

HEE South East Mental Health Education & Training Brochure – 2021/22



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Foreword

This South East (SE) Mental Health Training Brochure for 2021/22 sets out the education and training programmes we commission (in conjunction with our stakeholder colleagues), across the full spectrum of Mental Health programmes (Children and Young People; Adult and Older People's Mental Health; New Roles).

Our investment is aligned with the HEE Business Plan 2021/22, NHS People Plan, and NHS Long Term Plan and the Mental Health Implementation Plan 2019/20 – 2023/24, to ensure that across the South East region there are the right numbers of staff, with the skills, values, and behaviours, available at the right time and in the right place.

Our focus in the South East Region will be:

- Using workforce planning to enable the transformation of patient care and invest in workforce, education, and training development.
- Assuring the delivery of high-quality education and training.
- Delivering on the priority areas in Mental Health.

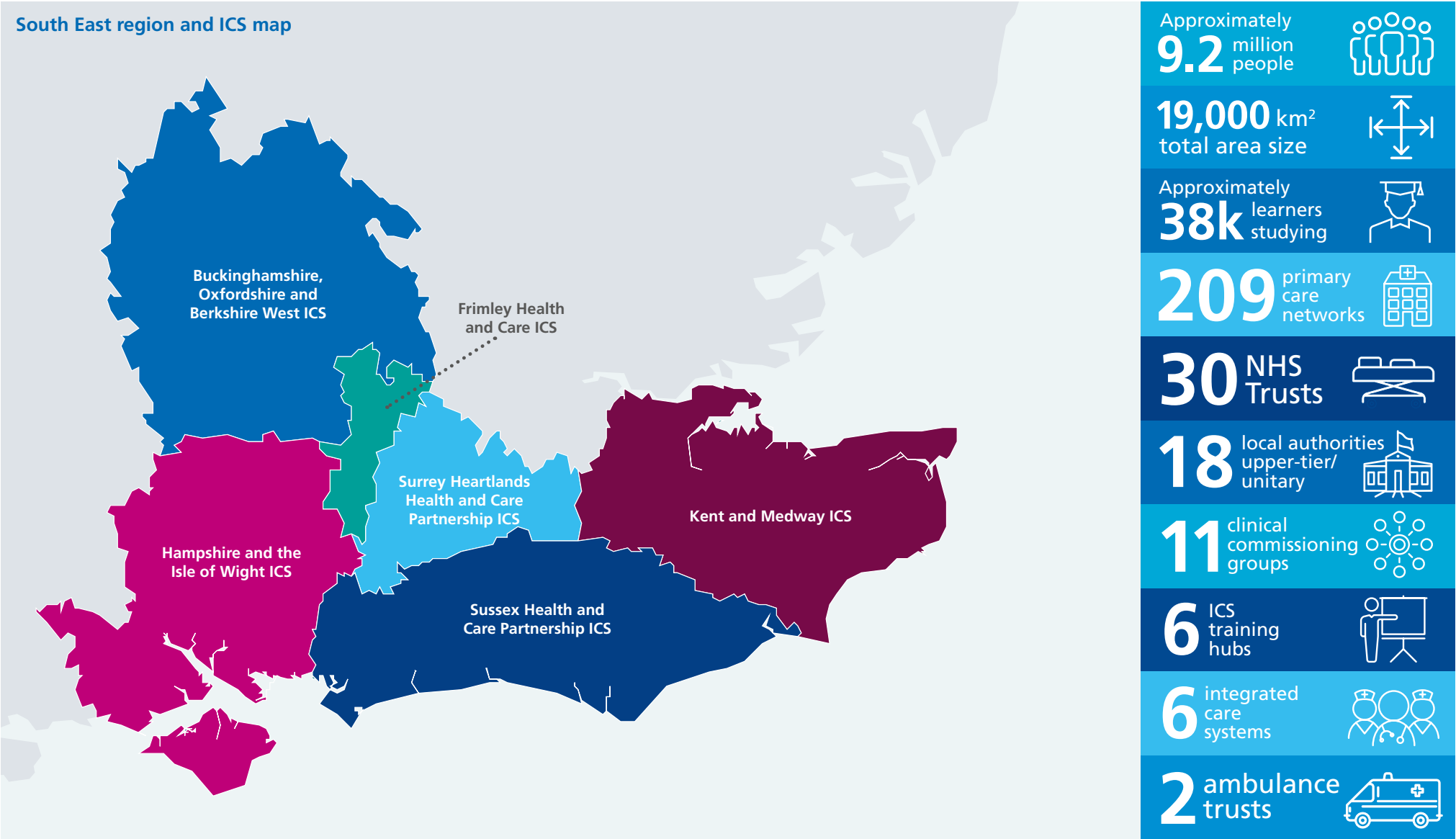
We know the past and coming year has been, and will continue to be, challenging across healthcare as organisations, teams, and individuals work to recover from the impacts of COVID-19. To support recovery planning, we all have an important contribution to make in responding to the priorities identified.

