

Welcome...

...to issue number 6 of your quarterly Psychological Practitioner Community of Practice (PP CoP) newsletter.

As we begin December we'd like to wish all our members happy holidays, whether you have already celebrated Bodhi Day, or are looking forward to celebrating Christmas, Yule, Hanukkah, Kwanzaa, or are not celebrating at all. As the weather gets colder and evenings are darker, we hope you are staying warm, safe, and caring for yourselves through the winter months. It may be that you choose to take a moment of self-care, sitting with a hot drink and reading this latest edition of the PP CoP Newsletter, enjoy!



In this edition you will find articles on a range of events that have taken place since our last issue, including the PPN NW Annual Conference, PP Week 2024, and the BPS Careers Festival 2024.

We have also introduced a new feature to the newsletter, where we highlight examples of good practice from across our PP roles and the NW region. We have 2 articles in this issue provided by PP CoP members - if you feel inspired to provide your own example of good practice to share with our community, please get in touch! We look forward to hearing more to allow us to share with one another and connect our fantastic NW workforce!



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Event Summary: PPN North West Annual Conference - 14.11.2024, Bolton Arena

On Thursday 14th October a range of Psychological Professionals from across the North West headed to Bolton Arena for the day to join the PPN NW Annual Conference.



Attendees were welcomed to the day by PPN NW Co-Chairs, Gita Bhutani and Liz Kell, and PPN NW Programme Lead, Phil Gooden. They were supported throughout the day by a range of inspiring speakers, including:

- John Herring (Director of Organisational Development and Culture, NHS Greater Manchester Integrated Care) - *Keynote Speech: Identity & Culture*
- Ali Bryant, Bev Liver, Hilary Tetlow, Keith Holt, & Joe Keaney (Experts by Experience) - *Talking Heads: Experience of Psychological Professions*
- Ali Wheeler (Chief Executive Officer, We Mind The Gap) - *Keynote Speech: Diversifying and Engaging the next generation of Psychological Professions*
- Reb Aziz-Brook (Assistant Psychologist, LSCFT & PPN NW), Kate Ballout (Trainee Psychological Wellbeing Practitioner, LSCFT), & Ste Mulhaney-Clements (Trainee Clinical Psychologist, University of Liverpool) - *Talking Heads – Less Common Routes into Psychological Professions*

As well as the opportunity to hear from these wonderful speakers, the day was interactive, with workshop opportunities for attendees to engage in:

- Gita, Liz, & Phil - *Workshop: Identity and the Psychological Professions - Creating a Cohesive Brand*
- Leon Pietrzak (Development Manager - Youth Engagement, NHS England) & Will Curvis (Clinical Psychologist, University of Lancaster) - *Workshop: Attracting the Next Generation of Psychological Professions*

Continued below.

*Theme of the day:
How we shape a cohesive identity as a wide-ranging professional group, and how we can use this identity to attract and diversify the next generation of Psychological Professionals.*

Continued.

The pre-lunch workshop (Creating a Cohesive Brand) split the room into small, mixed groups, with the aim of developing a 200-character or less 'brand statement' to describe what Psychological Professionals do. The statements were narrowed down by attendee vote, and then the top results shared with Bolton Arena staff who selected...

“Listening and talking with you, helping you make sense of what you are going through to feel better.”

As Psychological Practitioners, this certainly seems to capture the essence of what we do. What are your thoughts?

This conference marked the 11th year of the PPN NW, and places at the event had quickly been filled (with a waiting list too!) demonstrating the passion of the Psychological Professionals working across our region. It was great to see a number of Psychological Practitioners in attendance also (including some of your PP CoP co-chairs), bringing our voices into the discussions on identity and representing our roles.

For a more detailed overview of the day, there is an excellent blog post written by Ali Bryant (Expert by Experience) that can be found on the PPN NW Blog [here](#).

