



## **FEBRUARY 2023 LONDON PPN BOOSTER NEWSLETTER**

### **Welcome to all PPN network members!**

We hope you had a promising start to 2023. We celebrated our second anniversary, which we marked by hosting our first 'Innovation in London' Event. It was great that so many of you joined us to hear the latest developments in workforce wellbeing and the integrated psychological care pathway across London's four Major Trauma Centres

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### **Top News**

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#### **2023/24 priorities and operational planning guidance**

In December 2023, NHS England published the 2023/24 priorities and operational planning guidance. The guidance outlines three key priorities:

1. Prioritise recovering core services and productivity
2. Make progress in delivering the key NHS Long Term Plan ambitions
3. Continuing transform the NHS for the future.

Follow the link to access this important document: [PRN00021-23-24-priorities-and-operational-planning-guidance-december-2022.pdf \(england.nhs.uk\)](#)

## A new name for IAPT: NHS Talking Therapies for anxiety and depression



NHS England announced a new name for IAPT services: **NHS Talking Therapies for anxiety and depression**. The name was chosen following an extensive consultation process with patients, stakeholders and the public.

The rebrand will continue over the next 12 months. Resources and guidance, including visual materials, key messages and suggested copy for websites, can be downloaded from the [FutureNHS Platform](#) or the [NHS Talking Therapies rebrand folder](#).

Dr Adrian Whittington, National Clinical Lead for Psychological Professions at NHS England and Health Education England co-authored a [blog](#) about the rebrand.

Further information can be found at [HEE's NHS Talking Therapies webpage](#) or be contacting Mental Health Team at [England.MentalHealth@nhs.net](mailto:England.MentalHealth@nhs.net).

### ACP UK – The “Our Stories” Project

The “Our Stories” project was led by a group of trainee and newly qualified clinical psychologists, and ACP-UK members. It sought to better understand the experiences of aspiring, trainee and qualified clinical psychologists from a range of minoritised backgrounds in a series of focus groups.

To learn more about the project and the findings, please follow this [link](#).

# Innovation in London Event, hosted by the London PPN – January 2023



In line with the ambitions set out in the London Vision and Long Term Plan number of innovative practices are underway in London.

Given that innovation involves generating new and useful connections or insights, the London PPN is focused on sharing examples of inspiring work involving the psychological professions across London.

To celebrate our second anniversary we held our first innovation event where we heard from:

**Dr Stephen Gunning**, Consultant Clinical Psychologist, Head of Department of Clinical Health Psychology & Neuropsychology, West London NHS Trust, who is based at Imperial College Healthcare NHS Trust regarding the **development of an integrated psychological care pathway within London's four Major Trauma Centres**

**Dr Nicole Burnham**, Senior Psychologist, and **Marreyah Haq**, Cognitive Behavioural Therapist and EMDR therapist, from North West London's Keeping Well Team on the **innovation created during the pandemic via London's resilience hubs to support NHS workforce wellbeing.**

This event is the start to the London PPN's programme of innovation events, which we will be holding every three months. We'll be in touch soon via a survey to learn more about the innovation opportunities and priorities for the psychological professions in 2023 plus how the London PPN can support you to collaborate and innovate across London through the 2023 innovation events.

For now, save the date for the next event: **Tuesday 18 April 2023 – 12.00 and 13.30**

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## Have Your Say: Surveys

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### Community Mental Health Baseline Survey

The Community Mental Health Baseline Survey was launched in December. The survey is aimed to build a clearer picture of the psychological workforce in community mental health. Data from the survey will help to inform national investment in psychological therapies in community mental health services, as well as support local discussions and planning.

There are two levels to the survey this year:

1. One to be completed by team leads. Click here [Team Survey](#)
2. One for practitioners. Click here [Practitioner Survey](#)

Both surveys are also available via [FutureNHS](#). The deadline is **17 February 2023**.

### UCL Great Ormond Street Institute of Child Health – Brief Psychological Interventions Questionnaire

Are you a healthcare worker who delivers brief or low intensity psychological interventions to children and young people (CYP)?

UCL Great Ormond Street Institute of Child Health is inviting you to complete a 5-minute questionnaire. Follow this link <https://redcap.link/2htlib1>

This is to help them understand what low intensity and brief psychological interventions are currently offered to CYP because there is now recognition that the demand for mental health service in CYP exceeds demand. As a result, there is a strong interest in low intensity and brief psychological interventions for CYP that have the potential to reach more families, reduce waiting times and cost less to provide than traditional interventions.

For further information about their work around brief and low intensity interventions, email [PsychMedResearch@gosh.nhs.uk](mailto:PsychMedResearch@gosh.nhs.uk)

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## Webinars & Training

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### **Is Clinical Psychology for you? – University College London Webinar Event**

The London Widening Access Working Group (with representatives from the IOPPN, Hertfordshire, RHUL, Salomons, Surrey, UCL, and UEL) are hosting a webinar event on why Clinical Psychology might be the right career for you. It is specifically intended for undergraduate students and recent graduates considering a career in Clinical Psychology who are from racially minoritized backgrounds.

The event will be hosted online on **Friday 10<sup>th</sup> March 2023, 9:30am-12:30pm**. Its free to attend. Register [here](#).

