

WINTER 2023 NEWSLETTER LONDON PPN



Welcome to the Winter edition of the PPN London Newsletter

As the year draws to a close, PPN London extends seasonal greetings to all members. In this Issue we celebrate recent events, particularly relating to Psychological Professions Week which had record high attendance across the country this year, and share the latest updates and activities as we approach the start of 2024. As a network, we are always interested to hear about what is happening in your profession and area of work. Please do get in touch to share any stories, celebrations, questions and/or insights that are important to you.

Spotlight: Health Psychology

Health Psychologists are a member of the psychological professions taxonomy which includes a 'family' of more than 20 professions. Health Psychologists specialise in working with people, and their families, who have physical illnesses and long-term conditions, and they undertake specialist training in the management of the psychological and emotional aspects of health and illness. They use their skills and knowledge of psychology to promote wellbeing and healthy behaviours so people can make improvements to their health (e.g., increase exercise, stop smoking). They also apply psychological insights and

behavioural science to optimise health care working practices, to improve system support for patient and staff health and wellbeing outcomes.

Find out more about the role of Health Psychologist here:

[PPN - Health Psychologist](#)

New national NHS England programme

Although Health Psychologists are one of the 20+ psychological professions, they are currently under-represented in NHS Trusts. In 2023, NHS England funded seven Trainee Health Psychologists to lead on a two-year National pilot programme, with one trainee hosted in each of the 7 PPN regions. In this particular programme, the trainee health psychologists are applying theories, evidence and methods from behavioural science, and engaging organisations in the development of new ways of working. Trainees work where behaviour change is required to support workforce transformation or redesign, as well as delivering a range of health psychology and behavioural science-based training, consultancy and psychological intervention (e.g., supporting staff health and wellbeing)

Ultimately trainees will achieve the requirements of the Qualification in Health Psychology (QHP) through the British Psychological Society (Stage 2 training route) to become Chartered Psychologists and Health Psychologists, and we hope, continue their careers in the NHS.

Find out more about the BPS QHP route here:

<https://www.bps.org.uk/qualification-health-psychology-stage-2>

Introducing Kate Hurst (London):

Kate Hurst is one of the seven trainee health psychologists, based in London and hosted within the Tavistock & Portman NHS Foundation Trust and within the North Central London (NCL) Integrated Care Board (ICB). Kate's work has focussed on the Children and Young People's Mental Health (CYPMH) Programme. The

CYPMH Programme aims to improve children and young peoples' experience of mental health services, improve outcomes, and develop a skilled workforce. Kate is supporting her organisation to initiate, deliver and evaluate workforce redesign and transformation programmes.



Dr Kate Hurst (Health Psychologist)

One key area of work that Kate is leading is the evaluation of the NCL Waiting Room, a comprehensive mental health and wellbeing platform designed to help young people, parents, carers, and professionals navigate support and help resources. Kate will be exploring user experiences, and the acceptability of the NCL Waiting Room as a waiting list intervention.

To find out more about the Waiting Room, access the tool here:

[Welcome to the Waiting Room \(nclwaitingroom.nhs.uk\)](https://nclwaitingroom.nhs.uk)

Kate is also leading the development of a more effective approach to responding to the physical health needs of patients at the Tavistock & Portman alongside the treatment they are receiving for their mental health. There is a large evidence base indicating poor physical health outcomes for individuals who have existing

mental health condition (Naylor et al, 2012). Initial scoping work has involved Kate facilitating workshops for patients on specific health behaviours such as sleep and physical activity, co-developing staff and patient surveys to establish current need from a physical health provision and why, as well as examining the current evidence base. Kate will be conducting a Quality Improvement project redesigning the way information about physical health needs are recorded and support staff to meaningfully engage with patients to address needs.

