at the event and key takeaways, follow the link below:



Briefing Paper NEY  
PPN Racial Equity Day



# PPN NEY Communities of Practice

## What is a Community of Practice?

Communities of Practice (CoP) provide a collaborative space for practitioners, trainees and stakeholders who share a common interest in clinical themes and topics. They are run by their own members with support from the PPN. Members are offered the opportunity to join the Communities of Practice that interest them when they become members of the network. Through this you can access topic specific events, contribute to discussion boards and access resources.



The purpose of the PPN Northeast and Yorkshire CoPs is to:

- Connect like-minded professionals
- Share learning, good practice, and self-reflection
- Discover new knowledge in the domain and share across the Northeast and Yorkshire

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## **NEY Psychological Practitioners Community of Practice (NEY PP CoP)**

This CoP serves as a collaborative platform for psychological professionals across the practitioner roles, including PWPs, CWPs, EMHPs, and MHWPs. This group fosters professional growth and development by enabling members to share knowledge, skills, and experiences. We aim to enhance clinical practice, support workforce development, and promote personal wellbeing and resilience among its members. The terms of reference outline the group's purpose, scope, and operational framework, ensuring alignment with the strategic aims of the Psychological Professions Network.

To join the NEY PP CoP where you can connect with existing members, attend relevant meetings or events, and express your interest in contributing to shared learning and development within the practitioner roles, please contact Paul Thompson: [paul.thompson@tees.ac.uk](mailto:paul.thompson@tees.ac.uk)

## **NEY Anti Racism Community of Practice**

This Community of Practice was established in 2023, unfortunately the group is currently paused. We will update PPN NEY members in due course when the group restarts.

If you are interested in setting up or becoming part of a new Community of Practice, please do get in touch with us at [ppn-ney.lypft@nhs.net](mailto:ppn-ney.lypft@nhs.net)

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# Expert by Experience Mapping Report- Update

The NEY PPN has recently undertaken a mapping project to investigate the current Expert by Experience (EbE) work being undertaken within clinical delivery activities across the psychological professions within the region to understand the current voice of service users across regional psychological services. With the importance of Expert by Experience roles being increasingly recognised nationally, within both NHSE and in the national Psychological Professions Vision for England, work is being undertaken at a national level across these organisations to develop these roles and the vital contributions they make to ongoing service delivery and service developments.

The mapping exercise has highlighted key themes across the region in this work which are currently under discussion by the NEY PPN Workforce Council. Once the report has been consulted on across the Workforce Council, recommendations will be agreed to steer the future direction of this work across the region.

Once completed the report will be published on the NEY PPN website.

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# Introducing colleagues from across the region

Many thanks to Jess Anderson for telling us about her role as a MHLDA Workforce Lead...

Jess Anderson, MHLDA Workforce Lead, South Yorkshire

I work across South Yorkshire as their Mental Health, Learning Disability and Workforce Lead to support the training, development and promotion of the MHLDA workforce. Unlike my colleagues working as Psychological Professions Workforce Leads, I am not clinically trained but have my own lived experience of accessing mental health services. I am able to bring this experience as well as my previous roles in workforce planning and transformation to the role. I work closely with Chief Psychological Professions Officers and other professional leads in health and care organisations across SY. Key projects that I'm working on at the moment are increasing the supervision capacity across SY, developing training around Neurodivergence and Eating Disorders and developing a strategy for peer support.

It can be challenging working across systems when organisations may have different priorities and constraints, but it is also really rewarding.

Many thanks to Leah Day-Wood for telling us about being a...  
Higher Assistant Psychologist

What types of jobs and roles did you do to gain relevant experience to get on the training course, and what course?

Prior to becoming an Assistant Psychologist, I studied the person specification and job description for some roles, to see where my own skills were lacking. Shortly after graduating from university with my Psychology (BSc) degree, I began working as an Educational Teaching Assistant in a mainstream secondary school. This role allowed me to work with a variety of different people, develop my communication skills and see first hand the struggles that some young people have in the educational setting. I then went on to work as a Support Worker in a specialist CAMHS Eating Disorders Team. In this role I was able to work with service users, providing psychoeducation and practising distress tolerance (DBT) skills. This role also allowed me to gain experience in a specific area of mental health, which I found really interesting. I've always said that as long as I enjoy what I'm doing whilst on my journey to become an Assistant Psychologist then I'm happy with that!

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

# Undergraduate Psychology Year in Industry placements

As part of a psychology undergraduate degree, University of Leeds offers approximately 10 students a year in industry placement. These placements enable undergraduates to work fulltime in a voluntary capacity within an NHS trust for 9 months, supervised by a clinical psychologist.

As part of her year in industry work, Asma Koliya evaluated the awareness of cultural risk factors for South Asian young people with trauma who have been referred to Tier 4 CAMHS inpatient service. Her poster won the award for best academic poster presented at the annual UKPTS conference.