### **Beat Eating disorders – Beyond The Symptoms Course**

Beyond The Symptoms is a CPD accredited training programme for healthcare professionals that aims to improve the early intervention rates for young people with eating disorders. Delivered by clinicians with extensive experience in the field of eating disorders, Beyond the Symptoms is ideal for GPs, nurses, dentists, cardiologists, and many other healthcare professionals. It aims to help you identify when a patient has an eating disorder and confidently intervene early.

Further information is available in [here](#).

## HEE Commissioned Maudsley Learning Courses

Health Education England has commissioned Maudsley Learning to deliver a series of programmes nationally.

Courses are open to all healthcare professionals working in the NHS in England and are running until May 2023.

The courses cover eating disorders, managing challenging situations, skills for health change conversations, and many more. Click [here](#) for further information and to book your courses.

## Becoming Trauma Aware: Trauma Informed Practice Bronze level

Thrive London are offering three recorded training courses on Trauma Informed Practice. These are free and open to everyone.

The 2.5-hour Bronze Level Course will be available from 9 Feb, although can be taken at any time. It will cover:

1. Understanding trauma and loss
2. Understanding the complexity of developmental trauma
3. Integrating a trauma informed approach to practice

After completing the Bronze Level, you will be offered the Silver Level Course. This will be available at the end of February. The Gold Level Course will be available in March.

Click the link for details of the Bronze level course: [Trauma-Informed Practice Bronze Level: Becoming Trauma Aware Tickets, Thu, Feb 9, 2023 at 10:00 AM | Eventbrite](#)

## Strengthening Safety in Mental Health Services: Leadership Webinar Series – Spring 2023

The London Safety in Mental Health Settings Project is a learning and improvement collaborative that aims to reduce incidents of violence and aggression in adult PICUs and acute in-patient wards and improve safety for all. The collaborative has been funded by NHS England and Health Education England.

Building on project work over the last three years, they are now offering a series of four half-day virtual leadership webinars focused on strengthening safety in mental health services. The webinars are available to leaders from all of London's mental health trusts.

Further information, including webinar dates, content and how to book are all contained in the booking links below.

- Webinar One - 'As leaders, how do we know services are safe?' Tuesday 14 February 2023, 10am to 1pm: <https://www.eventbrite.co.uk/e/493584142457>
- Webinar Two - 'Adopting a trauma informed approach to enhance safety culture' Tuesday 14 March 2023, 10am to 1pm: <https://www.eventbrite.co.uk/e/493598405117>
- Webinar Three - 'Improving safety through relational security and the See Think Act Framework' Tuesday 18 April 2023, 10am to 1pm: <https://www.eventbrite.co.uk/e/493599939707>
- Webinar Four - 'Vital voices: staff wellbeing, and building inclusive and open cultures' Monday 24 April 2023, 10am to 1pm: <https://www.eventbrite.co.uk/e/493611925557>

If you have any queries then please get in touch at [networksinfo@nhselect.org.uk](mailto:networksinfo@nhselect.org.uk)

## SDS Seminars – PWP CPD Library

The new [PWP CPD Training Library](#) has been LIVE since the end of last year and has new online Modules each month.

The Library is designed for the whole PWP Team to access with [prices as low as under £2.50 per training per PWP per year](#) when a whole Team Package is purchased. And of course the Library grows each month!

It gives access to the whole Library of over 30 on-demand video trainings on a broad range of topics of 45 minutes or less – all specifically for PWPs and delivered by PWP specialists.

Topics in the Library include: Long COVID for PWPs, Client Motivation & Motivational Interviewing for PWPs, Self-Care for PWPs, Values-Based Behavioural Activation and many many more.

It's a CPD model which allows PWPs to access all their CPD requirements without affecting client-facing contact time and at a highly competitive price. The short trainings ensure that:

- Key learning is condensed
- No Team fatigue with long trainings
- CPD no longer requires half or full day absence from client contact
- Can be completed during short breaks etc
- PWPs in a team no longer have to attend any trainings together at the same time

The dynamic nature of the Library with its monthly new additions mean that Group Purchasers can influence the future content of the Library to ensure local training needs are addressed.

Please spread the word and if you have any specific questions or would like to see some of the Library training modules before purchasing please contact Paul Grantham, Consultant Clinical Psychologist, via [paul@sds-seminars.com](mailto:paul@sds-seminars.com).



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## Join us: become a London PPN Member

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The Psychological Professions Network brings together all psychological professionals working in NHS commissioned services and associated higher education institutions, as well as other key stakeholders, in regional multi-professional networks across England.

Registration to the network is free. Join the London PPN here [PPN - How To Become a Member](#) to:

Keep up to date with regional and national psychological professions news, events and current issues

Influence workforce development and contribute to decision making on current and future policy and service development at regional and national level

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## Stay in touch

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### What stories do you have to share?

We are keen to hear about any work and/or networking initiatives that raise awareness of the psychological professions workforce.

Share what you are working on and be included in our next newsletter by contacting us on the **London PPN's new email address:**

[wlm-tr.ppnlondon@nhs.net](mailto:wlm-tr.ppnlondon@nhs.net)

Or get in touch **via our twitter page @LondonPPN** . Follow us for more regular updates about the work we are doing. And tag us for a re-tweet **#LondonPPN** so we can share your work.

