


PPN South West Stakeholder Event

Thursday 25 May 2021 2-4.30 pm

Staff wellbeing

www.ppn.nhs.uk/south-west
ppn-sw@exeter.ac.uk
 @swppn


**Health Education
England**



Thank you for coming, the event will start shortly. Please make sure your microphone is on mute

Welcome from the PPN South West Team!



Sam Strickland
Graduate Research
Assistant



Phil Self
Co-Chair



Suzanne Azer
Clinical Lead,
Programme
Manager



Catherine Gallop
Co-Chair



Sarah Spaul
Administrator



Marie Ash
Senior Peer Support
Worker DPT

Housekeeping

- The first hour of this event will be recorded, so please feel free to turn your camera off and remain on mute if you do not wish to appear in the recording
- Please keep yourself on mute during the first session
- Please use the chat room facility to make (polite!) comments if you wish
- We will have a 10 minute comfort break as we move into breakout rooms at 3:10
- Breakout room discussions will not be recorded, but the facilitators will capture comments (anonymous) and share these with the whole group
- At 4:05 we will reconvene to hear feedback





Welcome to latest PPN-SW Stakeholder Event!

- This event on Staff Wellbeing builds on previous event in March on Co-production and Lived-Experience
- Further events and National Conference to come later in year
- We are building sub-networks and communities of practice, working within regional forums to highlight Psychological Professions, what we can do and the issues we face, and supporting expansion
- Just published our regional PP Workforce Report
- All aiming to come together as PPs in the SW to support the National Vision in our local context
- So these events are aiming to share information as a network, connect and link up – so please engage, share, discuss, inform, learn and support each other across the PPN-SW

2019

Variable Staff
Wellbeing
Programmes

March 2020

Rapid Local
Response to
Pandemic

A Recent Time-Line of NHS Staff Wellbeing and the Psychological Professions

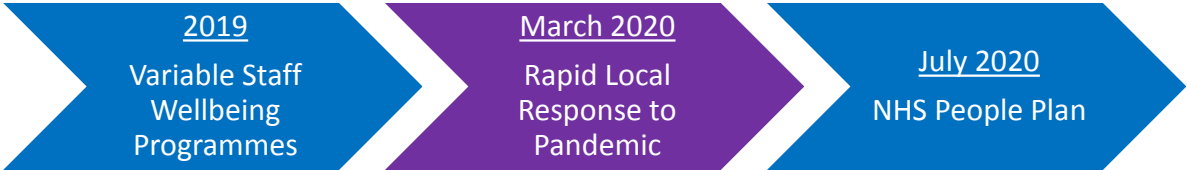
Two Years Ago

- Many different Staff Wellbeing Programmes
- Some Trusts and Organisations took more seriously than others
- Many Psychological Professionals involved locally and nationally but fragmented and no clear coordination
- Some regional thought about effect of trauma on staff post Manchester Bomb and Grenfell Tower



Fourteen Months Ago

- Rapid recognition of coming need
- A different kind of stress and trauma
- A change in recognition
- Local asks of Psychological Professionals
- Little clear guidance, coordination or funding
- Amazing response from individuals, mistakes and rapid learning



NHS

WE ARE THE NHS:
People Plan 2020/21 -
action for us all

We are 1.3 million strong. We are all walks of life,
all kinds of experiences. We are the NHS.

#WeAreTheNHS

② Looking after our people

We are compassionate and inclusive
We are recognised and rewarded
We each have a voice that counts
We are safe and healthy
We are always learning
We work flexibly
We are a team

OUR NHS PEOPLE PROMISE

➔ **Psychological support and treatment:** Employers should ensure that all their people have access to psychological support. NHS England and NHS Improvement will continue to provide and evaluate the national health and wellbeing programme developed throughout the COVID-19 response.

NHS England and NHS Improvement will also pilot an approach to improving staff mental health by establishing resilience hubs working in partnership with occupational health programmes to undertake proactive outreach and assessment, and co-ordinate referrals to appropriate treatment and support for a range of needs.



A Vision for the Psychological Professions

To transform lives and communities by extending and embedding psychological knowledge and practice across the whole of health and care

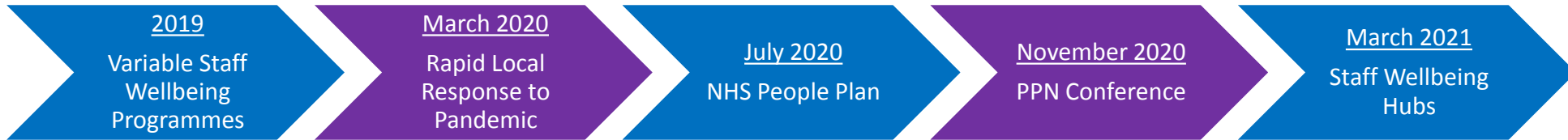
ppn.nhs.uk/south-east/projects/ppia

Psychological Professions Week 2020

PSYCHOLOGICAL PROFESSIONS WEEK
18TH - 20TH NOVEMBER

Psychological Professions Week was the first ever national PPN conference that included keynote speeches and innovative afternoon showcases. If you missed it and would like to catch-up please visit the link below.

RE-WATCH HERE



The NHS’ National Mental Health Director, Claire Murdoch, said: “NHS staff are used to dealing with the extremes of life on a daily basis, but this year has been exceptional, and in what is likely to be the toughest year in their career, staff have put their minds and bodies to the limit treating hundreds of thousands of seriously ill-patients with Covid-19.

“So it is vital that the people that played such a big role getting this country through the pandemic are given additional support, and I would urge anyone working in the NHS whether you are a porter, a nurse, paramedic or other role to please ask for help from one of our 40 mental health support hubs as they open over the coming weeks.”

