

PPN NEY Summer Newsletter

Welcome to the **Summer 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...

Welcome to the Summer edition of the Psychological Professions Network North East and Yorkshire newsletter. We aim to bring you the latest updates about our work, join up psychological professionals, associated stakeholders, carers and experts by experience in the region. PPN NEY aims to build a supportive community by sharing updates on psychological professionals' initiatives, upcoming events and resources.

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- National guidance from NHSE, NICE and professional bodies: Staying Safe from Suicide
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- PPN NEY Expert by Experience mapping project report
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 - Foundation and Intermediate level training in Systemic Practice (University of Leeds)
 - Spotlight on psychological profession colleagues across the region
 - Dr. Matt Gaskell MBE for Services to People Experiencing Gambling Harm
 - Advance notice for PP week 2025!
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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 at ppn-ney.lypft@nhs.net

Sharon Prince,

Chair PPN NEY

National news...

Changes to NHS Structures in England: What they mean for the Psychological Professions

In March 2025 the government announced that there will be significant changes to the structure of the NHS in England. NHS England (NHSE), established in 2011, will be abolished and the Department of Health and Social Care (DHSC) will have direct responsibility for the management of the NHS in England. At the same time, there will be a reduction in the combined NHSE and DHSC staffing by about 50%. The process of the merger is expected to take two years to complete. Integrated Care Boards have also been asked to reduce their running costs by half, and provider organisations to reduce their corporate costs, for example on human resources and communications functions.

NHS England currently hosts the post of National Clinical Lead for Psychological Professions and commissions seven Psychological Professions Networks (PPNs), one in each region of the NHS in England.

We are not yet clear on what the merger of NHS England and DHSC will mean for the psychological professions, but we will be working with the following aims:

- Transition the national clinical leadership of the psychological professions into the new DHSC structure to lead clinical input to government priorities linked to psychological practice and psychological professions workforce, training and education.
 - Continue the work of the PPNs, as key vehicles for clinical and professional advice into new regional structures.
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- Maintain the principle that the psychological professions are considered as a whole, with a common vision but unique and valuable contributions from over 20 professions.
- Work closely with colleagues in other professions to maintain and strengthen multi-professional clinical and professional leadership at all levels.
- Ensure that psychological professionals retain and strengthen their voices in provider organisations and Integrated Care Boards.

NHS England colleagues continue to work tirelessly to make a vital contribution to quality health and care in England and have been instrumental in delivering the 111% growth in the psychological professions' workforce since 2016. Many individuals who work directly or indirectly for NHSE may be affected by the transition. We recognise the uncertainties that people are facing and want to offer our support to colleagues at this difficult time.

Launch of the 10 Year Health Plan for England: 'Fit For The Future'

The 10 year health plan for England was launched on 3rd July 2025 by Wes Streeting MP (Secretary of State for Health & Social Care) and Sir James Mackey (Chief Executive of NHS England).

You can read the plan in full [here](#).

The aim of the plan is to focus on the three shifts outlined; from hospital to community, from analogue to digital, and from treatment to prevention, to personalise care, give more power to patients, and ensure that the best of the NHS is available to all.

Further information regarding the plan and what it means for the Psychological Professions will follow soon.



NHS England's blueprint for Integrated Care Boards (ICBs) - Version 1

NHS England has published its first version of a blueprint for Integrated Care Boards (ICBs). The Model ICB Blueprint has been developed by a group of ICB leaders from across the country to provide clarity on the direction of travel and a consistent understanding of the future role and functions of ICBs.

You can read the full document [here](#).

NEW GUIDANCE: Staying safe from suicide: Best practice guidance for safety assessment, formulation and management

On Friday 4th April, the NHS published [Staying safe from suicide: Best practice guidance for safety assessment, formulation and management](#).

This new ‘wrap around’ suicide prevention guidance will help practitioners provide more personalised care for patients struggling with suicidal feelings. The guidance reinforces the need for practitioners to move away from a previous risk stratification approach to predict suicide risk, and is applicable to people of all ages, including those with a learning disability or neurodiversity.

This new approach means mental health practitioners will work with all patients where there is a concern about suicide safety to co-produce a personal risk formulation and safety plan. The guidance has been developed alongside people with lived experience, and key professional bodies and charities including the Royal College of Psychiatrists, Royal College of Nursing, British Psychological Society, Rethink Mental Illness, and the Samaritans.

The guidance applies to all mental health practitioners in England (in the NHS, the private sector and VCSE organisations). It complements existing guidance for [inpatient services](#).

The Mental Health of Asylum Seekers and Refugees in the UK - 2025 Edition

The first edition of this report, originally published in February 2024, presented evidence on the economic, social, and cultural circumstances which asylum seekers and refugees who seek sanctuary in the UK can face, and how these experiences can harm their mental health and even lead to suicidal feelings and actions. This updated report aims to provide an analysis of the current landscape, offering evidence-based recommendations to ensure that the mental health needs of asylum seekers are adequately addressed within this fast-evolving policy area.



