



## **NW PPN EBE STEERING GROUP WHO WE ARE, HOW WE INFORM, ENABLE, INFLUENCE, AND WHAT'S NEXT?**

**EbE Steering Group:** Ali Bryant, Hilary Tetlow, Joe Keaney, Yvonne Thomas, Bev Liver & Keith Holt

Leanne Bird (Trainee Clinical Psychologist) & Molly Lever (Assistant Psychologist)

# AGENDA

- 1 • Who are the PPN NW Experts by Experience?
- 2

# INTRODUCTIONS TO THE PPN NW EXPERTS BY EXPERIENCE

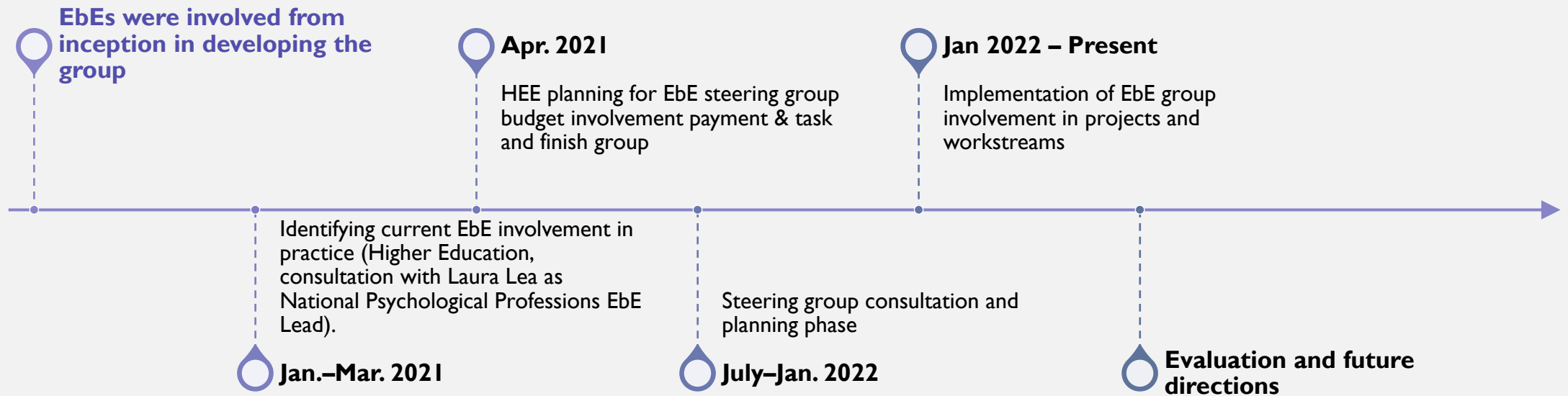
- Bev – *“Passion to support professionals to be the best that they can be”*
- Keith – *“Passion in bringing authenticity into the mental health system and facilitating national minimum standards across the country”*
- Yvonne – *“Passion for national change and involvement of black ethnic minorities”*
- Ali – *“As a member of the NW PPN EBE steering group I help inform, enable and influence best practice through the lens of my lived experience. My passion and drive in all of our EBE work and projects is focused on delivering a future where all healthcare is psychologically informed.”*
- Hilary – *“EBE’s ground the professionals to the real world the EBE holding the balloon string the professional being the balloon.; If you don’t get involved you can’t complain about the service you get.”*
- Joe – *“Wish to enable trainee clinical psychologists to be the best they can and hope to influence mental health services across the board to be nimble and nuanced, generous and ambitious in the face of overwhelming demand.”*

**SECTION I: WHO ARE THE PPN NW  
EXPERTS BY EXPERIENCE?**

# WHY IS EBE INVOLVEMENT IMPORTANT?

- **The NHS constitution** – ‘The patient will be at the heart of everything the NHS does’.
- Practitioner psychologist training and service design & delivery must meet national standards.
- Collaborative work between EbE and healthcare staff improves learning, practice, and outcomes.
- Although there's agreement on the importance of EbE involvement, its implementation varies across services, training programmes, and regions.