2019

Variable Staff Wellbeing Programmes

March 2020

Rapid Local Response to Pandemic

July 2020
NHS People Plan

May 2021

National PP Vision

National Vision for Psychological Professions



3. Our Vision

To transform lives and communities by extending and embedding psychological knowledge and practice across the whole of health and care

4. Our Commitments

All of our work is underpinned by these five commitments:

I. Put people first

We commit to putting the needs and voices of people at the heart of everything we do and to treating service users, carers, families and staff with kindness, empathy, openness, respect and dignity. We will:

- a. Work in genuine partnership with service users, carers and families to understand their needs and to design and deliver services that meet these needs
- b. Improve overall quality and experience of care and treatment across settings including inpatient, community and primary care
- c. Empower people to improve their psychological health and wellbeing by sharing and communicating psychological knowledge
- d. Encourage and support service users, carers and families to speak up and take an active lead in their care
- e. Ensure meaningful involvement of a diverse range of service users, carers and families in service design, development and delivery, and training for the psychological professions
- f. Support the psychological wellbeing of colleagues working in health and care services in good times and in bad

II. Help our communities to thrive

We commit to developing healthy, thriving communities, with a more psychologically informed public. We will:

- a. Use psychological knowledge widely to prevent avoidable distress and build resilient communities
- b. Work with communities to make services more transparent, accessible, and responsive
- c. Recognise and respond to wider social factors, such as poverty, discrimination, inequality and trauma, that can impact on emotional distress

A Vision for the Psychological Professions

To transform lives and communities by extending and embedding psychological knowledge and practice across the whole of health and care

National Vision for Psychological Professions



Psychological professions vision for England, 2021-2024

May 2021

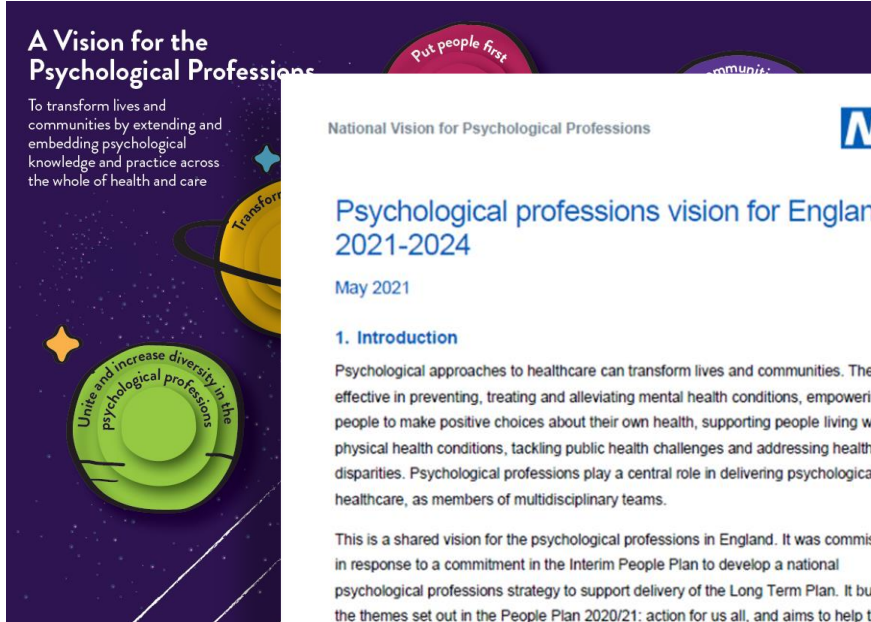
1. Introduction

Psychological approaches to healthcare can transform lives and communities. They are effective in preventing, treating and alleviating mental health conditions, empowering people to make positive choices about their own health, supporting people living with physical health conditions, tackling public health challenges and addressing health disparities. Psychological professions play a central role in delivering psychological healthcare, as members of multidisciplinary teams.

This is a shared vision for the psychological professions in England. It was commissioned in response to a commitment in the Interim People Plan to develop a national psychological professions strategy to support delivery of the Long Term Plan. It builds on the themes set out in the People Plan 2020/21: action for us all, and aims to help those involved in delivering psychological healthcare, commissioning or designing services, as well as partner organisations, to maximise the collective impact of the psychological professions in improving the wellbeing of service users, carers, families and health and care staff.

Over 2,000 people and 40 organisations have contributed to its development, across psychological professionals, service users, carers and families, other health and care workers, managers, commissioners, universities, professional bodies and the wider public. The development of this Vision was led by the Psychological Professions Workforce Group at NHS England / Improvement and Health Education England, with input from eight professional bodies. The first draft was subject to public consultation from December 2019 to March 2020, and was also shaped by the thousands of contributions to an open online workshop, *Psychological Professions Into Action*.

This vision builds on the priorities of the NHS Long Term Plan and NHS People Plan, but also looks beyond those strategies, to imagine a health and care service in which



Group Agreements

- Make sure everyone is able to contribute
- Keep sensitive details confidential
- Check in with each other
- Try to keep to time
- Feel free to step away if you need to
- Try to avoid jargon and acronyms

How is staff wellbeing important from a peer support worker and service user perspective?