You can read the full report [here](#).

Infected Blood Psychological Service open to referrals

All people infected and affected by the contaminated blood scandal in England can now access bespoke psychological support through the Infected Blood Psychological Service (IBPS).

Individuals can self-refer by calling 0300 131 0444. Trained personnel are available from 9am to 5pm, Monday to Friday. Callers will need to provide basic contact details and will be connected with the most appropriate local IBPS centre. There are 16 centres around the country.

Once someone has been assessed by the IBPS, if support is required, a psychological review will be undertaken and treatment provided by specialist clinicians who have expertise in issues facing those infected or affected by the contaminated blood scandal.

A full range of services offered by the IBPS can be found on the new [IBPS website](#). Future additions to the service will include access to virtual peer support forums and signposting to additional support for benefits, housing services, employment and financial advice.

Workforce updates...

NHS Talking Therapies PWP Supervision Guidance and Best Practice- Revised 2025

The NHS Talking Therapies supervision guidance that was previously published has now been reissued with a focus specifically on PWP Supervision.

This guidance has been uploaded to the NHS Talking Therapies Futures platform and can be located [here](#).

BPS and BABCP registration schemes for Mental Health and Wellbeing Practitioners

Both the British Psychological Society (BPS) and the British Association for Behavioural and Cognitive Psychotherapies (BABCP) have been recognised by NHS England as meeting the requirements to provide individual registration schemes for Mental Health and Wellbeing Practitioners (MHWP). This adds to existing schemes for Psychological Wellbeing Practitioners (PWPs), Children's Wellbeing Practitioners (CWPs) and Education Mental Health Practitioners (EMHPs). Practitioners will be able to choose whether to join the register with the BPS or the BABCP.

Both BABCP and BPS launched their MHWP registers on 30th June 2025. It will be a requirement for all MHWPs working in NHS commissioned healthcare to be listed on one of these registers no later than by 30th June 2026.

For more information, visit the BPS and BABCP websites...

[BPS | Wider Psychological Workforce Register](#)

[BABCP | About Wellbeing Practitioner Registration](#)



2024 Workforce Census for Psychological Professions

The 2024 Workforce Census for Psychological Professions has recently been published (May 2025). This comprehensive report provides detailed insights into the size and diversity of the psychological professions' workforce across England as of 31 March 2024. As the second census of its scale, this report plays a vital role in tracking our progress toward the NHS Long Term Workforce Plan commitment to expand the psychological professions workforce by 24,000-26,000 whole-time

equivalent (WTE) between 2023 and 2037. It also offers valuable insights into the evolving workforce profile.

The census covers psychological professionals working in NHS mental health trusts, combined trusts, acute trusts, independent and voluntary sector providers, and local authorities across England. This year's findings highlight that there was an 8% increase in WTE across service areas that were consistent in 2023 and 2024 for NHS Mental Health Trusts that participated in both years of the census. This growth was particularly significant in adult community mental health services which increased by 15%.

This data helps the psychological professions plan more effectively for the future; supports effective decision making on investments, identifies workforce gaps and enables the profession to track progress towards the NHS Long Term Workforce Plan.

Dr Adrian Whittington, National Clinical Lead for Psychological Professions, said:

“The psychological professions are driving improvements in access to psychological healthcare across a wide range of NHS commissioned services, so it is encouraging to see a significant growth in these professions during 2023-24. It is also great to see that all psychological professions continue to make a vital contribution, across established and newer roles.”

To explore the full report, please visit [NHS England » Psychological professions national workforce census](#)

2024 Workforce Census for NHS Talking Therapies for Anxiety and Depression

This is the sixth national census for NHS Talking Therapies for anxiety and depression, designed to provide insights into workforce, including trainees, across each profession. It also captures the diversity of the workforce in terms of age, sex and ethnicity. The census covers NHS Talking Therapies services delivered by the NHS, as well as NHS-commissioned independent, local authority, and VCSE providers across England.

This report is essential for tracking progress in expanding access to NHS Talking Therapy services and supporting the NHS Long Term Workforce Plan's ambition to grow the psychological professions workforce by 24,000-26,000 WTE between 2023 and 2037.

This year's findings highlight that NHS Talking Therapies for anxiety and depression services saw a 10% increase in whole-time equivalent (WTE) staff in

2024, and an increase of 58% since the first talking therapies workforce census in 2019, reflecting important trends and developments in the service.