We want to thank all our colleagues and partners who work with us. Our continued shared passion and determination will mean we can make a difference for the people in the SE.



Ruth Monger, Senior Responsible Officer for HEE Mental Health Programme for the South East and HEE Regional Director South East (Joint)

HEE South East is one of the seven HEE regional teams in England, covering the counties of Kent, Surrey, Sussex, Oxfordshire, Berkshire, Buckinghamshire, Hampshire and Isle of Wight. There are six integrated care systems (ICSs) in the region, as well as eleven clinical commissioning groups, four social enterprises, two ambulance trusts and eighteen upper-tier and unitary authorities. We work closely with the six ICS partners in the region.



You are encouraged, in the first instance, to engage with the Programme Team if you are interested in any aspect of the training programmes listed within this brochure.

Team Member	Title
Expanding the Adult and Older People's Mental Health including Psychological Therapies:	
Anna Prygodzicz anna.prygodzicz@hee.nhs.uk	Mental Health Programme Lead across the South East
Neil Carleton neil.carleton@hee.nhs.uk	Mental Health Programme Manager across the South East
Expanding the Children & Young People's Mental Health	
Dr Gavin Lockhart gavin.lockhart1@nhs.net	Clinical Lead CYP Mental Health
Neil Parker Neil.Parker@hee.nhs.uk	Programme Manager – CYP Mental Health
Abbi Sumption Abbi.Sumption@hee.nhs.uk	Programme Support Coordinator CYP Mental Health
New Roles	
Kaye Adamson kaye.adamson@hee.nhs.uk	Programme Manager New Roles & PPMO
Sarah Warner sarah.warner@hee.nhs.uk	Project Manager - Mental Health, Learning Disabilities & Autism

Please note that the course details contained within this document are correct at the time of writing but are subject to change at any point. The courses included in this document cover the offer within the South East geographical footprint – other training may be available at institutions outside of the region – please speak to the staff above for further details.

Adult Mental Health – Improving Access to Psychological Therapy (IAPT) Practitioner Training

Psychological Wellbeing Practitioner (PWP) Apprenticeship

The PWP apprenticeship programme is a 12–15-month course, delivered by Health Apprenticeship & Development Centre. The programme combines both academic and work-based learning through close collaboration between IAPT services and the Oxford Health Apprenticeship team.

Psychological Wellbeing Practitioner (PWP) PG Certificate

This British Psychological Society (BPS) accredited course provides the training needed to qualify as a Psychological Wellbeing Practitioner (PWP).

PWPs assess and deliver low-intensity interventions for common mental health problems such as depression and anxiety disorders.

The course consists of 27 taught university days and 18 study days, alongside a placement in an IAPT service. The module runs over the course of one calendar year.

> University of Reading

> University of Southampton

> University of Surrey

> University of Surrey





High Intensity Cognitive Behavioural Therapy (CBT) training programme

This Postgraduate Diploma in Evidence-Based Psychological Treatment is suitable for experienced mental health professionals who wish to become accredited cognitive behavioural psychotherapists.

This programme is studied full-time over one year.

> Canterbury Christ Church University

> University of Reading

> University of Southampton

> University of Surrey

> University of Sussex

Adult Mental Health - Improving Access to Psychological Therapies (IAPT) Modality Training

Person-Centred Experiential Counselling for Depression (PCE-CfD)

This qualification is recognised by the NHS and enhances the career prospects for qualified therapists. PCE-CfD training deepens understanding of the connection between research, theory and practice and focuses on person-centred practice that engages with emotional processing which has been shown to be effective with clients who are depressed.

> Metanoia Institute

Couples Therapy for Depression (CTfD)

This course is approximately nine months in duration and consists of an initial five day teaching block that is followed and supported with fortnightly supervision sessions. It enables experienced couple practitioners or therapists to practice this evidence based NICE recommended approach for couples as a treatment for mild to moderate depression. Successful completion of the course and supervised clinical work allows accreditation as a 'Couple Therapy for Depression IAPT Practitioner'.