Marie Ash

Senior Peer Support worker, Devon Partnership Trust

EbyE PPNSW Steering Group

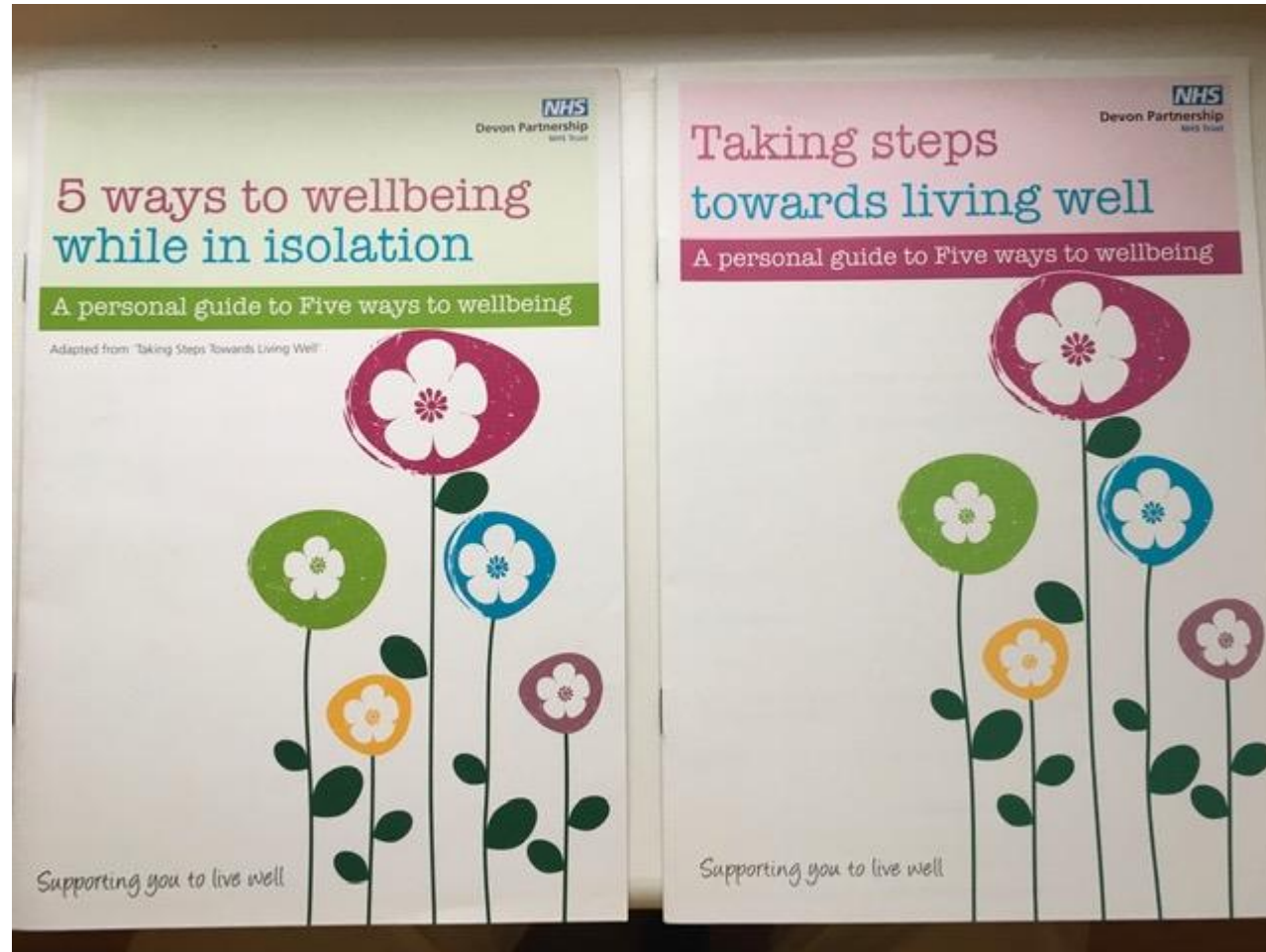
Member

Some reflections

- Vicarious trauma Emotionally distant, the effect on those we support.
- Reflection on personal trauma
- We work in mental health therefore we must be resilient
- Difficulties of putting our heads above the parapet. A true story.
- Perspective of Peer Support how can we help the Psychological Professions
- The high level of staff turnover has on therapeutic relationship
- Challenges when working from home

What can we do?

- Be kind to yourself
- Nurture yourself
- Sing and dance as though no one can see or hear you
- Wear brogues
- Go wild swimming
- Do something that brings you joy



5 ways to wellbeing

- **Connect:** with my physical and mental wellbeing.
- **Keep Learning:** what do I need, what replenishes my wellbeing?.
- **Be Active:** Get in water, dance, go outside.
- **Take Notice:** what is my body telling me I need to do?
- **Give:** Myself time for wellbeing, remember self care is not selfish.

Letter of Hope



Audio version of the letter of hope



Here For Each Other

Our Dorset staff wellbeing service

Meherzin Das
Trustwide Lead for Psychology and Psychological
Therapies, Dorset HealthCare University NHS
Foundation Trust

Interim ICS Lead for Staff Wellbeing





2020... 2021...



Using our established networks

DWAB

Pan-Dorset Wellbeing group

OH Leads group

MHFA group



Match team members to people within the **matrix**:

- HRD
- OH Leads, OD Leads
- Wellbeing Leads, MHFA/wellbeing champions

Partner organisations within our ICS: mapping resources and vulnerabilities

- **Bournemouth and Poole Council**
- **Dorset CCG**
- **Dorset Council**
- **Dorset County Hospital NHS Foundation Trust**
- **Dorset HealthCare University NHS Foundation Trust**
- **Public Health Dorset**
- **South West Ambulance Service Trust (teams within Dorset)**
- **University Hospitals Dorset NHS Foundation Trust**
- **CARE HOMES**

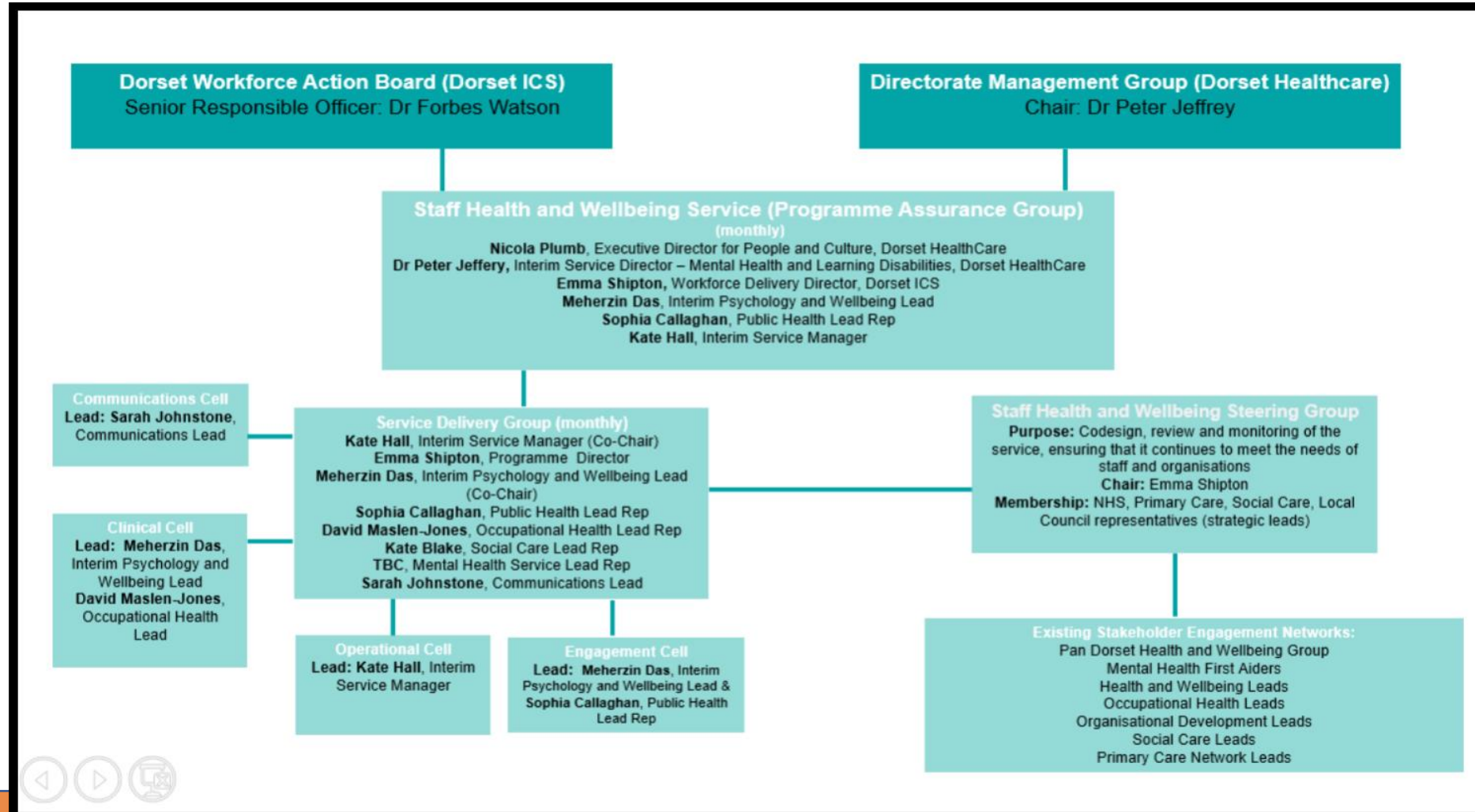


Primary Care Networks
Ancillary services
Voluntary Sector

2 Streams of Funding

- Enhanced Occupational Health and Wellbeing Offer (14 ICSs in England)
- Psychological Resilience Hub (all ICSs)