# HISTORY OF THE GROUP



# SURVEY ABOUT CURRENT PRACTICE

EbE Steering Group (2022): To explore EbE involvement in training programmes and services within the psychological professions.

## Barriers

Lack of EbE diversity

Remote working

Identifying EbEs

Time restrictions

No leads

Lack of funding to support co-ordination & development

Lack of awareness

Rigid service requirements and barriers to payment

Not being given sufficient priority

## Good practice examples:

Research involvement

Jointly delivered teaching

Teaching awards for co-production

Interviews and selection panels for trainees

Development of inclusive materials

## ESTABLISHING THE EBE GROUP

- The North West Psychological Professions Network (PPN) places at the heart of its work the promotion of recovery.
- The establishment of the North West PPN EbE Steering Group aimed to achieve the *'promotion and support of a holistic, whole person approach in everything we do; which puts the person, not the label, at the forefront and strives to connect to what it means to be human in different contexts, in our psychological professions and our approaches'*
- Co-production was at the heart of all stages.

## CO-PRODUCED AIMS:

- **To promote** the involvement of Experts by Experience in the design & training across the psychological professions.
- **To improve** Equality, Diversity & Inclusion (EDI) of Experts by Experience through engagement with local communities and groups across the region.
- **To integrate** Experts by Experience input into delivery of the PPN NW Workplan.
- **To support** Experts by Experience from the North West of England to participate in regional and national strategic forums.