> Tavistock Relationships





Post Qualification Certificate in Behavioural Couples Therapy (BCT)

This course is for experienced CBT practitioners who want to develop their skills in working with couples. Behavioural Couples Therapy (BCT) is an evidence-based psychological treatment that has acquired a significant amount of empirical support for the benefits it provides, both in terms of reducing couple distress and in improving specific psychological disorders, such as depression. BCT is distinct from, but complements, individual CBT using a range of methods to enhance relationship wellbeing as well as reduce individual psychological distress. The programme comprises a five-day intensive training followed by on-going monthly small group supervision for 12 months.

Dynamic Interpersonal Therapy (DIT) (extended)

Dynamic Interpersonal Therapy (DIT) is a semi-structured, IAPT-approved brief psychodynamic therapy for mood disorders. Initial studies of DIT suggest its effectiveness with individuals in primary care with symptoms of anxiety and depression. The protocol was designed on the basis of the work of the Expert Reference Group on clinical competencies, which identified key components drawn from manualized psychoanalytic/dynamic therapies with an evidence base.

The extended DIT (e-DIT) training is now being offered for counsellors and psychologists working in IAPT who do not meet these psychodynamic competencies. Within the 20 face-to-face teaching days and close clinical supervision of 3-4 cases, you will be taught the required competencies to deliver DIT effectively.

[> Anna Freud Centre](#)

Interpersonal Psychotherapy Training (IPT)

This six-day course provides introductory training for practitioners in Interpersonal Psychotherapy Training (IPT) and reflects the IPT competency framework. This course is accredited with IPT UK and is suitable for staff working in IAPT services. The course includes a series of didactic sessions, small and large group work and clinical role play. This course qualifies participants for Level A (Basic) training in IPT.

The course instructors have been delivering IPT training for over ten years and have delivered IPT practitioner and supervisor training across the UK, Europe and in North America.

