



INVITATION TO TAKE PART IN A SERIES OF GROUP SUPERVISION SESSIONS FOR PEOPLE IN PERSONALISED CARE ROLES

November 2023

We'd like to warmly invite you to take part in a series of Group Supervision sessions for Care Co-ordinators, Health and Wellbeing Coaches and Social Prescribing Link Workers in Primary Care Networks across South Yorkshire.

We understand how tough working in these roles can be, and this development programme offers a valuable opportunity to

- Benefit from support, challenge and a safe space to build resilience, learn from each other and come up with fruitful actions
- Take part in group supervision targeted specifically at the psychological, practical and emotional challenges you may face, e.g. isolation, overwhelm, confidence levels, waiting lists
- Develop stronger relationships and networks between people in individual, more isolated PCNs who may not have had the chance for this kind of development
- Take the pressure off managers who may find it tricky to offer regular supervision
- Contribute to developing the transformational, collaborative Personalised Care work

The Development Programme

This consists of a launch lunch event in December, followed by 4 x 2-hour, in-person group sessions. The sessions are led by [Lucy Owens](#). Each meeting will be underpinned by shared ground rules, including confidentiality, and use of the Action Learning Cycle – Reflect, Learn, Plan, Action. We'll start each meeting with a check-in from each participant, then we'll get stuck in with tackling your individual challenges – working together to unpick the issue, see the wood from the trees, come up with constructive, positive actions.

We are running a Wednesday and a Thursday group, with a maximum of 8 people in each. The sessions will take place at a central South Yorkshire venue (TBC). Whilst there's no charge for this development, you will need to commit to attending the launch and all of the Wednesday / Thursday sessions.

Session	Wednesday Group Supervision Dates	Thursday Group Supervision Dates
Launch Lunch (1-3.30pm)	13 th December	14 th December
Meeting 1 (1-3pm)	31 st January	25 th January
Meeting 2 (1-3pm)	28 th February	22 nd February
Meeting 3 (1-3pm)	27 th March	21 st March
Meeting 4 (1-3pm)	8 th May	25 th April

Here are some comments from Group Supervision participants in Personalised Care roles:

"I feel lighter now that I've spoken about it. Sometimes you forget what you've actually done and feel like "have I done enough?". It's important to take things one step at a time."



“You can share the frustrations and there’s always a solution we can get out of it. We’ll find a way to deal with it and put a plan in place. So I’ve found this useful.”

“The understanding – I’m going away from it feeling more supported. I’m not the only one feeling that way. That’s made a big difference.”

To apply to take part, please discuss the development with your manager and complete this [Expression of Interest](#) form by 30th November 2023.

We will then get in touch with the full details of the programme.

If you have any questions, please contact: Sarah Withers sarah.withers@nhs.net

before 23rd November or submit the question on the expression of interest form.

We look forward to receiving your expression of interest soon.