If you weren't able to join the conference this year, keep an eye out for further details of the 2025 conference and do consider joining us next year!

Event Summary: PPN Week 11th-15th November 2024

This year Psychological Professions Week ran from Monday the 11th to Friday the 15th of November.

A range of sessions were delivered by representatives across the seven PPN regions, all completely free of charge. These sessions are aimed at qualified, trainee, and aspiring Psychological Professionals (across all PP roles); Experts by Experience and people with lived experience; policymakers; education, workforce, and career leads and teams; NHS commissioned service providers; and members of the public with an interest in the psychological professions and NHS services - a wide audience indeed.

The opening presentation of the week, delivered by Adrian Whittington (National Clinical Lead for Psychological Professions, NHS England), is available to view online [here](#), with the supporting slides and additional information from PPN week also available [here](#).



**Psychological
Professions Week**

11 – 15 November 2024

In The News: Our own PWP Co-Chair Elspeth Ward...



For those members in the right area to access the Lancashire Post, you may have spotted our Co-Chair representing PWPs and PPN New Roles Fellow, Elspeth Ward popping up in the paper during PP Week. Elspeth was featured in an article describing her 18 year career in the Psychological Professions and discussing the wider PP roles available.

If you wish to have a read, the article can be accessed online [here](#). Well done for representing Psychological Professionals, and in particular Psychological Practitioners and PWPs Elspeth!

Event Summary: PP CoP @ BPS Careers Festival 2024

For the second year running the NW PP CoP were invited to participate in the British Psychological Society's online Psychology Careers Festival event. This event reaches a wide audience of current and aspiring psychology graduates and undergraduates across the UK, helping them explore the routes they may like their psychology career to take them. Your CoP co-chairs were excited to get involved in this, with the support of some CoP members, to help spread the word about the Psychological Practitioner roles and the career options these roles bring. Last year our presentation focused on the roles themselves, whereas this year the focus was on the training experience of becoming a Psychological Practitioner. The event itself was a great success, with an interested audience and some thoughtful questions posed and answered.

The CoP co-chairs would like to thank the following Psychological Practitioners for their involvement and contributions to the day (we couldn't have done it without you!):

PWPs: Abby Williamson (Everyturn); Victoria Critchley, Abby Lynch, Kate Ballout and Vongai Tapa (LSCFT)

CYWPs: Amy Newton (YPAS); Laura Spence (Alder Hey); Sophie Maylor (CWP)

EMHPs: Charlotte Carl (Rochdale MHST); Lucy Ives (Stockport MHST)

MHWPs: Rachel Wharton (We Are With You, Liverpool)

(And an extra thank you to Elspeth for chairing and coordinating the event.)

**BPS PSYCHOLOGY
CAREERS FESTIVAL 2024**



As a new feature of the newsletter we will be sharing and highlighting examples of practice from Psychological Practitioners around the North West, in all of the PP roles. Please get in touch with one of the co-chairs if you have an example you'd like to share!



Practice Example: Power of Collaboration in Supporting Young People - A Success Story

Provided by Cheryl Haigh, CYWP, Pennine Care

This past summer, Child and Young Persons Wellbeing Practitioners (CYWPs) and Educational Mental Health Practitioners (EMHPs) from across Pennine Care CAMHS collaborated to deliver the **Big Emotions** intervention at #THRIVE in Heywood. This initiative provided young people with a valuable opportunity to learn coping skills and strategies to regulate their emotions.

“We appreciate the time and support offered to my child during the holidays. We will continue to practise the strategies and they are helping.”

Held during the school holidays, the sessions not only supported emotional well-being but also fostered friendships and helped participants prepare for their return to school in a structured and nurturing environment. Led by a dedicated team of professionals, the program created a space for young people to feel supported, connected, and more confident.

We are proud of the positive feedback received from both young people and their parents, reflecting the lasting impact of the program. This success demonstrates how the collaborative efforts of CYWPs and EMHPs have made a meaningful difference.