Governance structure = shared ownership

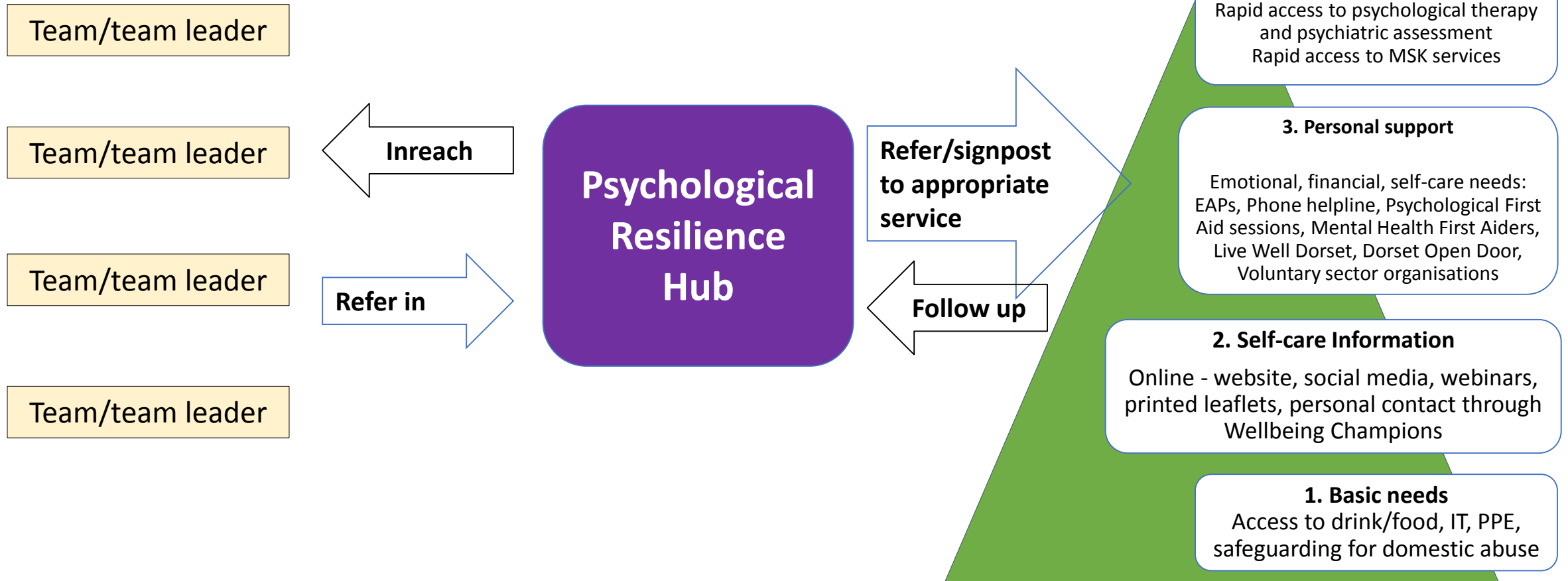


Working together as a team

- It's been energising, exciting and exhausting
- Together we are making a difference
- Colleagues across the ICS are ready to access support with honesty, openness and courage.
- We are passionate about and proud of this service



Clinical Pathway



INTERVENTIONS FOR GROUPS	1-1 APPROACH	LINKING IN WITH OTHER ORGANISATIONS/SERVICES
Suicidality: training, awareness, group support for bereavement, pathway of care, post-vention support	Trauma: EMDR, RTEP	Strategic thinking: Wellbeing strategies, Wellbeing Guardians,
Trauma: post-incident support: TeAR, GTEP and Flash groups	Bereavement counselling	
Drop in sessions for vulnerable groups: BAME, admin, estate/facilities, parenting, shielding groups ...		Including H/W in HR processes: induction, appraisals, wellness plans,
Groups for people on/returning from long term sickness absence	1-1 physio assessment/guidance/onward referral	Mental health services
Multi-modal lifestyle improvement groups	Counselling for life style issues	IAPT service
Physio: improving posture, sleep, diet	Wellbeing Coaching: lifestyle, menopause, sleep, diet	Live Well Dorset
Mindfulness drop in sessions, courses		Links to all partner websites
Schwartz Rounds		
Psychological First Aid sessions	1-1 PFA support	
Chaplaincy: Faith based networks	Chaplaincy: 1-1 support	
Wellbeing Champions and MHFAs	Wellbeing Champions and MHFAs	
'Here for each other' website	'Here for each other' website	

Areas needing bespoke support

Care Homes

- Celebration of survival?
- Attend managers' meetings
- Attend team meetings
- Wellbeing Volunteers: spend the day
- Community of Wellbeing

Primary Care Networks

- 18 PCNs – 80+ GP surgeries
- Push where it moves



Community events

- Blog posts:
music playlist, book recommendations
- Wellbeing calendar events:
world sleep day, mental health week...
- Guest stars:
Dame Kelly Holmes: double gold!



Engagement \neq Communication

- Network of comms leads
- Website continually updated
 - Referral pathway
 - Self help information
 - Trusted helplines and online support
- Complimentary communications content – adaptable to each organisation



Uptake and utilisation

85 individual psychological assessment/therapy appointments within the hub
(from Jan 20 – May 20)

PLUS

- Physiotherapy assessments
- Coaching
- Team support sessions
- PFA sessions
- Schwartz Rounds
- Onward referrals to other services

Page	Page Views	Unique Page Views
	18,918 % of Total: 12.72% (148,690)	15,328 % of Total: 19.91% (77,002)
1. /wellbeing/	5,101 (26.96%)	3,948 (25.76%)
2. /wellbeing/events/	1,827 (9.66%)	1,206 (7.87%)
3. /wellbeing/staff-wellbeing-service/	1,128 (5.96%)	904 (5.90%)
4. /wellbeing/make-a-referral/	1,114 (5.89%)	928 (6.05%)
5. /wellbeing/how-can-we-help-you/	746 (3.94%)	537 (3.50%)