In 2024, Kate is looking forward to developing 1:1 and group psychological interventions to support sustained workforce change and transformation. Kate will utilise behaviour change models (for instance, COM-B and the Behaviour Change Wheel) to guide the interventions by identifying specific workforce challenges and help the workforce to reflect and understand their own behaviour before designing and developing behaviour change interventions to address the challenge and improve outcomes. Kate is also looking forward to developing and delivering teaching and training sessions on Health Psychology and behaviour change models to NHS workforce groups to upskill these teams, with the aim of fostering psychologically informed practice.

To find out more access the website for the Health Psychology in Workforce Redesign website:

[Health Psychology Workforce Transformation Programme | Health Education England \(hee.nhs.uk\)](https://www.hee.nhs.uk/health-psychology-workforce-transformation-programme)

To join our mailing list and stay updated about the national project please complete the form here: <https://forms.office.com/r/C0n3UwQWAv>

If there's anything else you would like to know about this work or have any questions for us please get in touch:

Elizabeth2.jenkinson@uwe.ac.uk or contact Kate Hurst directly on: khurst@tavi-port.nhs.uk.

Celebrating Recent Events

Psychological Professions Week 2023

This year, PPWeek23 featured sessions led in the regions, and PPN London hosted the national in-person day with a focus on Psychological Practice in Physical Health.

Psychological Professions Week is an annual opportunity to bring together psychological professionals, policy makers, and the public to connect and share their learning to maximise the benefit of the psychological professions to the communities they serve. At the beginning of the week, Dr. Adrian Whittington, National Clinical Lead; Dr. Margo Ononaiye, PPN SE Widening Participation Lead; Sharon Prince, Chair PPN NEY, with an Expert by Experience, and Dr Estelle Moore, Chair PPN London, co-facilitated the EDI session launching the PPN Position Statement on Equity, Diversity, and Inclusion and a **Call to Action**.

Following consultation across the regional PPNs and with other stakeholders, including the national Lived Experience Advisory Panel, it has now been published and you can read it [here](#).

It represents our values, stance and commitment to progressing and meaningfully implementing Equity and Inclusion for the communities we serve, and will inform work across all PPN regions.

In London our **regional event** explored the progress in diversifying entry to the psychological professions workforce and the developments to support frontline staff in the NHS. We heard from:

- Dr Simon Draycott (West London NHS Trust), who spoke about the Aspiring Psychologist's Programme London's Community of Practice, alongside Haleemah Ahmed (Tavistock and Portman) and Leanne

Makarem (South West London & St Georges) who have undertaken these roles

- Dr Stephanie Okwu (Oxleas Foundation Trust) and Dr Nicky Hartigan (West London NHS Trust) sharing the insights from Workforce Leads in London on retention and what Psychological Professionals want and need from the NHS
- We hope to invite Dr Maeve Malley (Consultant Systemic Psychotherapist) back in the new year to describe her work on training staff.

Psychological Professions Week 2023: Celebrating Psychological Practice in Physical Health



Dr Sunny Kalsy-Lillico (Chair PPN Midlands) & Dr Gita Bhutani (co-Chair PPN North West) present the call to action

Ali and Terry Bryant, lived experience and carer contributors, who supported the event, share their experience of the day:

"We started with coffee and cakes, greeting both old colleagues and meeting and networking with new contacts from across the psychological professions. We appreciated the energy, positivity, and kindness in the National PPN team, as there was a real buzz around the programme which was instrumental in the success of the day. As Experts by Experience (EbEs) we both were excited to be together in the same space with so many attendees who were keen to share their delight (post the restrictions of COVID) at being at an in-person event and enthused by the theme - Unite Inspire and Transform: integrating psychologically informed practice into physical health and care.