## SECTION 2: HOW WE INFORM, ENABLE, AND INFLUENCE

## AIM 4: PARTICIPATION IN SEVERAL REGIONAL AND NATIONAL FORUMS



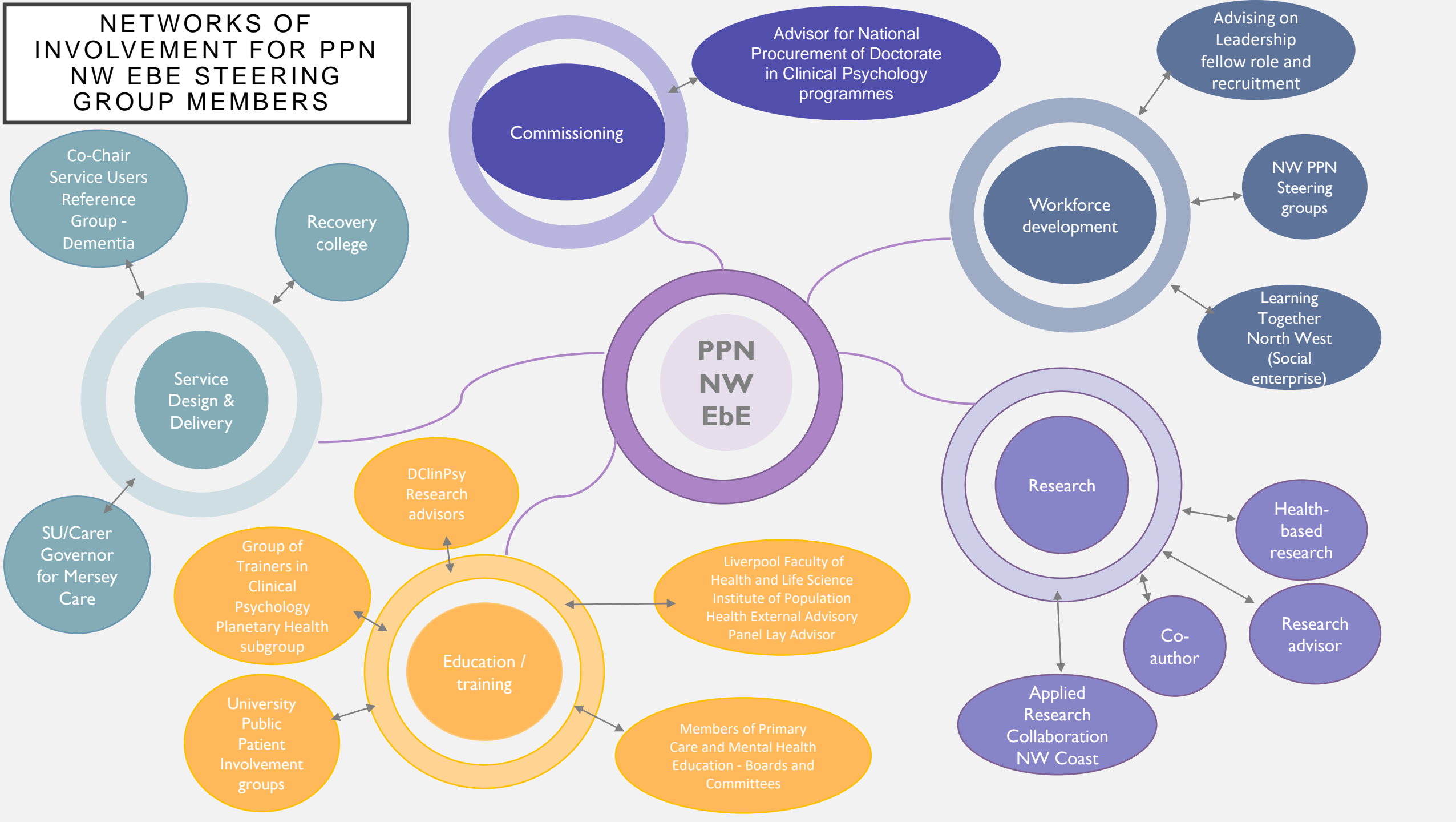
### ***Some reflections:***

This has been a two-way dialogue between all the systems that the group are involved in.

It has provided the opportunity for sharing experience, expertise, and passions.

Sharing best practice across the NW and across the regions.

# NETWORKS OF INVOLVEMENT FOR PPN NW EBE STEERING GROUP MEMBERS



# MAKING A DIFFERENCE

- Projects for increasing public understanding and accessing information about psychological professions
- Being part of the wellbeing forums for NHS Talking Therapies
- Advising on development of a national framework for part-time courses in High Intensity CBT and PWP.

# MONTHLY BLOG

Ali Bryant – EbE member

Released monthly

Summarises ongoing projects and updates about the PPN and EbEs

Audio recorded clips to make accessible to wider audience

The screenshot shows the PPN website interface. At the top left is the PPN logo (Psychological Professions Network) and the tagline 'PROMOTING EXCELLENCE IN PSYCHOLOGICAL HEALTH & WELLBEING'. A 'Register' button is in the top right. A navigation menu includes Home, NORTH WEST, OUR WORK (highlighted), EVENTS, ABOUT US, GROUPS, and RESOURCES. The breadcrumb trail is: Home > North West > Our Work > PPN North West Blog > What milestones are next for the NW PPN EbE Steering Group? Alison Bryant, EbE Group Member. The main heading is 'What milestones are next for the NW PPN EbE Steering Group? Alison Bryant, EbE Group Member'. A date badge shows '17 MAR 23'. The text of the blog post begins with 'Hi Everyone, I hope you are all well and looking forward to that moment when the clocks change on 26<sup>th</sup> March – this always fills me with positivity and hope as the dark days are behind us again, at least for a while! Another milestone in our calendar this month at the PPN NW EbE steering group is that we are saying 'Bon Voyage!' to Clare Baguley as she takes leave of her role as Psychological Professions Programme Manager and Health Education England NW Clinical Workforce Lead, to begin retirement with all the promise of new adventures this will bring. Earlier this month Clare shared her reflections with me on her experience of the role, on what has resonated with her and on her hopes for the future so, by way of farewell, this month's blog is devoted to Clare on her involvement over the last 10 years.' Below the text are two profile pictures: one of a woman in a red top and one of a woman with short blonde hair. The name 'CLARE' is written below the second picture. A quote follows: 'With some surprise, Clare said, "There are only four weeks to go! I am leaving after 10 years and in May we will be celebrating 10 years of the PPN. At the start of our PPN journey, myself and Gita Bhutani set out with the vision of a Psychological Professions Network ultimately giving voice to the psychological professions regionally and providing a platform to build national influence and leadership. "Gita, at the time, summed this up perfectly with her pithy phrase 'We want the psychological professions network to reach the places that other networks have never reached!' – an adaption of a well-known beer advertising slogan at the time. This led to the mantra of 'Inform, Enable & Influence which since this time has underpinned everything the PPN aims to do'.