Feedback from Individuals and Groups

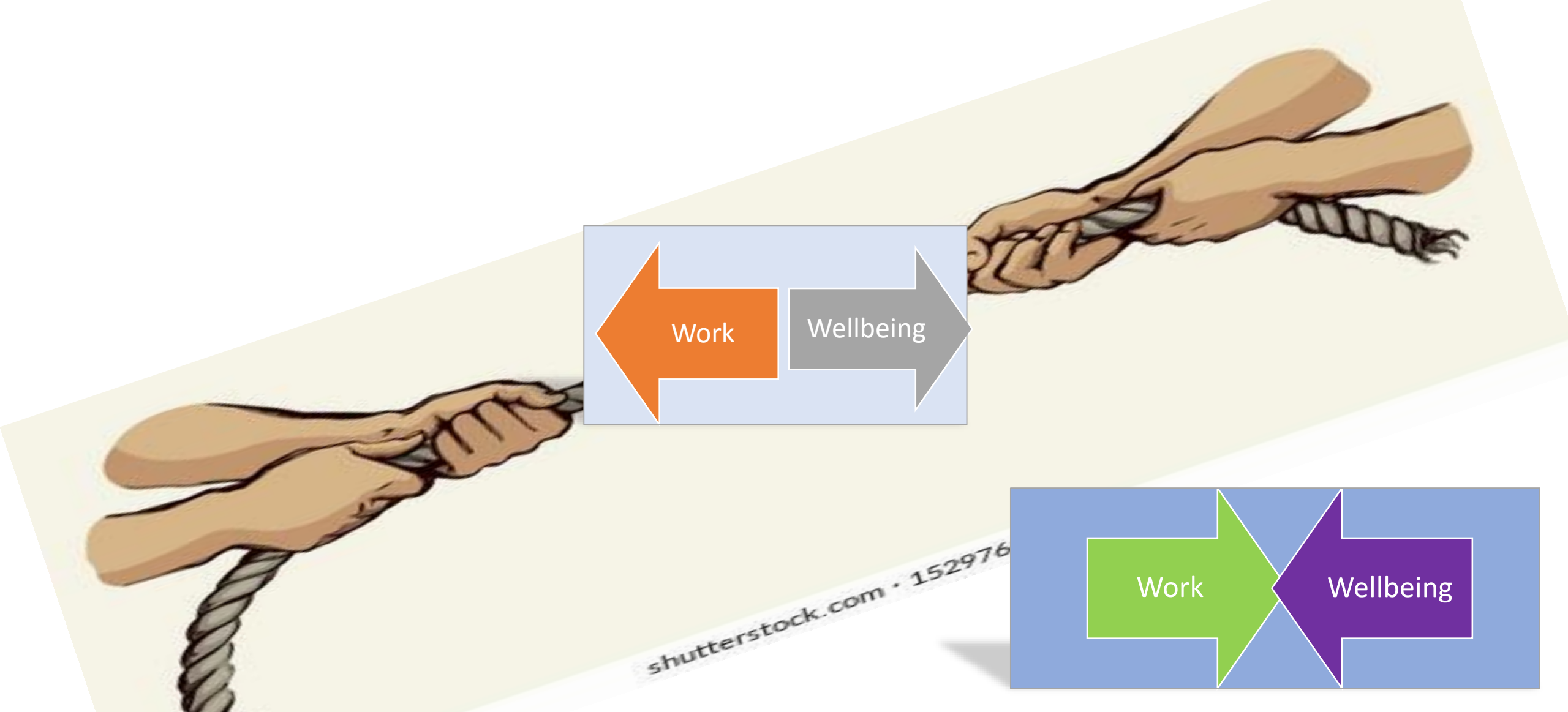
“Thank you very much. I really appreciate this and the fact that you listened and heard me”

“lovely balance of all the elements of needing to look after self, helping others, being mindful of why someone not able to be doing their best”

“I would like to pass on my appreciation....I found speaking with XX very beneficial....very positive about XX and felt able to connect.”

“Thank you [...] it was brilliant and I got so much personally out of it. Very grateful.”





Dorset People Board
 Senior Responsible Officer: Dr Forbes Watson
 ICS Workforce Delivery Director: Emma Shipton

**ICS Transformation (A4)
 People and Culture**

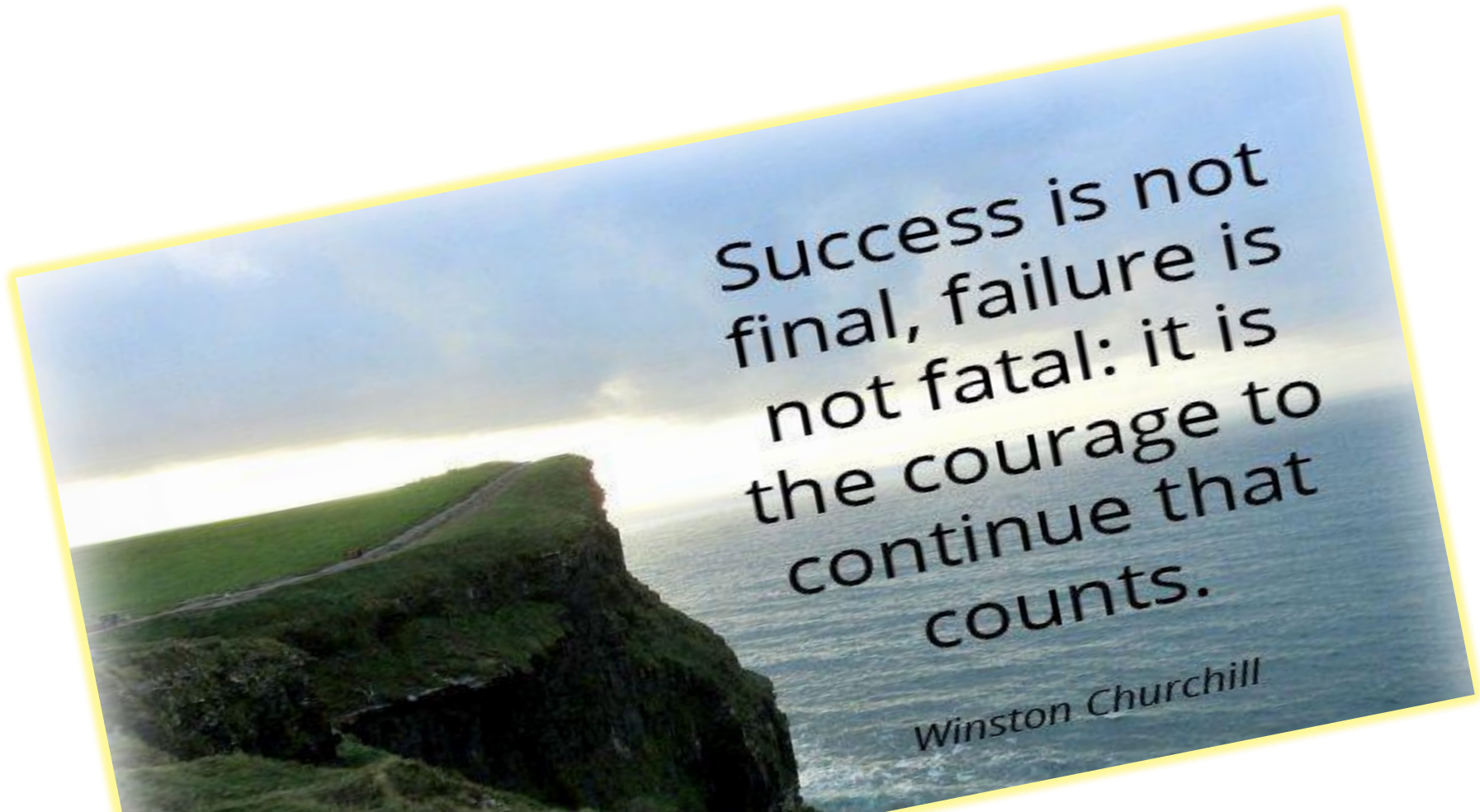
 Exec Lead: Karen Allman
 Programme Director: Emma Shipton