Dr Adrian Whittington, National Clinical Lead for Psychological Professions, said:

“NHS Talking Therapies treats over 670,000 people each year, supporting hundreds of thousands to recover from depression and anxiety, or to significantly improve. It is therefore fantastic to see that its workforce has continued to grow in 2023-24, so that more people can be helped with a choice of evidence-based therapies.”

2024 Workforce Census for Children & Young People’s Mental Health

This is the sixth annual census and analysis of the children and young people’s mental health workforce across England designed to provide insights into the CYPMH multidisciplinary workforce across the range of professions including psychological professions. Building on the success of the 2023 census it details the workforce size by role and service area, and diversity by age, gender, disability, and ethnicity. This census scope includes CYPMHS staff working in the NHS, independent, local authority, VCSE and youth justice sectors.

This year’s findings highlight that the CYPMH workforce saw a 13% increase in whole time equivalent staff (WTE) in 2024. The NHS Long Term Workforce Plan (LTWP) highlights a commitment to continue the expansion of training places by 27% by 2028/29.

To explore both of these full reports, please visit [NHS England » Mental health national workforce census](#)

Launch of 2025 Psychological Professions Workforce Census

The 2025 Psychological Professions Workforce Census opened for data collection on [Tuesday 27th May](#). Following a successful census in 2024, this year’s data collection will again cover services across England.

If you have any queries, please do not hesitate to contact the project team at nhsbn.psychologicalprofessions@nhs.net.

More information on the census can be found on the project webpages [here](#).

Regional updates...

PPN NEY Region - Expert by Experience Mapping Report (April 2025)

The importance of Expert by Experience roles in the development, commissioning and evaluation of services are recognised nationally within PPNE, with work being undertaken at both national and regional levels to promote engagement and inclusion.

The NEY Expert by Experience (EbE) mapping report details the project undertaken by the NEY PPN to map current EbE work within psychological profession services within the region.

This mapping project demonstrated variation in EbE involvement across services, with significant variation in resources available for EbE work across organisations. However, despite this, the EbE work described consistently demonstrated meaningful and effective contributions to service delivery and development. A clear passion for the development and support for EbE involvement was evident with innovative approaches and activities.

To support the development of effective and sustainable EbE involvement, a range of areas are discussed in the report including the recruitment of EbEs, support systems and payment approaches, and barriers or challenges within this work. The key themes which emerged focused on EbE engagement, diversity within the recruitment of EbE colleagues and support structures and processes required inherently within this area of work.

Recommendations from the mapping report focus on three main areas:

- Diversity initiatives
- Collaborative frameworks
- Recognition and value

The full report can be read [here](#).

Equity, Diversity, and Inclusion (EDI) Resource Library

We are pleased to share an exciting update about the Equity, Diversity, and Inclusion (EDI) Resource Library – it is now hosted by Leeds Libraries and is accessible to everyone, regardless of whether they work for the Trust.



You can access it [here](#).

The EDI Resource Library is a curated collection designed to support your journey in fostering inclusivity and equity across all aspects of our work. Whether you're looking to understand foundational EDI principles or explore ways to apply them in clinical or team settings, the library is here to support learning and action at every level.

The library is organised into three key sections for ease of access:

1. Learning about EDI

This section is ideal for those looking to deepen their understanding of equity, diversity, and inclusion. It includes resources on topics such as cultural competency, unconscious bias, and inclusive language. Perfect for both newcomers and those seeking a refresher, this section features articles, books, podcasts, Instagram accounts, and information on LYPFT support networks.

2. Working Clinically

Focused on applying EDI principles in clinical settings, this section supports healthcare professionals in delivering equitable, patient-centred care that respects diverse identities. It is divided into three sub-sections:

- Working clinically with service users
- Therapeutic modalities
- Understanding yourself as a clinician

3. Working with Colleagues

This section offers strategies for fostering inclusive team dynamics and respectful, collaborative environments. Topics include supporting colleagues and teams, mentorship, and supervision.

Whether you're just beginning your EDI journey or looking to enhance your existing knowledge, this library offers valuable tools and insights for all.

We hope this will become a growing resource for our community. If you have feedback, questions, or resources you'd like to contribute, please get in touch with Kerrie Channer at: kerrie.channer1@nhs.net

The Talking Therapies Leadership & Innovation Forum (NEY & NW PPNs)

The Talking Therapies Leadership & Innovation Forum is a collaborative event, between the NW and NEY PPNs, held online twice a year. We have been working together since 2021 and our aim is to bring together clinicians, managers, leaders and stakeholders from Talking Therapies services across the north of England to share knowledge, learning, experience and best practice.

We held our most recent event in May this year and explored a varied and exciting range of topics. We heard from academic colleagues about new research into promoting and developing compassionate leadership, as well as a whistle stop tour of a decade of research carried out by the Talking Therapies Practice Research Network. Experts by experience from the NW PPN clearly set out the value of their involvement to service quality and improvement. One of our North East services described their work in integrating physical activity into Talking Therapies treatment, while North West colleagues set out their model for supporting staff, individuals and communities in the wake of traumatic events, with reference to the tragic events in Southport last summer.