On the right side of the page, there is a sidebar with the heading 'In This Section' and a list of links: North West Network Experts Group, NW CPPO, North West Partnership, Assistant health, Integrat Mental Hea Practitioners, Previous Wo, Clinical Representat, Schwart Practice, NW Talk IAPT) BAME Launch Eve, Clinical (CAPs) Works, and PPN North V.

<https://www.ppn.nhs.uk/north-west/our-work/experts-by-experience-involvement-in-psychological-professions-training>

**AIMI: TO PROMOTE** THE INVOLVEMENT OF EXPERTS  
BY EXPERIENCE IN THE DESIGN & TRAINING ACROSS  
THE PSYCHOLOGICAL PROFESSIONS



A **NEW ANIMATION** WAS CO-PRODUCED TO SHOWCASE THE EXPERIENCES OF EBE INVOLVEMENT.



DESIGNED TO PROMOTE AND ENCOURAGE BEST PRACTICE IN EBE INVOLVEMENT ACROSS HEALTH AND CARE IN THE NHS.



TO BE USED ALONGSIDE A **DISCUSSION TOOLKIT** WHICH CAN BE USED TO PROMOTE REFLECTION AND IMPROVE EBE INVOLVEMENT IN PRACTICE.

# THE ANIMATION

CO-PRODUCED BY THE PFM NORTH WEST  
EXPERT BY EXPERIENCE STEERING GROUP



ALISON



BEV



HILARY



JOE



KEITH



YVONNE

WITH



CLARE



JOIE



POLLY



MOLLY



HANNAH

# THE DISCUSSION TOOL

## Discussion Guide: Experts by Experience

Experts by Experience (EbE) enhance the learning and practice of health professionals and in delivering better outcomes for those who use services.

### Step 1: Watch

Watch the Psychological Professions Network [Experts by Experience animation](#) and discuss in your teams how you can embed Experts by Experience into your practice.

### Step 2: Discuss

In a small group, use the guiding questions to discuss how you can embed Experts by Experience in your every day practice.

- **How do you involve EbEs**, enable their involvement and promote inclusion? Who is involved? Why? When? What are the barriers?
- **Do you have a statement of principles & values** for EbE involvement? What is it? And has it been co-produced?
- **What processes are in place** to value EbE involvement through feedback and reimbursement?
- **What does good EbE involvement** look like?

### Step 3: Act and Share

#### My EbE pledge to action

"I will involve Experts by Experience by..."

**Share** your ideas on social media using:

[#CoproduceOurNHS](#) [#ExpertsByExperience](#) [#EbEAction](#)

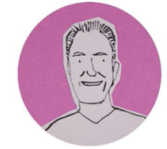
Or send your ideas to the PPN at [ppn.north@hee.nhs.uk](mailto:ppn.north@hee.nhs.uk)



Scan to view animation



ALISON



JOE



HILARY



CLARE

# Discussion Guide: Experts by Experience

## 1. Watch

Watch the [Experts by Experience animation](#) created by the Psychological Professions Network.

