**IPT North West Region Network Meeting-Minutes**

7 March 2019

1pm -3:30pm

Breightmet Health Centre, Breightmet Fold Lane, Bolton. BL2 6NT

**Attendees**

Rosie Bailey; Rose Cowing; Angela Wood; Julie Mason; Kathryn Denham; Jane Taylor; Caron Gordon; Alison Welsby; Jennie Murphy; Kathy Hemmings; Amy Marland; Jonathan Waine; Shirley McVey; Vivienne Lowe; Rachel Starbuck; Laura Forshaw; Sheena Anderson; Fiona Marshall; Karen Leach; Andrea Hitchins; Taeeba Hafiz; Alison Welsby; Paul Nairn; Lindsey Robins; Angela Wood; Claire Buckley

**Apologies**

Jennie Stanford; Sam Heywood, Rosalyn Jenkins, Maxine Hope, Paula Hall.

**Welcome and apologies**

**Introductions**

**Agenda**

**IPT UK CPD Policy**

General discussion about the written policy that can be found on the IPTUK website and will be embedded into the minutes of today’s meeting. Discussion generated around access to supervisors, meeting the CPD criteria and reflective practice.

**Online video resource from IPTUK website**

Jane and Kathryn had set up access to the IPTUK website and online resource to the whole group.

Today’s video was a role-play of “Symptom Review: Depression Case” followed by a discussion of the role-play by the participants. This was then opened up to the meeting and a general discussion followed around current practice, including positives and potential barriers.

Good feedback from this discussion in terms of being able to share information about peer practice and what is helpful to take back to individual practice.

**Further information sharing**

* Jane updated the meeting about upcoming training events for 2019 at the West Midlands IPT Training Centre with Marie Wardle and her team-information to be embedded in the minutes.
* Following on from the CPD policy and IPT-A practitioners: IPT-A Practitioners can deliver IPT with adults as long as the first cases are supervised with an accredited IPT Supervisor.
* Jane provided the meeting with the North West update given to IPTUK for the national meeting in November 2018.
* Jane reminded the meeting about upcoming National IPT UK meetings being held across the UK rather than in London:

**Friday 10th May 2019 in York-details on the IPT UK website.**

**Friday 8 November 2019 in Manchester-further details to follow.**

**Friday 8 May 2020 in Stafford-further details to follow.**

* Jane and Kathryn spoke about the proposed North West regional conference at the planning stage for 5 September 2019 in Bolton (to replace the next regional meeting) for a full day. PLEASE NOTE NEW DATE confirmed for 26th September 9.30-4.00.Places will be limited more details to follow. Jane and Kathryn explained their thoughts on inviting representatives from IPT UK Executive to be present for at least the first part of the day as well as to have at least four speakers to help deliver presentations/facilitate workshops on IPT and its many uses.

This was then opened up to the whole meeting for approval and discussion as to what members would find useful to focus on.

Agreed that Jane and Kathryn would be further researching this and will update the group in due course.

General response to this was very positive and something members would find useful and beneficial and definitely would attend.

Finally, Jane spoke briefly about Yvonne Hemmings stepping down from the IPT UK chair position and the upcoming elections of candidates.

**No other business discussed.**

**Next meeting proposed as the above mentioned all day North West Conference on 26th September 2019 at Breightmet Health Centre, Bolton, BL2 6NT-more specific details to follow.**