We always try to incorporate a range of perspectives - regional and national; academic, clinical and operational; and always aim to include the voices of our clients and service users.

We will be hosting another event in the autumn and will share more details when available.

Update from Northumbria University- CYP MH training research

Northumbria University delivers some of the Children and Young People's Psychological Trainings (CYP-PT) courses to trainees in the Northeast of England. There are several exciting projects underway at Northumbria University spanning a range of important areas of children and young people's mental health. Many of these projects are in the early stages of development but the implications are wide and valuable. The current areas of research include:

- Adapting low-intensity interventions for autistic CYPs and CYPs with LD.
- Low intensity trauma-focused cognitive behavioural therapy (TF-CBT).

- Low-Intensity Services Outcomes Data Collaboration.
- A Proactive, Sustainable and Evidence-Based Approach for Service Level Workforce Planners.
- Trainee Tracker.
The 'Trainee Tracker' is used to track the outcomes of previous Northumbria Students who have completed a CYP training program. Following training, individuals are tracked to assess if they have experienced improved career prospects, higher salary, relocated, or remained in their field of work. The Trainee Tracker is in line with the NHS long-term plan to Train, Retain and Reform the CYP workforce.

More information about these projects and the downloadable tools are available by accessing the link below...

<https://northumbriaknowledgebank.flintbox.com/technologies/f31b7879-f1cc-469e-81c4-e16fd12de61c>

Foundation and Intermediate level training in Systemic Practice (University of Leeds)

Do you want to develop your skills in working with couples and families?

Applications are open for the Foundation and Intermediate level training in Systemic Practice, starting in September 2025. These courses are accredited by the Association for Family Therapy and represent the first two years of the journey toward becoming a fully qualified Family and Systemic Psychotherapist. The Foundation Course introduces key ideas and skills for working with couples and families, with opportunities to practice these skills in small groups with your peers and to think systemically about your personal and professional contexts. The Intermediate Course builds on this with an emphasis on applying systemic concepts and techniques in your work context. Promoting ethical and anti-discriminatory practice is an important principle running throughout the training.

Please note that these courses require managerial support and are not covered by the NHS national funding scheme.

For more information, please visit www.leeds.ac.uk/familytherapy or contact us at familytherapy@leeds.ac.uk

Congratulations **Dr. Matt Gaskell** on being awarded an **MBE for Services to People Experiencing Gambling Harm.**

Matt has worked for many years in the Leeds & York Partnerships NHS Foundation Trust and for many of those has worked tirelessly to ensure those experiencing gambling harm are supported.

After years of giving evidence in Parliament and Westminster; writing articles, publishing papers, using the media and working with Ministers his contribution has significantly changed the government approach to funding research, commissioning, and treatment in this area. He is also an advisor on the NICE committee which recently published Guidance on gambling. He is a great example of leadership in action and the impact psychological professionals can have on policy.



Congratulations Matt, NEY PPN are so proud of you.

Many thanks to **Caitlin Wadsworth** for telling us about being a...



Assistant Psychologist in Forensic Services

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

I completed my BSc Psychology degree and then had a couple of years working and a break from education. Whilst at university I volunteered for a charity which supplied supplies for individuals which were homeless and Student Minds (a mental health charity). After university, I volunteered at the Samaritans whilst working and then went on to complete my MSc in Forensic Psychology.

As I wanted to gain direct clinical work I secured a role as a recovery support worker in a mental health rehab. This job entailed supporting individuals in the rehab but also supporting those in the community. I realised that I wanted to gain a diverse range of experience, I secured a bank contract (casual contract) as a health care assistant which allowed me to work on different wards. I was able to work on acute mental health wards with different genders and gain experience working in a medium secure forensic ward.

All my experiences felt valuable and allowed me to get a sense of working in mental health. After working as a support worker for around a year I gained my first AP role. My first AP role was working in the OPD (Offender personality disorder) pathway. Within this role I worked closely with a qualified Psychologists to offer consultations and formulations for staff working in the probation service. My current AP role is working in a forensic hospital, working across 3 wards and this allows me to gain direct clinical work as an AP.

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

Psychological Professions Week 2025!

We are really interested to hear from colleagues across the region who may be interested in presenting work they are involved in during this week.

Please do get in touch with us if you would like to discuss any potential ideas at ppn-ney.lypft@nhs.net

Save the date...

10-14th November 2025

How you can get involved...

- 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 register and join us for free and share this newsletter more widely.



- Share your news!

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

Alternatively, follow us on [LinkedIn](#) for updates and tag us when posting 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!



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