Think about how you can embed Experts by Experience into your practice.



ALISON



JOE



HILARY

[www.ppn.nhs.uk/north-west/our-work/experts-by-experience-involvement-in-psychological-professions-training](http://www.ppn.nhs.uk/north-west/our-work/experts-by-experience-involvement-in-psychological-professions-training)

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### My pledge to action

*I will involve Experts by Experience by....*



#ExpertsbyExperience

#CoproductOurNHS

#EbEAction

Send your ideas to the PPN at [ppn.north@hee.nhs.uk](mailto:ppn.north@hee.nhs.uk)

## HOW HAVE THE RESOURCES BEEN SHARED AND RECEIVED?



The group piloted an evaluation methodology to gain feedback on content suitability, accessibility & acceptability:



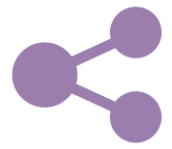
This included a dissemination plan via social media to measure the potential spread of the resources.



Identification of, and presentation to relevant stakeholders.



Development and dissemination of a survey to gain further feedback about the resources and to find out how to develop them further.



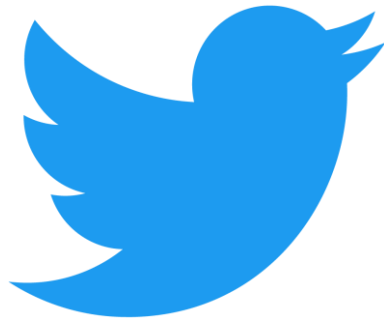
# The EbE animation has been shared....



## with key stakeholders



- PPN
- Mental Health Practitioners
- National Psychological Professions Workforce Group
- NHS Trusts
- Higher Education Institutions
- Educators



**10k+**  
engagements

Sent directly to  
**4k+** stakeholders



Via email marketing

# SURVEY – WHO TOOK PART?



# FEEDBACK ON THE DISCUSSION TOOLKIT

## UTILITY OF THE TOOLKIT

- “Clear”, “engaging”, “inclusive”, “accessible”
- Could result in lasting change and help to keep “EbE/service users at the heart of what we do”.
- Useful in various settings, including:
  - Team and portfolio education
  - Training for psychological professions
  - Team meetings
  - Inpatient wards
  - Trust-wide conversations
  - Clinical areas and corporate departments
  - Service design and development meetings
  - Peer support groups
  - Staff governance
  - Planning meetings
  - Workforce meetings
  - General team meetings

## FUTURE ADAPTATIONS & CONSIDERATIONS

- Adapt to be accessible to wider audiences with different needs (e.g. languages/ backgrounds, aphasia, those with hidden disabilities).
- Provide practical examples of how to embed EbE into care to help steer conversation
- Make use of the co-production ladder in the discussion guide
- Make the discussion guide more visual
- Need to focus on how to circulate further and increase awareness of this as a resource
- This also needs to be used alongside real EbEs having conversations with services.

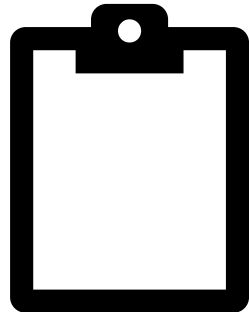
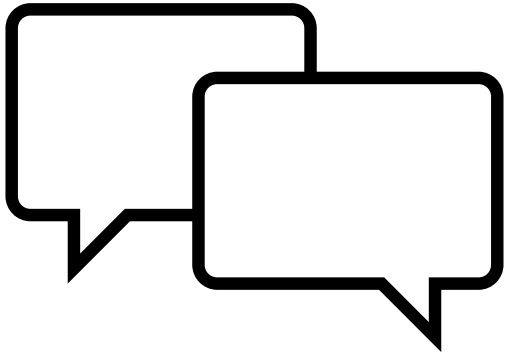
# HOW ELSE DO EBE INFORM, ENABLE AND INFLUENCE?