**Integrated Workforce Plan
 Professional Leadership:**

 Nursing: Nicky Lucey
 AHPs: Hilary Hall
 Mental Health: TBC
 HC Scientist: TBC

 Pharmacy: Katherine Gough
 Medical: DME and Dr D Cope, HEE
 Primary Care: Dr Sarnia Ward

Programme	Executive Sponsor(s)	Clinical/Professional Lead(s)	Programme Lead
Staff Health and Wellbeing	Nicola Plumb (Emma Shipton covering)	Meherzin Das	Kate Hall (Interim Service Manager)
Workforce Recovery			
Leadership, Culture, System Development			
Equality, Diversity and Inclusion			
New and Expanded Roles			
Digital Workforce			
Workforce Design and Modelling			
Education and Development			
Pipeline Expansion			
Widening Participation			
Attraction and Recruitment			



Success is not
final, failure is
not fatal: it is
the courage to
continue that
counts.

Winston Churchill



Email: dpt.devonwellbeing@nhs.net

Web: www.devonwellbeinghub.nhs.uk

Devon Wellbeing Hub

Dr Jo Cheffey

Lead Clinical Psychologist, Devon Wellbeing Hub

Jonny Wilkins

Clinical & Operational Manager, Devon Wellbeing Hub

A scenic landscape photograph showing rolling green hills, fields, and trees under a clear sky. The text is overlaid on this image.

Supporting colleagues in healthcare, social care and the police

I'M LOOKING FOR

[Support for myself](#)

I'M LOOKING FOR

[Support for a colleague](#)

I'M LOOKING FOR

[Support for my team](#)

LEARN

[About the Wellbeing Hub](#)

INTRODUCTION

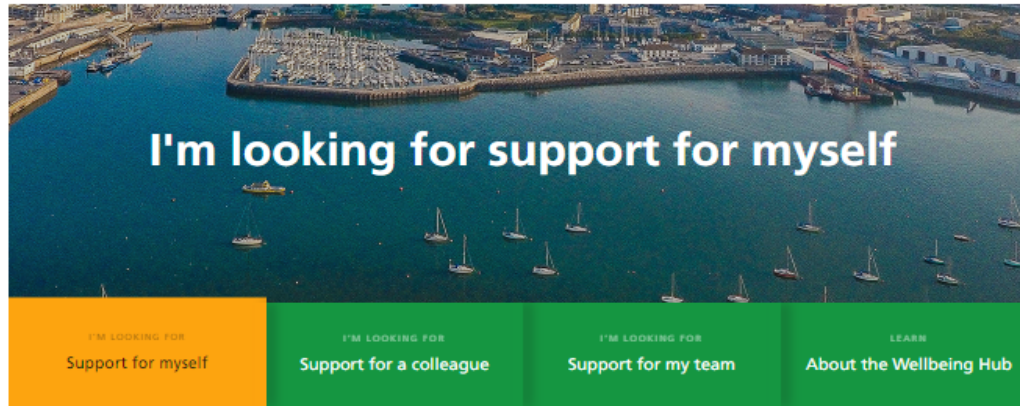
Welcome to the Devon Wellbeing Hub

The past year has been incredibly challenging, with COVID-19 having a huge impact on us all. As key workers, you have been working incredibly hard and supporting others, but have you had the time to think about how you're feeling during this time?

Whether you're anxious and overwhelmed, struggling to cope with the pressures of your job during the pandemic, or having difficulties in your home life, we're here to help you.

If you are struggling with any aspect of your wellbeing at all, or you lead a team who would benefit from support, find out more about how we can help you today.

[ABOUT US](#)

[HOME](#) > [SUPPORT FOR MYSELF](#)

Get the help you need

You have been working hard in crucial roles through what has been one of the most challenging times in living memory. We know that it's often been hard to take that time for yourself when it feels like there are so many people relying on you. Getting support with your own wellbeing doesn't have to be a challenge – we're here to help you to find the next steps forward, whatever issues you're dealing with.

How we can help

Our service is completely confidential. We can help with a range of issues, whether they're related to the pandemic or not. We can support you with managing stress and emotional wellbeing, financial worries, domestic violence and relationship issues or any other concerns you're facing with your wellbeing. Whether you need specific advice or you're just finding everything 'a bit much', support is just a phone call or email away. We are an inclusive service and open to anyone working in healthcare, social care or the police in Devon and Plymouth. We recognise that everyone working in these settings has been dealing with the impact of the pandemic in their work and personal lives. It's now more important than ever to look after your own wellbeing, so get in touch today to see how we can help you.

What happens next?

You will be offered a 1:1 telephone or video call for a wellbeing assessment appointment lasting for around 45 minutes. You will speak with a qualified and understanding NHS clinician who will compassionately listen to you about how you are feeling, and together you'll develop a Colleague Wellbeing Plan with your next steps.

Your plan may include referring and signposting you to a wide range of services available to you across Devon, including services provided by your own employer; the NHS and other statutory services. The Devon Wellbeing Hub is designed to be a single place where someone concerned about their wellbeing can come, unpick their needs and be supported to get to the right services quickly.

Getting in touch is simple, just email us at dpt.devonwellbeing@nhs.net, or give us a call on 0300 303 5455. For urgent mental health support 24/7 please contact the [Plymouth First Response Service](#) or the [Devon First Response Service](#), depending on where you live.