A heartfelt thank you to all the practitioners who contributed their expertise and commitment, helping to make this initiative such a positive experience for everyone involved.

Mark Wood (Manager MHST), Geraldine Brice (Team Leader #THRIVE), Alba Butron (Team Leader MHST), Ian Duncan (Team Leader MHST), Hannah Underhill, (EMHP), James Burke (EMHP), Amelia Newman (EMHP), Beth Selway (EMHP), and Cheryl Haigh (CYWP).

“Big Emotions has helped me a lot. I liked doing the self-soothing box best.”

Practice Example: Working as a CYWP in the Clinical Health Psychology Team



Provided by Alanna Tayefi, CYWP, Alder Hey

I have been working as a Children and Young Person's Wellbeing Practitioner (CYWP) at Alder Hey hospital since January 2023. During this time, I have been working to incorporate therapeutic methods that are usually used in mental health settings into the physical health care environment. This year has also been spent focusing on how to create a stepped-care approach within the service, which has started to have an impact on the waiting times of the service.

In my experiences so far, I have found that providing psychoeducation on the physiological and emotional aspects of anxiety has supported young people to understand their emotions better and equipped them with tools to manage their anxiety, building resilience in the process. I am hopeful that providing young people with these skills will have long-lasting benefits, empowering them to feel more in control of their emotional responses in the face of ongoing health challenges. I have also found that educating parents on how to avoid reinforcing anxiety and offering strategies for effective support is a crucial element in providing holistic care. Parents' emotional responses to their child's illness often affect the child's anxiety, helping families find balance in their approach to supporting their child's emotional health has therefore made a positive difference.

Working in this field has been a great learning experience and although it is still in its beginning stages, I am confident that the role of a CYWP can bring a positive impact into physical health settings.

Psychological Professions Network North West: Psychological Practitioners CoP 2025 Calendar of Events: *Coming Soon!*



We're finalising an exciting calendar of events for 2025 and will share this with you via the PP CoP mailing list as soon as it is ready, and will also include it in the next issue of the newsletter in March. In 2024 we saw our CoP grow, with more practitioners across the different roles attending our online events. We look forward to seeing even more of you in 2025... spread the word!

Remind your peers, colleagues,
and key stakeholders to...

Check out our website...

You can find our CoP webpage
via the main PPN website at...



www.ppn.nhs.uk/north-west



Find and connect with
us on LinkedIn...

Psychological Professions Network North West

Your CoP co-chairs, as well as many of the PPN regional networks, can be found on LinkedIn. If you use LinkedIn, come and make some connections with us, and one another, and see what we're up to as Psychological Practitioners.

JOIN THE
PPN



Membership of the Psychological Professions
Network brings you:

- Updates on regional and national NHS policy developments
- Debates and consultations where you can learn from and influence colleagues and commissioners
- News about our and other organisations' activity, including CPD and events
- PPN regional events and annual PPWeek celebrations, including national conference and regional sessions
- Communities of Practice – join or start special interest groups across the region with our support

Membership is free and open to psychological professionals, trainees, experts by experience, and other stakeholders – join at ppn.nhs.uk/register

Do you have an idea, or something to submit, for our newsletter?
Or can we encourage you to join our newsletter team?

We are keen to engage our membership in developing content for this newsletter. We are looking for news, examples of good practice, shared learning, research or any other ideas/suggestions you feel would benefit our PP CoP.

If you are unsure about writing your piece up, please reach out to us with the idea and we can either write it for you, or give support to get it ready. We would love to build a team of people to develop this newsletter, to make it truly representative of the CoP membership and ensure content is interesting and relevant to all!

For issue 7, content requests (or submissions of ideas for inclusion) are required by the second to last week of February 2025. Please send directly to Kirsty at:

kirsty.mcneilis@gmmh.nhs.uk

*Issue 7 due out around the
second week of March 2025.*

Thank you!