Everyone, whether EbE, or Expert by Qualification (EbQ), was united in the belief and vision that, as PPN members, we have the focus and determination to effect real change to transform the psychological professions landscape. Ali's perspective as an EbE with lived experience of complex health conditions and difficult to navigate mental health and also Terry's as an Expert by Experience carer, was that they were delighted to be there, grateful to have contributed to both the development of the in-person event and to have shared our lived experience to ground the PPN discussion paper that Gita Bhutani and Sunny Kalsy-Lillico delivered on the day. The presentation of the PPN discussion paper inspired and generated rich conversations focused on the title 'Integrating psychological practice in physical health and care'. The message of the PPN discussion paper, to encourage the healthcare system to embed psychological practice, was evident and is so necessary for improving both patient experience and outcomes on the healthcare journey.

From our personal experience we can only say how desperately service users need psychological practice to be integrated in every health and care specialism and the speakers through the day underscored the importance of this message by giving us an understanding of what is happening in this arena. Natalie Mark

spoke with passion on the lived experience journey and the need for change in healthcare. Anita D-Urso and Ellie Atkins spoke on working with and alongside neonates and families and the integration and importance of psychology to assisting patients and service users on their journey. Dr Gillian Fairclough and Irini Verbist spoke on the necessity of bringing together physical and mental healthcare within post- COVID pathways, which is so timely in the wake of the pandemic to support this population. Dr Idit Albert, Clinical Lead for the London trauma pathway, talked about the vital and innovative work to develop psychological services for the major trauma centres in London. All of the speakers with their passion and insight transported us to understand their roles, and to encourage all of us to work alongside them in driving change to transform systems. Our soundbite overview of the day is – wonderful speakers, wonderful presentations, and a real sense of community and inclusion with the combined energy of everyone coming together, and the promise of transformation to deliver a better future for everyone when all health and care is psychologically informed! We can't wait for PPWeek24!



Dr Estelle Moore (Chair PPN London): summing up the feedback on the day

Latest News & Developments

PPN London Communities of Practice

PPN London is delighted to be hosting a number of Community of Practice events in the new year:

- Aspiring Psychologist's Programme in London, Community of Practice - Chairs Dr Simon Draycott & Dr Victoria Lidchi
- Clinical Associate Psychologists (CAPs) Community of Practice with co-chairs Elinor Raw-Rees & Mark Griffiths
- Psychological Wellbeing Practitioners (PWPs) Community of Practice - Emma Lockhart & Zachary Glaser

Reminders of dates will be sent in the new year.

Are you interested in a Clinical Associate in Psychology Apprenticeship focused on Autistic Spectrum Condition?

CNWL NHS Foundation Trust, together with CLCH NHS Trust and West London NHS Trust, working collaboratively as the providers of Autism Diagnostic services across North West London and University of Roehampton have developed a new specialism of Clinical Associate in Psychology (CAP) for Autistic Spectrum Condition (ASC) Apprenticeship Programme.

The apprenticeship trains staff to work with both children and adults. This adds to the already well-established AMH and CAMHS CAP cohorts in pan-London trusts and nationally.

There will be two upcoming Development Programme webinars that will share more information about the role. The webinars will be hosted via Zoom on the following dates:

- Wednesday 13th December 2023, 12:00-13:00 [Register here](#)
- Tuesday 16th January 2024, 13:30-14:30 [Register here](#)

You can find more information about the webinars [here](#).

NHS Talking Therapies Update

Autumn statement investment

NHS Talking Therapies has received extra funding to support the plans of expansion over the next 5 years. There are current plans to update the NHS planning metrics to focus on courses of NHS Talking Therapy treatment and reliable improvement, and reliable recovery.

Comms campaign

An update on the communications campaign for NHS Talking Therapies will be launched on Monday 15th January 2024. The aim of the comms campaign is to increase awareness of the availability of NHS Talking Therapy services. The campaign will utilise an updated version of existing media content, to maximise the campaign budget in terms of audience reach. Comms assets will be shared in early January, along with a campaign toolkit, to support regions and systems to promote the campaign at a local level.

Digital Research Advisory Group

The national NHS Talking Therapies policy team have been working to set up a Digital Research Advisory Group, which aims to provide informal advice and feedback on research and evaluation plans to maximise the chance that the evidence they generate answers the type of questions commissioners and policy makers are likely to have.

