



Avon and Wiltshire Positive Behaviour Support Network  
For people who support individuals with a learning disability who have challenging behaviour

# Annual Summary 2022/2023

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## What is the Avon and Wiltshire Positive Behaviour Support Network?

The Avon & Wiltshire Positive Behaviour Support Network is a network of organisations from across the Avon & Wiltshire area, co-ordinated by a voluntary Steering Group of multi-disciplinary/multi agency members and as such is not accountable to any organisation. Thus, rather than setting objectives we work to our terms of reference.

We are committed to promoting and developing PBS as a framework across health & social care providers, facilitating free monthly events to increase the understanding of PBS and develop networks of support. We also organise a free bi-annual conference.

The Network has always functioned on face-to-face contact and the University of the West of England provides the facilities to deliver monthly events. Our Facebook Page enables us to promote events and share up to date guidance and useful information from any source.

Since September 2021 and following the COVID pandemic, we have been able to continue to provide face to face sessions, at UWE, as well as being able to stream them through our Facebook page which has enabled us to reach more people on our contact list.

### 2022/2023 Events

Events are run on the third Friday morning of every month, at UWE and streamed through our Facebook page.

Some of the events from January 2022 - June 2023: -

- Revisiting Restrictive Practices - Sarah Hitchins, PBS Practitioner and Tracy Cox, Consultant Learning Disability Nurse.
- Working with Self-Injurious Behaviour - Dr David Bladon Wing, Clinical Psychologist.
- PBS for people with Down Syndrome and Dementia - Alan Nuttall, PBS Lead.
- Active support APP - Kathy McLennan, Behaviour Analyst.
- Supporting people with a diagnosis of dementia - Becca Ford, UWE Lecturer.
- Learning Disability Mortality Review (LeDeR) and learning from COVID-19 - Lesley Le Pine, Associate LD Projects, (BNSSG)
- AWP Sensory Management Project - Anna Mulvihill, Learning Disability Nurse and Colleen Ryan, Assistant Psychologist. AWP.

- People with learning disability and mental illness - Dr Salim Razak, Consultant Psychiatrist.
- Supporting an individual with Prader Willi Syndrome, using a case study - Kasie Niblett, SilvaCare.
- Schema Therapy within a PBS Framework - Dr David Bladon Wing, Clinical Psychologist.
- Attention Deficit Hyperactivity Disorder - Dr Dietmar Hank and Sasha Halford.
- Encouraging debriefing and learning for service users and staff following behaviours that challenge - Alan Nuttall, PBS Manager.
- Working with offenders with learning disabilities and autism spectrum disorders - Dr Ross Robinson and Steve Slater. Fromeside.

#### Biannual PBS conference 2022:

- We opened the conference with a tribute to our former network member Jan Seamer who passed away in 2022, Jan advocated on behalf of all family members and was instrumental in the development of our network.
- We invited four keynote speakers, this included Craig P (person with lived experience), Steve Strong (Independent Supporter), Professor Edwin Jones (PBS strategic lead BILD) and Marie Lovell (Skills for Care).
- Craig spoke at our last conference about his life leaving hospital after 11 years and having his own flat. At this conference, he shared how life has been in terms of the successes and areas where it hasn't been so easy. We talked about how the PBS framework has helped.
- Professor Edwin Jones introduced us to BILD's "What does Good PBS look like" tool which was officially launched at the BILD conference in June 2022, the tool provides organisations with a baseline to where they are in delivering good PBS.  
<https://www.bild.org.uk/what-does-good-pbs-look-like/>
- Marie Lovell from Skills for Care shared information about the PBS Peer Review they are facilitating, this offers the opportunity for individuals to both be the reviewer and reviewee of PBS training across organisations, if you are interested in joining the peer review please contact Marie or Carl Laverick at Skills for Care - [mailings@skillsforcare.org.uk](mailto:mailings@skillsforcare.org.uk)
- In the afternoon we delivered four workshops, these included risk management, the importance of advocacy, involving individuals in their PBS plans and PBS competencies.

We collected 43 **feedback forms** from the conference.

- 41.9% stated that the presentation given by Craig was the most impactful.
- 30.2% state that the presentation given by Professor Edwin Jones was the most impactful.
- Participants highlighted some topics they would like to see covered at the next conference e.g., ADHD, Autism, staff experience of initial engagement to completion of competencies, understanding triggers, restraint reduction information, more information from experts by experience, effective communication, and relationships/sexuality.

### How do People Know About Events?

The total number of people reached for the whole of 2022 was **1456**.