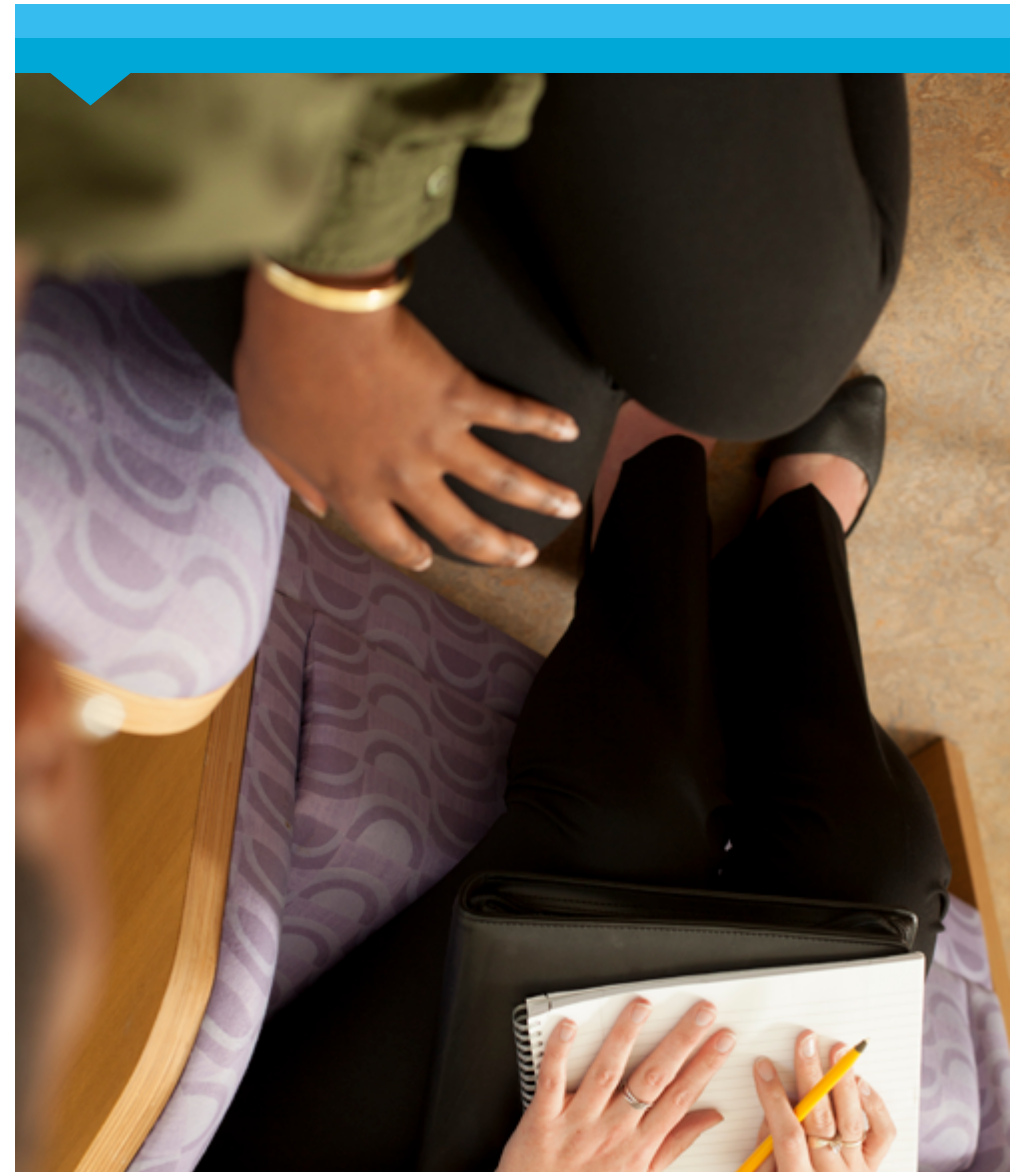
> Anna Freud Centre

Mindfulness Based Cognitive Therapy (MBCT)

This course is designed for people wishing to teach the eight-week Mindfulness Based Cognitive Therapy / Mindfulness Based Stress Reduction (MBCT / MBSR) programmes. The training uses an apprenticeship approach with a strong emphasis on supervised group facilitation, resting on a firm foundation of theory, regular feedback on teaching practice and daily personal mindfulness practice.

The training model we use has been described in greater detail in the following publication: Marx, R., Strauss, C., & Williamson, C. (2014). [Mindfulness apprenticeships: a new model of NHS-based MBCT teacher-training](#). *Mindfulness*, 6, 253-263.

> Sussex Partnership Foundation Trust



Trauma-Focused Post Traumatic Stress Disorder (PTSD) CBT Top-up Training (tCT-PTSD) – upskilling in the Ehlers and Clark Intervention

The course will address training gaps in trauma-focused cognitive therapy for Post-Traumatic Stress Disorder (PTSD). The cohort will comprise 80 IAPT High Intensity Therapists.

The training programme has been designed by Professor Anke Ehlers' team at the Oxford Centre for Anxiety Disorders and Trauma, Dr Kerry Young (London) and Dr Rachel Handley (Exeter). It aims to increase competence and confidence to deliver tCT-PTSD and is aligned to the Roth & Pilling (2007) CBT competencies, especially PTSD specific competencies.

> OxCADAT - Trauma Focused CBT for PTSD Summary



Narrative Exposure Therapy (a form of Trauma Focused CBT) for Refugees and Asylum Seekers (RAS)

The training is comprised of four parts, the first is an online, directed self-study module in which the IAPT therapists will revise the theoretical and diagnostic aspects of Post-traumatic Stress Disorder (PTSD), using the Ehlers and Clark (2000) Cognitive Model of PTSD as a guiding framework.

There is a one-day, face-to-face overview workshop which will allow therapists to revise the practical aspects of Ehlers and Clark's treatment for PTSD (CT-PTSD); and to learn about the conceptual and the practical aspects of delivering CBT to refugees and asylum seekers with PTSD and depression, as well as looking at the evidence-base for such interventions.

There is a three-day training in Narrative Exposure Therapy (NET) (Schauer, Neuner and Elbert, 2011). NET has the strongest evidence at present for treating PTSD in Refugees and Asylum Seekers (RAS).

Once training has been completed the final part includes six, monthly telephone/video group supervision sessions with the trainers.

> Training for IAPT services to meet the needs of refugees and asylum seekers

Low Intensity Psychological Interventions in the Context of Long-term, Persistent and Distressing Physical Health Conditions

This course has been designed to meet the requirements of the psychological wellbeing practitioners' long-term conditions national curriculum (Improving Access to Psychological Therapies (IAPT), 2017). It enables you to develop the skills, knowledge and competencies required to assess, formulate and treat patients who are presenting with long-term conditions in a low-intensity, IAPT context.

