



SUMMER 2022 LONDON PPN NEWSLETTER

Welcome to the latest edition of the PPN London newsletter, which presents some updates across the capital for the month of JUNE, and some future events (so do click on the links!)

Trauma-informed approaches within mental health settings

The London PPN team are working alongside the Safety in Mental Health Settings (SiMHS) team sponsored by the Cavendish Square Group to produce a joint paper to acknowledge the principles of trauma-informed approaches and their potential value in our in-patient services. Our hope is to be able to explore the benefits of trauma-informed care. Consultants with lived experience of our services are integral to the process, and are advising on improvements we can make to service user experience of in-patient settings across the capital. The SiMHS Community of Practice will continue to hold trauma informed meetings over the following months and develop a trauma support and shared learning space. Many thanks to our amazing consultants for persevering with us along this journey.



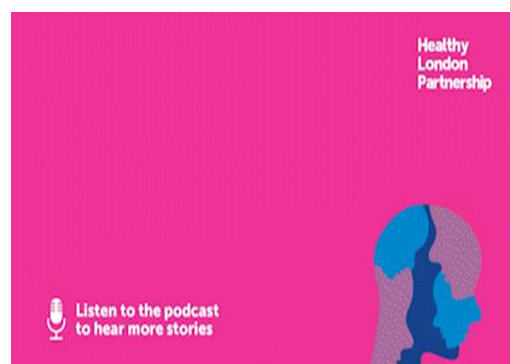
Health Education England



Increasing awareness and raising hope for personality disorders

There is a legacy of confusion and controversy around diagnosis, language, what it means and how it impacts individuals. The complexity of understanding a personality disorder can lead to misunderstanding this range of mental health conditions. Yet it is estimated that 10-13% of the population will experience symptoms or behaviours related to the various formally diagnosed conditions.

Now a team of people who have mental health and social difficulties commonly associated with the diagnosis of 'personality disorder', supported



by Healthy London Partnership, is launching a campaign to raise awareness of a condition which can result in rejection, distress, and stigma, rather than support.

The campaign centres on a series of podcasts, devised, produced and led by those with lived experience of personality disorder, to increase awareness and understanding of the conditions, and raise hope regarding support and treatment options.

As one of the participants in the podcasts says: "People can be blamed by their friends, family or society for the behaviour that can result from this disorder... This feeling of being misunderstood can result in disconnection from others."

Personality disorders can be difficult to diagnose, and in the past, there has been controversy as to how much treatment can help. Diagnosis can help make sense of the condition – both for the person and for their family and friends. But for others, it may result in feeling marginalised by healthcare services, family and community. There is a need for more training, better access to information and, for some, a mindset change when it comes to improving the experiences of people seeking support.

Listen to the podcast, and find out more about personality disorders [here](#)

Survey of Clinical Psychology Posts in Physical Health 2022

Do you want to help better shape the psychological workforce? Do you have a lead role in a psychological service? Or are you within a smaller service and act as the only psychologist within the service? The British Psychological Society, Division of Clinical Health Psychology workforce and training committee have produced a survey focused on updating the Clinical Health Psychology posts in the UK. The data collected will support the strategic development of services and in workforce planning and training. The aim is to have a positive further expansion of psychology posts in physical health, particularly at a time of increased demand.

If you are interested, you can find the survey [here](#). The survey deadline for involvement is: 1st July 2022.

Women's Mental Health

The acknowledgement of gender health inequalities is vital. The latest statistical figures from the Office for National Statistics present that women living in the most-deprived areas have a higher incidence of poor mental health and are more likely to have early-onset dementia compared to those in the least-deprived areas. Alongside the Women's Health Strategy, the King's Fund are launching a free online event focusing on reducing women's health inequalities in the most-deprived socio-economic areas. The event focuses on the challenges of improving women's mental health in the most-deprived areas to address health inequalities and improve treatment for women; successful case studies will be showcased: **The event is scheduled for the 29th June 2022 from 12.00-1.00pm.** To join the event, please sign up [here](#)

Celebrating NHS Knowledge and Library Services in England

NHS Knowledge
and Library Services



AWARENESS WEEK

#KLSNAW

June marks the second NHS Knowledge and Library Services Awareness Week (#KLSNAW). Between the 13th – 18th June 2022, we are celebrating the invaluable work these services have provided since they launched in January 2021. They have been involved in establishing a range of high-quality products and services to support frontline staff and local library teams across England, such as the Knowledge and Library Hub which contains a collection of information and learning resources available 24/7 for NHS staff and learners. Importantly, having the NHS knowledge and library specialists work directly with frontline staff allows for staff, trainees and students to grow professionally and personally in their career. This leads to improvements in patient care and outcomes. To celebrate, share and follow the positive work of these services during awareness week, use the #KLSNAW on social media.

Pride Month

June is also Pride Month, the annual celebration for the LGBTQ+ community across the globe. This year marks the 50th anniversary of Pride and though there have been continuous improvements within the community, there are clear



attitudes and injustices that still remain. It is important to mark our continued support, raise awareness, improve attitudes in society and encourage inclusiveness. For the first time in two years, since the COVID pandemic, the annual parade in central London will be happening in person, taking place on the 2nd July 2022. **Find more about the annual event and how to take part [here](#)**

Other Events

The London team will be representing the PPN at the **Annual Division of Counselling Conference on the 15th & 16th July 2022**. Our stall will be found there. If you are planning on attending the conference, please do join us and say hello.

Find out more about the conference [here](#).

For regular updates and information about events, follow us on Twitter [@LondonPPN](#)