Asma Koliya (Year in Industry Psychology Student)

My name is Asma Koliya and I am a psychology undergraduate undertaking a year in industry clinical psychology placement, at Red Kite View (CAMHS inpatient service). During my time at placement, I aimed to raise the cultural awareness within the wider MDT regarding the experiences and needs of South Asian (SA) Young people (YP) with mental health difficulties. I was given the opportunity to create and present an academic poster *Evaluating awareness of cultural risk factors for South Asian young people with trauma who have been referred to Tier 4 CAMHS inpatient service*, at the annual UKPTS conference that addressed the complex and enduring impact of childhood trauma in diverse communities. This gained attraction from professionals across a wide range of services that work with SA YP and won the award for best academic poster.

Studies have shown a high prevalence of mental health difficulties amongst SA YP, particularly with childhood trauma, however, there remains a lack of awareness from clinicians regarding the cultural risk factors that impact them. These risk factors include intergenerational trauma, social stigma, family honour, cultural beliefs and religion. The poster aimed to evaluate the current baseline practice for a CAMHS inpatient service, via analysing Access Assessments (AA), to develop a list of guidelines to measure good practice for SA YP presenting with trauma symptoms. A deductive content analysis was performed on 20 YP with trauma or PTSD, to identify the frequency of risk factors mentioned using the list of guidelines created. The results found the highest risk factors mentioned in AAs being religion (22), followed by cultural beliefs (3), intergenerational trauma (2) with no mentions of social stigma and family honour. Although religion was the highest mentioned risk factor for SA YP, this was limited to clinicians

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reporting the YP's religion, whilst other factors were not mentioned at all. This indicates that professionals and care teams can use these developed guidelines to improve culturally informed practice when working with SA YP and thus develop more collaborative individualised care plans.

Please use this link to access the pdf version of the poster:

UKPTS 2025 Best Poster:

*Evaluating awareness of cultural risk factors for South Asian young people with trauma who have been referred to Tier 4 CAMHS inpatient service.*

Asma Koliya and colleagues

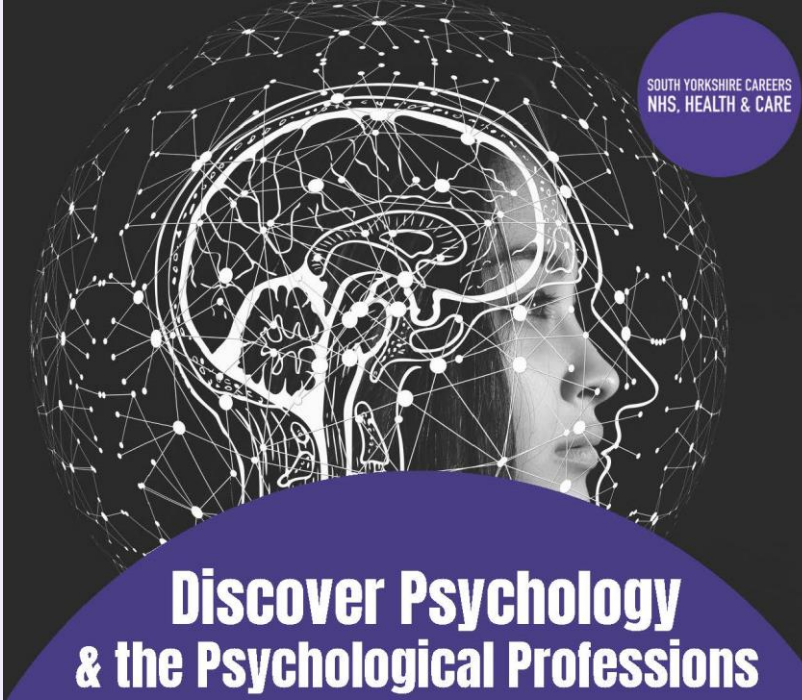
[Download](#)

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# Discover Psychology & the Psychological Professions livestream:

Please support others to discover psychology and the psychological professions.

See information below...




**Discover Psychology  
& the Psychological Professions**

Designed for psychology students in Y12, and Level 3 Health & Social Care students. Participants will learn how to progress their career in the psychological professions.

Hear from professionals working in schools, forensic psychology, and mental health services to hear their career stories and find out how they help their clients.

**Livestream: 12th June 2025: 1.30 -2.30pm**

Sign up: <https://forms.office.com/e/2k7GBCJgtp>



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Integrated Care System

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# Psychological Professions Week 2024

Psychological Professions Week 2024 took place on Monday 11th - Friday 15th November. The week featured sessions led by each regional Psychological Professions Network. All the sessions were 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.

Click [here](#) to watch the recordings for Psychological Professions Week 2024!



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**Psychological  
Professions Week**

11-15th November 2024

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# PPN Webinar: PCREF and Beyond - Enriching Our Practice Using Intersectionality

We are pleased to share the presentation from our recent PPN webinar on the Patient Carer Race Equality Framework (PCREF) and its broader implications for psychological practice. Led by Anokh Goodman, Systemic Therapist, this session explored how intersectionality can enhance our approach to racial equity, deepen therapeutic practice, and strengthen collaboration within mental health services. The presentation offers valuable insights and practical reflections on moving beyond compliance towards meaningful, systemic change. We hope these slides serve as a useful resource for continuing the conversation and embedding inclusive, equitable approaches in our work.