A large banner image featuring a red and white lighthouse against a blue sky with light clouds. The text "I'm looking for support for a colleague" is overlaid in white.

I'm looking for support for a colleague

I'M LOOKING FOR
Support for myself

I'M LOOKING FOR
Support for a colleague

I'M LOOKING FOR
Support for my team

LEARN
About the Wellbeing Hub

[HOME](#) > [SUPPORT FOR COLLEAGUE](#)

Getting help

Are you worried about a colleague? Have you noticed that they're not quite themselves, they're struggling with issues in their personal life or that they are finding it hard to cope with what they have experienced during the pandemic and the pressures of their job?

If you're a manager or work in occupational health, you can refer a member of staff to the Devon Wellbeing Hub. To do this, we will need you to provide us with contact details for the member of staff you wish to refer and an explicit statement that they have consented to be referred to us. We will then contact them to take further details and book a wellbeing assessment.

What happens next?

Your colleague will speak with a qualified and understanding NHS clinician who'll compassionately listen to how they are feeling and any concerns they may have. Together, they will develop a Colleague Wellbeing Plan with their next steps. We will then be able to refer and signpost them to a wide range of services available across Devon, including services provided by your own employer; the NHS and other statutory services.

Referring a colleague is simple, get in touch by emailing us at dpt.devonwellbeing@nhs.net, or by calling on [0300 303 5455](tel:03003035455) – we will also be happy to answer any further questions you have.

For urgent mental health support 24/7 please contact the [Plymouth First Response Service](#) or the [Devon First Response Service](#), depending on where you live.

I'm looking for support for my team

I'M LOOKING FOR

Support for myself

I'M LOOKING FOR

Support for a colleague

I'M LOOKING FOR

Support for my team

LEARN

About the Wellbeing Hub

[HOME](#) > [SUPPORT FOR TEAM](#)

Team wellbeing support

Have you noticed that your team energy is low, or that colleagues are collectively experiencing difficulties following distressing and stressful events arising from COVID-19? You'll likely have been working flat-out for a year in pressured conditions, and you may be struggling as a team. We're here to help you.

We welcome requests from managers who would be interested in group support for their team. You'll meet with a clinical psychologist, who can assess the needs of your team before tailoring support to you. This may include reflective practice, supervision and coping strategies to help improve the psychological wellbeing of your whole team.

We offer two types of support to teams:

Responding to teams who are experiencing difficulties

This will most likely be in response to the COVID-19 pandemic. A series of reflective practice sessions will be offered to the team, giving them a platform to speak together about their experiences and support each other, as well as providing an opportunity to think about how to move forward as a team. This will be a confidential space to enable staff to speak openly. The group is not about providing therapy, but to help facilitate a discussion about people's experiences in a safe and contained space.

Sustaining team wellbeing

This can be offered via a consultation between the psychologist and team manager, working towards creating a Wellbeing Strategy for the team. We will focus on the psychological and emotional aspects of maintaining staff wellbeing at work. This may take the form of strategies focusing on enhancing staff's skills and knowledge, increasing motivation, job satisfaction and emotional wellbeing.

Whatever experiences and issues your team are facing, there is support available. If you would like to make a request for team support, please contact us. Either give us a call on [0300 303 5455](tel:03003035455), or email us at dpt.devonwellbeing@nhs.net, mentioning 'team support'.

For urgent mental health support 24/7 please contact the [Plymouth First Response Service](#) or the [Devon First Response Service](#), depending on where you live.

Team support offer

- Criteria: COVID pandemic related
- Referrals from Team manager
- Consultation, **assessment**: 1-2 hours
- **Formulation led**: what's happened, impact on team, maintaining factoring, what helps, the past (previous team functioning, team relationships etc)
- Agree a plan - Wellbeing workshop
 - Reflective Practice sessions (max. 3)

Team support offer

Emotional Health & Wellbeing workshop

- Psychological impact of working through pandemic
- Space to reflect and share experiences
- Normalising: “its OK not to be OK”
- Warning signs of stress, burnout, common MH problems, vicarious trauma and moral injury
- Psychological First Aid/Psychological safety at work
- Looking after self and each other at work

Team support offer

Emotional Health & Wellbeing workshop


- Psychological impact of working through pandemic
- Space to reflect and share experiences
- Normalising: “its OK not to be OK”
- Warning signs of stress, burnout, common MH problems, vicarious trauma and moral injury
- Psychological First Aid/Psychological safety at work
- Looking after self and each other at work

Team support offer

Reflective Space sessions

- Less structured
- Share experiences of being at work through the pandemic
- Quiet protected space to reflect and process
- Support and learn from each other
- Facilitated discussion, draw out themes
- Confidential (with/without manager)

Two months in: progress so far.....

- Busy!
- Broad range of referrals: NHS acute and community, social care, public health, care homes
- Challenges: estimating demand, providing a meaningful intervention
- Working with distress, anger, moral injury
- Future: pandemic related  Sustaining team wellbeing, using PIE

Staff Wellbeing

(Mini) Service Evaluation

Dr Emma Rawcliffe
Principal Clinical Psychologist
IPMS - Liaison Psychiatry, Exeter



Clinical Psychology Initiatives

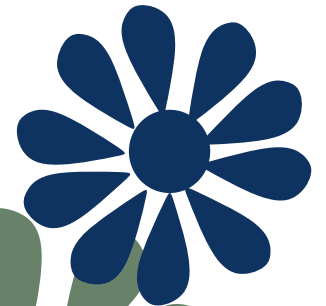
- Psychological support (including Eye Movement Desensitisation & Reprocessing (EMDR) 'decompression' and 'resourcing' strategies, grounding techniques, (ad-hoc) clinical supervision, and signposting as appropriate
- Taking Five (inviting staff to take five minutes at the beginning of the day to invite some calm amidst any busyness or uncertainty)



Outcomes...