NHS Talking Therapies National Staff Bank

The NHS Talking Therapies Staff Bank is planning to launch a pilot in the coming weeks. The staff bank offers flexible placements in NHS Talking Therapies services, ensuring quick and efficient workforce deployment. Individuals can be solely registered with the bank or can register alongside their substantive NHS Talking Therapies role.

The staff bank will help services to manage their capacity, maintain in-house clinical governance and spend less on commercial recruitment agencies and the outsourcing of clinical activity - helping them to invest more resources directly back into patient care. The bank also aims to increase staff retention within the NHS that has funded their training.

The pilot of the staff bank will commence in the coming weeks. If you are a registered/ accredited PWP or HIT and are interested in joining the bank and undertaking clinical work within the pilot, please [fill out this form](#).

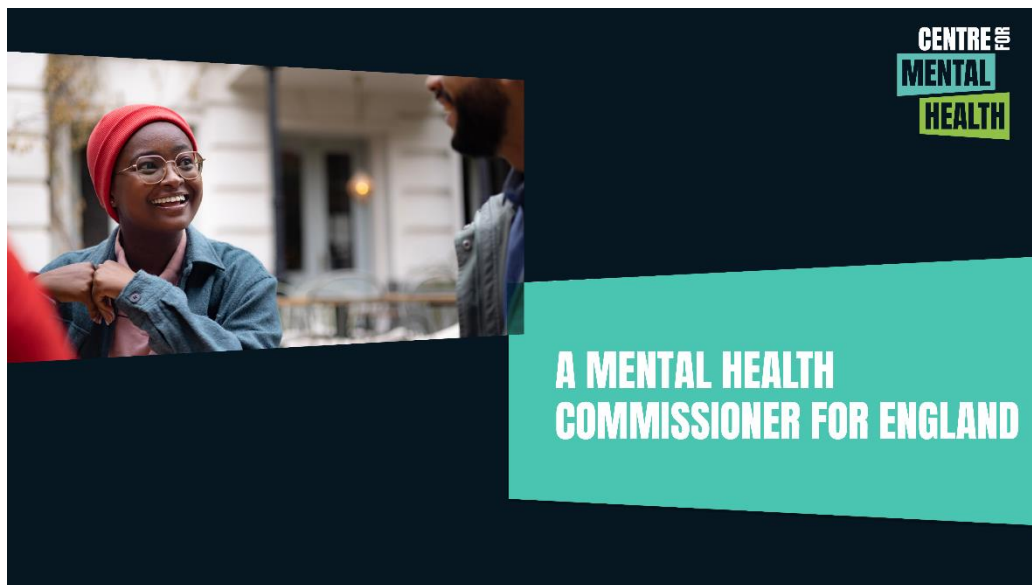
If you have any further questions, contact england.mentalhealth@nhs.net.

Advanced ethnic equalities in NHS Talking Therapies services - Blog post

Dr Adrian Whittington and Professor David Clark, Clinical Advisors to the NHS Talking Therapies programme, and Julie Tran Graham, NHS Talking Therapies Senior Programme Manager on the recent launch of the patient and carer race equality framework.

You can read the blog [here](#).

A Mental Health Commissioner for England



NHS England has produced a report which explores the opportunity for the creation of a new Mental Health Commissioner for England. In its report on the Government's draft Mental Health Bill, a Committee of MPs and Peers made a new recommendation for the establishment of a Mental Health Commissioner for England. This briefing draws on international evidence from Commissions in other countries (including Scotland, Ireland, Canada, Aotearoa New Zealand and Australia) about how something like it could add value in England.

The statutory role would add a new dimension to government that would benefit the public. By helping to put mental health at the heart of the government, the Commissioner could change the ways decisions get made - supported by a 'mental health policy test' that could be used by all departments to improve their impact on the nation's wellbeing. And by establishing the role in perpetuity, mental health would no longer be a topic that is waxed and waned in its profile and importance within government, reliant on short-term interest or hard-won attention.