[PPN Webinar PCREF \(Patient Carer Race Equality Framework\) and Beyond - Enriching Our Practice Using Intersectionality.pptx](#)

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## Independent Investigation of the National health Service in England - Lord Darzi (Sept 2024) - What does it mean for Psychological Professionals?

The Darzi report provided a rapid and thorough review of the current NHS landscape in England and concluded that the 'NHS is in a critical condition, but its vital signs are strong'. The report highlights the interconnected challenges facing the NHS today and identifies three key shifts required in our healthcare that will underpin the 10 year plan. These are:

1. From sickness to prevention
2. From hospital based care to community based care
3. From analogue to digital

The full report can be found here:

<https://www.gov.uk/government/news/independent-investigation-ordered-into-state-of-nhs>

As part of PPN 2024 week Dr Adrian Whittington (National Clinical Lead for Psychological Professions, NHS England) presented with other colleagues on how developing a more psychological NHS could help address some of the challenges in the NHS identified by the Darzi Review. The presentation highlighted the progress made over the past five years and explored future directions for the development of the psychological professions and psychological practice. That presentation and accompanying slides can be viewed here:

- [Video: A more psychological NHS: How can we rise to the challenge of the Darzi Review](#)
  - [pdfDownload Slides: PPWeek24 A more psychological NHS \(1.85 MB\)](#)
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## Men's Health Strategy

Health and Social Care Secretary Wes Streeting confirms plans for first ever men's health strategy

The government has committed to the first ever strategy for men's health. The strategy aims to address key health problems affecting men, which could include cardiovascular disease, prostate cancer and mental health, and will form part of the government's 10-year health plan. A call for evidence on the strategy will gather views on what is effective and identify areas for improvement. The strategy is due to be released in 2025, for more information please follow the links below.

[Secretary of State commits to first ever men's health strategy - GOV.UK](#)

["Government's first ever Men's Health Strategy welcome," says BPS | BPS](#)

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# BPS guidance updates

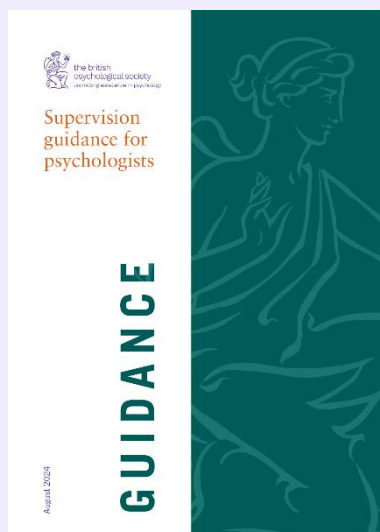
## Competency Framework for practitioner psychologists working in adult cancer care (Dec 2024)

In 2011 the Faculty of Oncology and Palliative Care produced induction guidance for new psychologists working in adult cancer care settings. This document is an updated version of that earlier guidance. The guidance is framed as a list of competencies, to inform the induction support for colleagues new to this area of work.

[Competency Framework for practitioner psychologists working in adult cancer care](#)



## Supervision Guidance for Psychologists (Aug 2024)



This document provides guidance on supervision for psychologists, covering principles, theories, and models for safe and effective practice.

[Supervision guidance for psychologists | BPS](#)

## **NICE updates - New Clinical Guidance on Gambling related harms (Jan 2025)**

NICE have published their first clinical guidance on gambling related harms (Jan 2025) which covers the identification, assessment and management of these issues. This includes people ages 18 and over who are experiencing gambling that harms, and people of any age affected by someone close to them who is experiencing gambling that harms. The recommendations in the guidance are intended for healthcare professionals and social care practitioners in all settings including the criminal justice system.

For more information please [find the guidance here](#)

## **New Priorities & Operational Planning Guidance NHSE (Jan 2025)**

This guidance sets out a smaller number of national priorities for 2025/26 focusing on reducing the time people wait for elective care, improving A&E waiting times, improving access to general practice and urgent dental care, improving patient flow through mental health crisis and acute pathways and improving access to CYP mental health services, together with driving reform and productivity across the system. The guidance maintains the mental health investment standard and highlights the priority areas for mental health delivery for 2025/26, including the expansion of MHSTs to 100% coverage by 2029/30 and committed ring fenced funding for NHS Talking Therapies and IPS.

[read the guidance in full here.](#)

A PowerPoint presentation of the key areas contained in the guidance can be found [here](#)

## 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 which we could include in this newsletter.

Please email the PPN-NE&Y team at [ppn-ney.lypft@nhs.net](mailto: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!

In the next few months, we are planning to review the NEY PPN membership lists to ensure they are accurate and up to date. This will allow us to keep you informed on updates related to your region. If you wish to make changes to your membership preferences, you can do so by logging into your account [here](#).

### 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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