The total number of people reached from January 2022 - June 2023 (that we know of) = **2069**.

We have a mailing list of **185** people who have given their email address.

Steering group members circulate fliers within their own networks.

Attendees - We have a diverse cross section of attendees, including:

#### Who?

- Family carers
- Social Care providers (Large and small organisations)
- NHS (Learning Disabilities and Mental Health, inpatient and community)
- Advocates
- Voluntary Organisations

- Local Authority
- Care Agencies
- Student Nurses

### **From Where?**

- Bristol
- South Gloucestershire
- Bath and North East Somerset
- North Somerset

### **How Many People Attend Events?**

Attendance levels have gradually increased with the average of 20 attending a face-to-face session, although one topical session related to ADHD attracted more than 40 people.

Facebook lives:

In October we reached 272 people, for example events in September 2022 - 101 views and February 2023 - 115 views.

### **Where Are Events Held?**

Events are held at University of the West of England (UWE), Glenside Campus. UWE kindly give us free use of their facilities.

### **Sharing Information**

Facebook page - <https://www.facebook.com/avonandwiltshirepbsnetwork>

Website - <https://positivebehaviour.wordpress.com/>

Presentations from events are shared on our website.

## **Events We Have Attended via face to face, Zoom or Teams**

- PBS Alliance Steering Group
- Bristol Annual Learning Disability Conference
- PBS Peer Review

## **Who Do We Connect With?**

- PBS Academy
- PBS Alliance
- BILD
- Skills for Care
- NDTi/IHAL
- Restraint Reduction Network
- Challenging Behaviour Foundation
- BNSSG - ICB
- ALDERN
- Health Education England (HEE)
- Southwest Learning Disabilities Collaborative

## **What are the Benefits of our Network?**

- Free training and network events
- Peer support
- Learning good practice from others
- CPD opportunities - both learning and presenting
- Opportunities for people with learning disabilities and families to share their experiences.

- It makes PBS accessible and relevant to all.
- Sharing up to date national and local guidance, developments and information
- Opportunity to present at events and share good practice.

### **Who are we?**

- Tracy Cox, Consultant Learning Disability Nurse
- Alan Nuttall, Learning Disability Nurse
- Karon Edwards - Family Carer
- Adam Bennett/Becca Ford, UWE Tutors and Learning Disability Nurse
- Tammy Perchard, PBS Advanced Practitioner with Brandon Trust
- Gavin Eyre, PBS Advanced Practitioner, with Brandon Trust
- Anna Mulvihill, Learning Disability Nurse on Cary Ward, Avon & Wiltshire Mental Health Trust.

Our new steering group members is: -

- Claudio Pires - Student Learning Disability Nurse, UWE.

### **Achievements**

#### **Publications**

We were asked to submit a brief update for the Spring issue of the International Journal of Positive Behaviour Support with reflections on our 2020 objectives and work streams for 2021.

Our article was published in the Autumn edition of the IJPBS.

<https://www.ingentaconnect.com/content/bild/ijpbs/2022/>

Tracy presented with Marie Lovell 'PBS Training Peer Review' at the June 2022 BILD Conference in Bristol.

### **Reflections on 2022/2023**

- The network has continued to expand (if requests to be added to our contact list and Facebook followers are used as measures).



- Over the last year the network has re-established sessions held at UWE and gradually our face-to-face numbers have increased.
- Our new steering group members are integral to the longevity of the network.
- We continue to be very grateful that our numbers attending events in person have recovered after the pandemic, we have had 20 to 30 attendees which has generated much discussion and learning which contrasts greatly with our experience of providing sessions via Zoom.
- We have noticed we are seeing new people attending, often from smaller organisations.
- We wondered if people are actively choosing which session to attend in accordance with their interests and responsibilities as we are seeing different people attending sessions, this also demonstrates we are offering a wide range of topics.
- Our biggest challenge is succession planning, this is a regular topic of discussion, the need to attract more people to be part of the Steering Group with the intention of taking the lead and becoming more active.
- We thank the University of the West of England (UWE) for allowing us to use rooms within their Glenside Campus, we wonder whether though, UWE, are missing the opportunity to promote the monthly sessions as a resource for their students.

### **Plans for 2023/2024**

- To encourage new speakers to lead sessions.
- We will continue to livestream our sessions on Facebook and collect data retrospectively. By doing this we hope to maintain the relationships we have formed with other PBS networks and practitioners from outside the of the local area.
- To arrange an Annual Conference - June 2024.
- Alongside our monthly events we will identify specific projects/opportunities for Steering Group members to facilitate with member participation