If you would like to see the full report, please follow this link:

<https://www.centreformentalhealth.org.uk/publications/a-mental-health-commissioner-for-england>

Upcoming Events & Professional Development Opportunities

Online Booking System Webinar - NHS Talking Therapies

A national webinar will be early next year, sharing the findings and experience from the expansion of online booking in NHS Talking Therapies. There will be speakers from IAPTUS and PCMIS about their online booking functionality, the impact it's having and the lessons learnt from the roll-out. The Centre for Psychology will also share their experience of developing an online-booking system in-house.

The webinar will be hosted on **Thursday 11th January 2024, 13:00-14:30**.

It is free and registration is not required. Please follow the link to join the webinar:

[WEBINAR LINK](#)

NHSE Workforce Planning Training Offers

NHSE London Workforce Planning and Transformation have announced a selection of training offers for NHS staff, free of charge.

Workforce Planning Training Offers:

- Workforce Intelligence Portal Training session – is a 1-hour session providing a demo of their eProduct portal, which provides access to analytics and modelling products.
- [Demystifying Webinar](#) – is a 1-hour webinar which provides an introductory overview to Workforce Planning through different methodologies and techniques.

- **[Fundamentals Workshop](#)** – is an interactive half-day session for up to 20 participants that offers a guide to workforce planning 6 step methodology. They are run quarterly, with bespoke sessions which are arranged upon request.
- Masterclass – 18-week practical Masterclass course provides a guide to sustainable and evidence-based workforce planning where participants will be guided in the use of tried and tested improvement tools and techniques.

For more information about the courses and if you would like to register your interest, please contact england.workforceintelligence.london@nhs.net.

Avoidant Restrictive Food Intake Disorder (ARFID)

Maudsley Centre for Child and Adolescent Eating Disorders are hosting a two full-day Masterclass commissioned by NHS England. Training is provided for both the Adult service and Children and Young People's service. It is aimed for adult eating/CYP mental health professionals and other healthcare professionals who may come in contact with ARFID in the course of their work. The training will be run over two weeks (one full day a week) and it is FREE to book.

Dates:

- **Adult services:**
 - Tuesday 09th April 2024, 09:15-16:45
 - Tuesday 16th April 2024, 09:15-16:45
- **Children and Young People services:**
 - Tuesday 27th February 2024, 09:15-16:45
 - Tuesday 05th March 2024, 09:15-16:45

Aims of the Programme:

- Provide a background to the introduction of ARFID as a diagnostic category and its similarities and differences to other disorders.
- To provide the rationale for key components of clinical assessment: a structured approach to information gathering and formulation.
- To discuss risk assessments and prioritisation of input; the specifics of treatment and management intervention to target factors contributing to the avoidance and restriction of food intake.
- To provide case examples of treatment in practice illustrating the multi-dimensional nature of ARFID presentations.
- To provide an update of published findings to date - assessment, prevalence and treatment.
- To reflect on areas that require further study and work on ARFID currently underway.

Your Regional/Team lead will get in contact as to when and how to book onto this course. Team managers will be required to follow the link below and fill out the form to request their team onto training. Only requests made by team managers will be accepted.

For booking applications, please follow the link below:

<https://forms.office.com/e/4XxXx2UGZK>

About the PPN: Spread the Word!

Share with your Colleagues. Invite them to join us.

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

Let's Collaborate

What stories do you have to share about your experiences of working and innovating in London?

We invite you to reach out and share your work initiatives, collaborations and contributions that raise awareness of the psychological professions workforce.

Connect with us by sending an email to wlm-tr.ppnlondon@nhs.net or reaching out via our X/Twitter page [@LondonPPN](#) or [LinkedIn](#). Let's collaborate to hear

about great practice across the region, and to share ideas with a vibrant community of PPN members.

Thank you for your continued support and active engagement with the London PPN. Your involvement makes a difference!