> University of Surrey

Short Course in CBT for Long Term Persistent & Distressing Health Conditions (LTHC)

This programme is designed to train experienced CBT practitioners to treat people with Long Term Persistent and Distressing Health Conditions and Medically Unexplained Symptoms (LTHCs & MUS) who have anxiety disorders and depression. The curriculum is based on Roth & Pilling's (2015) Core Competencies for work with this population and developed by members of the NHS England IAPT Education & Training Group. The programme will address three main areas of knowledge: the underpinning competences for work with this population, generic intervention skills and evidence-based interventions for specific health conditions. Aspects covered will include:

- Knowledge of physical health conditions, their presentation and impact;
- Adapting CBT for anxiety or mood disorders in the context of LTHCs & MUS;
- Promoting cognitive and behaviour change and self-management;
- Therapists' Beliefs, Values & Assumptions about people with LTHCs & MUS.

> University of Surrey / Canterbury Christ Church University

> University of Southampton



Adult Psychological Therapies for Severe Mental Health Problems (PT-SMHP)

Family Intervention

This module is run throughout the year and is designed to provide students with supervised clinical experience of providing family interventions to individuals with psychosis and their families. The module is primarily designed to develop the students' clinical skills and advance their theory practice links. Students will have the opportunity to discuss clinical work and develop their clinical skills in a group setting.

At the end of the module, students will have achieved over 300 hours of clinical practice with a minimum of three different individuals with psychosis and their families. Students will be able to use detailed assessments to identify appropriate targets for intervention. They will be able to take an active role in intervention sessions, working as the lead therapist.

> Kings College London

> Sussex Partnership / University of Surrey

Mentalization Based Therapy (MBT)

Mentalization Based Treatment (MBT) is an evidence based psychological therapy for borderline personality disorder (BPD).

Mentalizing refers to our ability to attend to mental states in ourselves and in others as we attempt to understand our own actions and those of others on the basis of intentional mental states. A focus on this very human activity as a therapeutic intervention forms the core of mentalization based treatment. MBT was initially developed for the treatment of borderline personality disorder although it is now being used on a wide range of disorders. Training programmes are now available for MBT for antisocial personality disorder, MBT for families, and MBT for adolescents.

> Anna Freud - MBT Information Pack and Programme



Structured Clinical Management (SCM)

Structured Clinical Management (SCM) is an atheoretical, evidenced based approach that enables generalist mental health practitioners to work effectively with people with borderline personality disorder.

SCM provides generalist mental health staff with a coherent and systematic approach to working with people with borderline personality disorder. It is based on a supportive approach with case management and advocacy support. There is an emphasis on problem-solving, effective crisis planning, managing emotional regulation and impulsivity, improving personal and social relationships and medication review and assertive follow-up if appointments are missed.

> Anna Freud - SCM Information Pack and Programme

Understanding Personality and Bipolar Disorder

Our Affective Disorders course has been created for a broad spectrum of students and mental health professionals who are interested in specialist training from world-class experts. You will study all aspects of affective disorders, ranging from their characterisation and assessment to the challenges of treating these debilitating conditions.

This course is by invitation only.

Cognitive Behavioural Therapy (CBT) (Severe Mental Health) Post Graduate Diploma

Develop your Cognitive Behavioural Therapy (CBT) knowledge and skills to the level of a competent CBT practitioner on this postgraduate diploma at the University of Southampton. This part-time course is accredited by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) at level 1 and will count towards your accreditation as an individual practitioner.

On this part-time PGDip you'll gain an in-depth understanding of cognitive behavioural concepts, models and methods.

By studying both theory and research-based evidence, you'll develop essential skills in:

- collaborative assessment
- formulation and treatment
- critical decision-making

Your choice of modules will allow you to develop specialist skills in line with the needs of your clinical practice.

[> University of Southampton](#)

CBT for Psychosis, Bipolar & Personality Presentations

NHS England and Health Education England are funding training for NHS clinicians to improve access to psychological therapies for people with severe mental health problems.

The University of Southampton will be running CBT training for CBT for Psychosis, Bipolar & Personality Presentations.