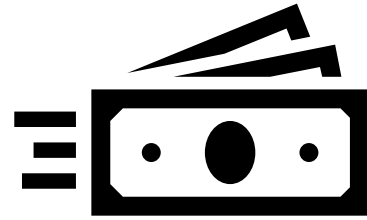
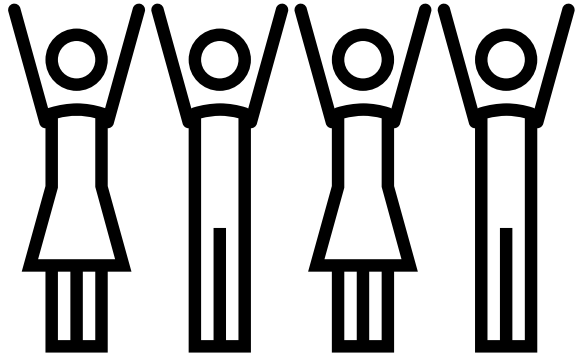
**Aim 2: Commitment to improve EDI of  
EbE's is an ongoing aim**

## SECTION 3: REFLECTING BACK AND WHAT'S NEXT

## EVALUATION OF THE EBE STEERING GROUP

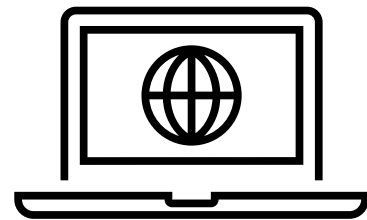
- **Why:** To assess the effectiveness of EbE involvement in creating positive change in the North West PPN, and to determine whether it could be utilised in other regional PPNs and broader organizational contexts in the future.
- **Methodology:** The evaluation involved collecting group demographics and ratings through an MS Forms survey, followed by semi-structured interviews to obtain more in-depth responses. Inductive analysis was used to identify themes from the interviews, and feedback and approval were sought from the wider EbE group at each stage of the evaluation.





## WHAT DID WE EVALUATE?

1. **The group's functionality**, including their experience of working primarily online and compensation for their work.
2. **Personal benefits** to group members, such as changes in confidence, skills, and knowledge.
3. **The group's effectiveness in meeting their initial aims.**
4. **The group's adherence to the 4Pi national involvement standards** (Principles, Purpose, Presence, Process, Impact).



