

## Associate Psychological Practitioner (T/APP) monthly update letter

### February 2023

**Aim:** There will be a monthly newsletter, sent out at the end of each month to aid good communication between the T/APP team and PCNs in Lancashire and South Cumbria.

**Key contacts:** If you have any queries about the T/APP role, please don't hesitate to contact us:

#### Clinical Lead

- Dr Miranda Budd (Monday-Friday) [Miranda.budd@lscft.nhs.uk](mailto:Miranda.budd@lscft.nhs.uk)

#### Principal Psychologist

- Dr Brendan Dunlop (Tuesday-Thursday) [Brendan.dunlop@lscft.nhs.uk](mailto:Brendan.dunlop@lscft.nhs.uk)

#### Clinical Supervisors

Kate Ashcroft (works Thursdays) [kate.ashcroft@lscft.nhs.uk](mailto:kate.ashcroft@lscft.nhs.uk)

Pauline Howard (works Wednesdays) [pauline.howard@lscft.nhs.uk](mailto:pauline.howard@lscft.nhs.uk)

Clare Stephenson (works Wednesdays & Fridays) [clare.l.stephenson@lscft.nhs.uk](mailto:clare.l.stephenson@lscft.nhs.uk)

Chloe Preston (works Wednesdays) [chloe.preston@lscft.nhs.uk](mailto:chloe.preston@lscft.nhs.uk)

Ruth Gough (Monday-Fridays) admin support [ruth.gough@lscft.nhs.uk](mailto:ruth.gough@lscft.nhs.uk)

TAPP course contacts: [kjgardner@uclan.ac.uk](mailto:kjgardner@uclan.ac.uk) / [mproy@uclan.ac.uk](mailto:mproy@uclan.ac.uk)

#### Upcoming dates to be aware of:

- Mental Health Practitioners working across PCNs in L&SC Monday 27<sup>th</sup> March 2023 12-2pm
- T/APPs in L&SC PCNs away day provisionally booked for Friday 14<sup>th</sup> April 2023.

#### General updates

#### ARRs MHP funding

Just as a reminder- don't forget that band 5 APPs need to part of your workforce plan, funded via the ARR's scheme at band 5 from 18<sup>th</sup> March 2023. Please contact Miranda if you wish to discuss further.

#### Cohort 2 of TAPPs are nearly there!

The last day of the TAPP programme (cohort 2) is Friday 17<sup>th</sup> March 2023, meaning by Monday 20<sup>th</sup> March TAPPs who have passed their course, will successfully become band 5 APPs. Their final University portfolio deadline was January 30<sup>th</sup>. They have learnt so many skills in how to support people with mental health need and developed as practitioners. There will likely be a celebration event in April time ahead of their graduation ceremony in the summer. Well done everyone for all your hard work- final push for portfolio submission now done!

#### Webinar

On Monday 27<sup>th</sup> March 12-2pm, there will be a webinar for PCN staff members/ MHPs across the footprint to share how they are working in order to meet local population need and support the work of other General Practice colleagues.

MS Teams Link to Join the webinar:

Microsoft Teams meeting

**Join on your computer, mobile app or room device**

Meeting ID: 370 087 835 785

Passcode: iJX2Vn

Or email [ruth.gough@lscft.nhs.uk](mailto:ruth.gough@lscft.nhs.uk) to request a link.

## Torrentum PCN



Rachel Patterson, a TAPP in Torrentum PCN delivered a wellbeing presentation for all PCN staff recently.

Pictured to the left, Rachel talks staff through the importance of self-care and uses the analogy of a 'stress beaker' to encourage people to think about what stressor they have placed upon them and how they manage this, to ensure their 'stress beaker' doesn't over-flow.

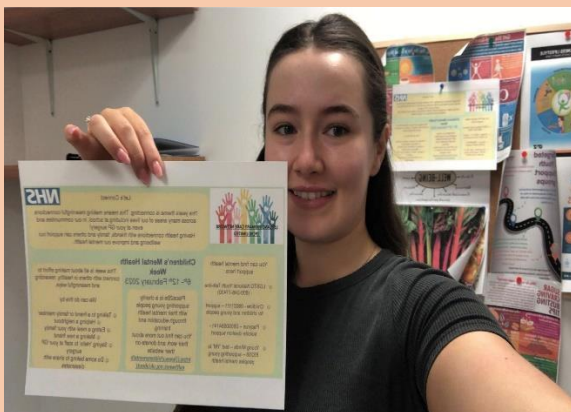
## Fleetwood PCN



Andrew Wetherill, TAPP in Fleetwood PCN also delivered a session focusing upon staff wellbeing within his PCN. He delivered a mindfulness-based skills session during a team-building day, he received good feedback from the team there.

He has also created a staff wellbeing information board in the foyer of the PCN main office for staff members (pictured left).

## Leyland PCN



Georgia Winder, a TAPP in Leyland PCN works closely with the LIT team there.

It was Children's Mental Health Week 6-12<sup>th</sup> February and Georgia focused upon raising awareness within the PCN, sharing posters, information sheets and top tips with other staff members in the PCN.

### **Service Evaluation Results - Reviewing T/APP impact**

We have continued to evaluate the service the T/APPs provide within Lancashire and South Cumbria PCN settings, collating information from Jan 22-Jan 23 for qualified APPs and May/June 22- Jan 23 for TAPPs.

#### **Our key findings were:**

##### ***Demographics***

- 3320 people were referred into the T/APP service.
- In total, 6326 wellbeing sessions were offered across the footprint.
- Referrals were made for patients across the lifespan.
- The percentage of patients accessing the service from an ethnic minority background was comparable to the population statistics by the ONS for all of the PCNs. –This is an improvement from the 2021 results. Through 2022, there has been a group of very motivated T/APPs who have formed a working party ('A service for all'), who have focused upon supporting colleagues/ community members to feel confident in working with people from all backgrounds and working to reduce potential barriers. Thank-you to those of you involved in this group- your impact is clear.

##### ***Quantitative outcomes***

- For each outcome measure, there were clinical improvements in wellbeing from session 1 to session 4 and at follow-up.
- There were statistically & clinically significant reductions in low mood (measured by PHQ-9) and anxiety (measured by GAD-7).
- There were statistically & clinically significant increases in resiliency (measured by the BRS) and in emotional wellbeing (measured by the WEMWBS).

##### ***Qualitative outcomes***

- Patient experience questionnaires were completed by 520 patients. This qualitative information will be shared in more detail via other means, but 97% of responders rated the support received as either 'helpful' or 'very helpful' and 98% stated that they would recommend the T/APP service.

**Well done** to every single T/APP, this really is evidence of the impact you are having from the people you are working with.