[> University of Southampton](#)





CBT Eating Disorder – full course

The two-year programme is targeted at staff with a core mental health qualification (and at least a 2:2 degree) who have not previously undertaken core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. The first year of the programme covers the fundamentals of CBT and CBT for depression and anxiety disorders.

The second specialist year focuses on one of the three serious mental health programme (SMHP) areas:

- psychosis and bipolar
- eating disorders or
- personality disorders

The curriculum and requirements have been set by HEE.

> UCL

CBT – Adult Eating Disorder – Whole Team Training (AED WTT)

The Eating Disorders Services for Adults Whole Team Training (EDSA WTT) programme, commissioned by Health Education England, is aimed at all Adult Eating Disorders teams in England. The programme is designed to equip teams with the collective and individual skills needed to provide high quality care and evidence based interventions in line with the Adults Eating Disorders – Whole Team Training (AED WTT) curriculum.

The annual training programme provides blended learning across eight training days, support from a dedicated team mentor, and access to an online learning hub to ensure that busy teams can learn flexibly and translate this learning to practice. The first training programme runs from March to November 2021, with subsequent years beginning in January 2022, 2023 and 2024.

Up to 270 healthcare professionals from teams across England can access the training per year. The programme is engaging with a wide array of stakeholders to develop and deliver the content ensuring the widest reach and impact possible. Service user, family and carer input features throughout, from the training design and delivery, through to evaluation and quality assurance.

> SLAM

Dialectical Behaviour Therapy (DBT) Training – two courses, Pathway A (full) and B (top-up)

This course is a key part of the new integrated community offer for adults, as set out in the NHS Long Term Plan. Upskilling the workforce is central to the strategy to improve access to psychological therapies. Health Education England (HEE) is currently working closely with NHS England to ensure the community adult mental health workforce has the competences to deliver NICE recommended treatments.

HEE has identified Dialectical Behaviour Therapy (DBT) as one of the treatments of choice to implement this strategy. DBT was officially recommended for consideration by NICE from 2009 in the Borderline Personality Disorder Guideline for treating repeated self-harming behaviours and has since been extensively researched for individuals with a wide range of mental health conditions receiving treatment in diverse practice settings across the world, sustaining a record of efficacy and effectiveness (Walton & Comtois, 2019).

British Isles DBT (BiDBT) Training

Pathway A (full)

This pathway is for clinicians who:

- Are looking to implement a new DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have not previously received DBT Intensive Training.
- Are joining an already established DBT Programme and have received DBT training to Foundational level with biDBT or another training provider.

Pathway B (Top-Up)

This pathway is for clinicians who:

- Are currently practising DBT as part of an established programme and have previously completed the full 10 days of Intensive Training with biDBT.
- Are currently practising DBT and have previously completed the PG CERT in DBT.

[> Please click here for further information](#)

Children & Young People's (CYP) Mental Health Programme

CYP IAPT CBT Therapist PG Diploma

This course offers those working within CYP MH services the opportunity to learn evidence-based interventions in high intensity CBT to support children and young people presenting with emotional disorders such as: generalised anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder, depression, social anxiety, specific phobias, separation anxiety disorder and panic disorder.

Training will cover the evidence-base for CBT, assessment, and cognitive behavioural treatment strategies for internalising disorders in children and young people.

> University of Reading



CYP IAPT Parent Training Practitioner PG Diploma

The Parent Training Practitioner pathway for CYP IAPT has been designed specifically for staff who routinely work with children and young people who present with conduct problems including aggression, bullying, antisocial behaviour, as well as co-morbid conditions such as attention deficit hyperactivity disorder (ADHD), learning disabilities, callous-unemotional traits, emotional dysregulation.

The training will also cover the main presentations, assessment and treatment of parenting difficulties in terms of the immediate parent-child relationship, including child attachment, and the wider contextual factors that impede parenting ability, such as parental depression, substance misuse, domestic violence, life events and daily hassles, and parental learning disabilities. The primary focus at this stage is on children aged 3–10 years.

The training provided can be applied in both individual and group approaches.

> University of Reading

Children and Young People's Wellbeing Practitioner (CWP) PG Certificate

This course provides the essential knowledge and skills required when working within the field of children and young people's mental health. It combines academic study with a clinical placement providing direct experience of delivering low intensity cognitive-behavioural interventions to young people in community settings and early help services.

The Children's Wellbeing Practitioner (CWP) PG Certificate is linked to a national initiative with the aim to increase access to psychological therapies and create a new children and young people's mental health workforce.