**4pi** National Involvement Standards

PRINCIPLES PURPOSE PRESENCE PROCESS IMPACT

# WHAT WE HAVE LEARNED ABOUT BEING A MEMBER OF THE PPN NW EBE STEERING GROUP

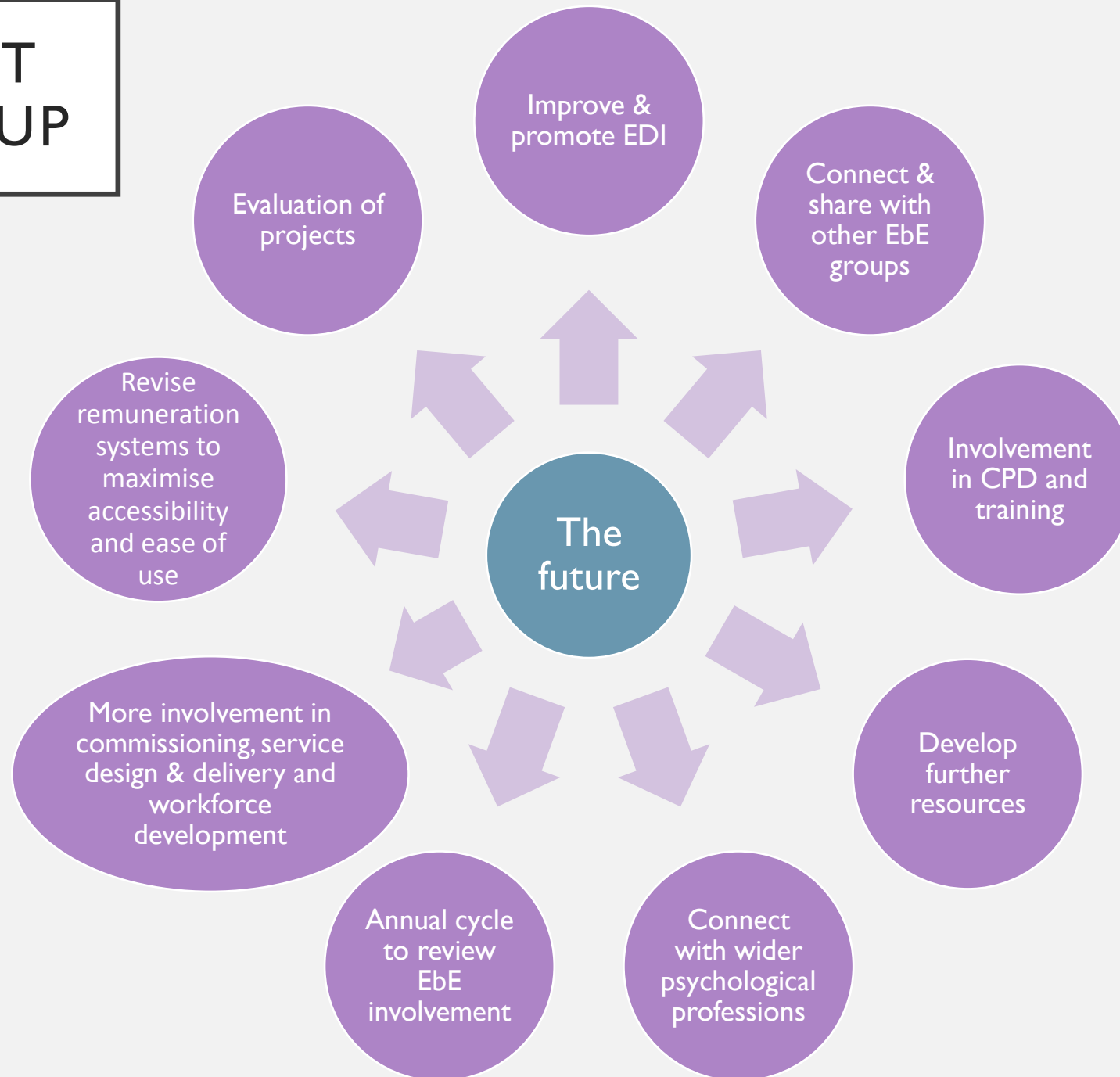
**Group reported personal benefits from joining the group, including increased knowledge, skills, and confidence:**

- Being a place to be passionate about shared aims;
- Being provided with learning opportunities;
- Being listened to, and a sense of reciprocal value between group members;
- Having a positive impact on self-esteem and self-efficacy;
- Having the opportunity to make a difference;
- Promoting equal opportunity for all and working towards promoting inclusion.

- Connection with EBEs from across all groups of psychological professions;
- Wider communication with the PPN regions and EBE groups across the country;
- Improving equality, diversity & inclusion (EDI);
- Introduction of a systematic reviewing procedure against national involvement standards;
- Involvement in the areas of commissioning, service design & delivery and workforce development.

**More work is needed including:**

# WHAT'S NEXT FOR THE GROUP



## FOLLOW OUR EXPERTS BY EXPERIENCE WORK

- **To access more information, resources** and our **monthly blog** from the NWPPN EbE group visit our website:
- **Website:** <https://www.ppn.nhs.uk/north-west/our-work/experts-by-experience-involvement-in-psychological-professions-training>

THANK YOU!

Email us to get in touch:

[ppn.north@hee.nhs.uk](mailto:ppn.north@hee.nhs.uk)