Staff Support

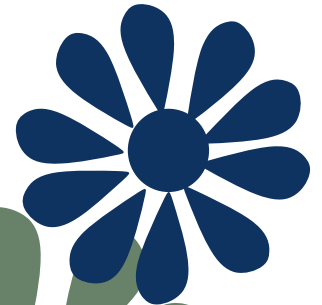
- Was the Service useful to you?
 - *“I was experiencing work related stress and I became aware this was impacting my sleep and general emotional health. [Emma] enabled me to let go of the difficult emotions I was holding on to. Emma also made sure I was aware of techniques I could use after the session to manage stress and to help with sleep”.*
 - *“This was an extremely useful forum to discuss [area of concern], especially in the context of the pandemic and the pressures the service was under. This allowed insights and perspectives which I feel were helpful in reducing stress”.*



Outcomes - Staff Support

Supporting you to live well

- Did the service inform your clinical practice?
 - *“Absolutely! Being able to view situations from alternative perspectives and understanding helped with working relationships. I feel this improved my capacity to [address area of concern] – being able to ‘sit with’ uncertainty and speak honestly in challenging situations”.*
 - *“At the time of the meeting I was concerned that I was experiencing [area of concern] however on discussing it further I was able to reflect and understand this as being more about a [protective element]. This has enabled me to ‘reset’ my compassion and how I feel about the work I do”.*



Outcomes - Staff Support

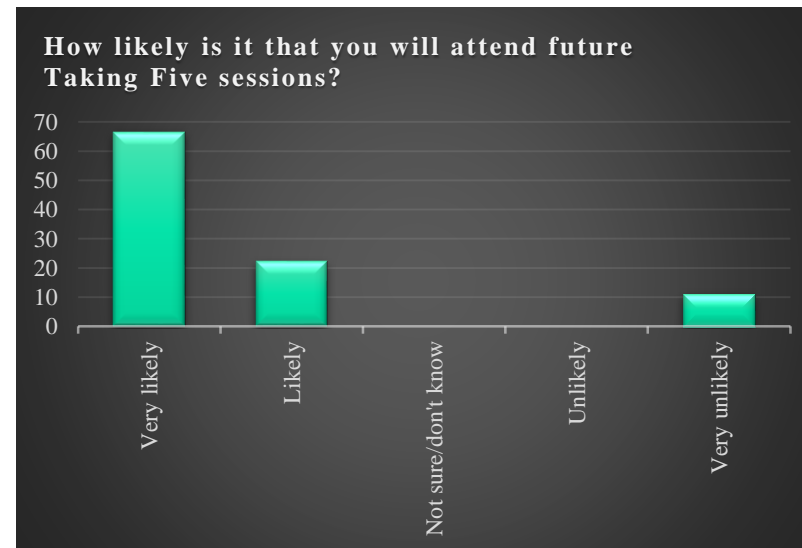
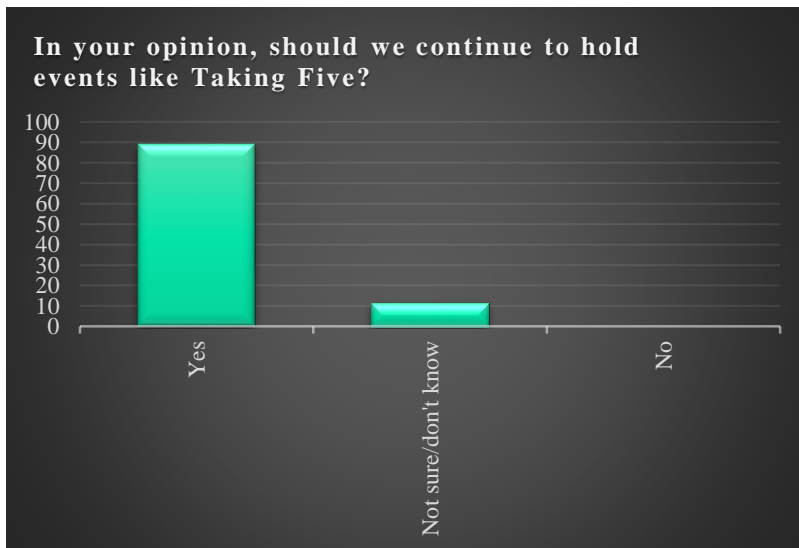
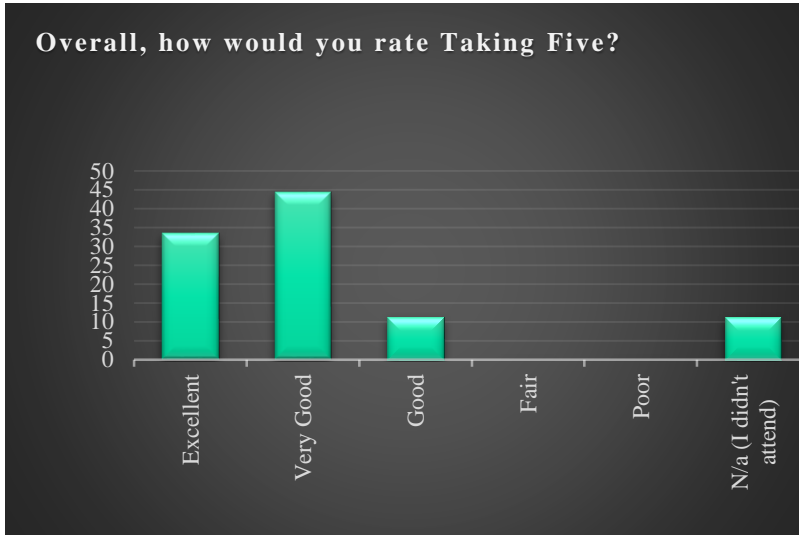
Supporting you to live well

- Anything more to add about the service you received, please provide your comments?
 - *“Please continue to offer Liaison staff access to psychological support. I believe staff are subject to unique working conditions that make them vulnerable to stress and compassion fatigue”.*
 - *“I really appreciated having this support available and I think it is an excellent idea to extend this so all teams have this space and opportunity for ensuring staff wellbeing, which in turn can increase staff retention in the longer term by ensuring they have the support if needed, when they need it”.*



Outcomes - Taking Five

Supporting you to live well



Main conclusions

Supporting you to live well

- The emergence of IPMS mandates the further development of sophisticated psychological mindedness across specialisms especially at the frontiers between physical and mental health
- The Clinical Psychology initiative within Liaison Psychiatry has provided an opportunity to ascertain from staff what they require to be resourced to work in increasingly psychologically-informed ways and to enhance their understandings of the mind-body relationship for the patients we work with, their carers, and the wider healthcare system



Break out rooms

- We will now take a 10 minute comfort break
- Please remain in the meeting and then you will be automatically allocated to break out rooms
- Rooms will contain a mix of professions and experts by experience from different regions to enhance discussion
- At the end of the break out session you will automatically be returned to the main meeting
- The facilitators will gather feedback from the discussions
- Break out sessions will not be recorded. Please have your camera on if you are able to.
- **If you have any IT issues please email ppn-sw@exeter.ac.uk**



Questions for Breakout rooms

1. What challenges and barriers are there in offering staff support?
2. How might support be offered within a multi-cultural setting?
3. How can mental health workers access wellbeing support themselves?

Next steps

Phil Self
Co- chair of PPN SW

Save the date:

Our next Stakeholder Event will take place on
Thursday 23rd September from 2-4:30pm