> University of Reading

Education Mental Health Practitioner (EMHP), PG Diploma

The role of an Educational Mental Health Practitioner (EMHP) was developed to improve access to high quality mental health support for children and young people within education settings as outlined in the Green Paper. These roles work within education providers and have a unique function of providing early intervention for mild to moderate mental health conditions as well as supporting psychoeducation and a whole school approach to mental health and wellbeing.

This course will provide the skills needed to provide low intensity CBT to children, young people and their families which support common mental health problems including anxiety, low mood and behavioural difficulties.

> University of Reading

> University of Sussex

> University of Southampton





Postgraduate Certificate in Transformational Leadership in Children & Young People's Mental Health

This programme is designed for service directors/managers and clinical directors/leads who are working in or with statutory or voluntary sector Child and Adolescent Mental Health Services (CAMHS). The programme is part-time and designed to support implementation of the CYP IAPT principles by leaders who are currently active in role.

They will be responsible for:

- Service systems design and planning, outcomes and service KPIs (key performance indicators) and the commissioning/contracting of such services
- Job planning
- Continuing professional development (CPD)
- Appraisal and performance

The leadership training offers an exciting opportunity for participants to develop leadership skills and to meet like-minded colleagues to share good practice.

> [University of Reading](#)



New Roles to Increase Workforce Capacity

Peer Support Workers (PSW)

Peer Support Worker training is based on the [HEE national Peer Support Worker Competency Framework](#).

Tuitions costs are fully funded at £1500 per PSW trainee, and £500 per PSW Supervisor trainee.

A core training grant at £3485 (equivalent to AfC mid-point band 3 plus 25% on-costs, covering a 7-week period) for each PSW trainee is offered to the employer/service provider and must be utilized to provide wrap around support for the trainee within the organization and to support a sustainable integration of the PSW workforce.

Four training providers were awarded the contract in November and December 2020 following national procurement exercise:

- [ImROC hosted by Nottinghamshire Healthcare NHS Foundation Trust](#)
- [With You Consultancy Ltd](#)
- [University of Exeter](#)
- [Teesside University](#)

For further details of how to access this programme, please contact Kaye Adamson on kaye.adamson@hee.nhs.uk or Sarah Warner on sarah.warner@hee.nhs.uk

Summary of acronyms

Acronym	Full Text
ADHD	Attention Deficit Hyperactivity Disorder
AED WTT	Adult Eating Disorder Whole Team Training
BCT	Behavioural Couples Therapy
BPD	Borderline Personality Disorder
CAMHS	Child and Adolescent Mental Health Services
CBT	Cognitive Behavioural Therapy
CPD	Continuing Professional Development
CTfD	Couples Therapy for Depression
CYP	Children and Young People
CWP	Children's Wellbeing Practitioner
DBT	Dialectical Behavioural Therapy
DIT	Dynamic Interpersonal Therapy
e-DIT	Extended Dynamic Interpersonal Therapy
EDSA WTT	Eating Disorders Services for Adults Whole Team Training
EMHP	Educational Mental Health Practitioner
IAPT	Improving Access to Psychological Therapies
ImROC	Implementing Recovery through Organisational Change
IPT	Interpersonal Psychotherapy Training
KPIs	Key Performance Indicators
LTCs	Long term conditions
LTHCs	Long term persistent and distressing health conditions

Acronym	Full Text
MBCT	Mindfulness Based Cognitive Therapy
MBSR	Mindfulness Based Stress Reduction
MBT	Mentalization Based Therapy
MH	Mental Health
MUS	Medically Unexplained Symptoms
NET	Narrative Exposure Therapy
NHSE/I	NHS England & NHS Improvement
NICE	National Institute for Health and Care Excellence
PCE-CfD	Person Centred Experiential Counselling for Depression
PG CERT	Post Graduate Certificate
PGDip	Post Graduate Diploma
PSW	Peer Support Worker
PT	Psychological Therapies
PTSD	Post-traumatic Stress Disorder
PWP	Psychological Wellbeing Practitioner
RAS	Refugees and Asylum Seekers
SCM	Structured Clinical Management
SE	South East
SMHP	Severe Mental Health Problems
tCT-PTSD	Trauma-focused cognitive therapy for PTSD

Health Education England
2021

mentalhealthadmin.se@hee.nhs.uk

 [@NHSHEE_SEast](https://twitter.com/NHSHEE_SEast)