

HEALTHY WEIGHT CQUIN



Date of next meeting
05 September 2019

During our first meeting we started with some 'feel good' laughter yoga which everyone took part in and we had great feedback from. Then Louise Davies from the National Team in NHS England came and spoke to us about the CQUIN and how it will work and how to be involved in the process to make it right for ourselves and our services. Louise's whole presentation is on pages 3 and 4, along with the work stream leads contact details, in case you want more information in any of the areas.

This led on to group work looking at the issues and challenges for us at this stage, and there was some healthy discussions, which you can see on pages 5 and 6. After the break we had presentations and arm chair exercises from the Humber Centre teams and they talked about their Health Hub as well as how they are working with their Recovery College on this work with service users, co-delivering on some areas. We then had more group work of where we are all up to at the moment to help us see where we need to concentrate on in future and then we individually wrote down our goals to take away with us.

Thanks to everyone for all your hard work and contributions!

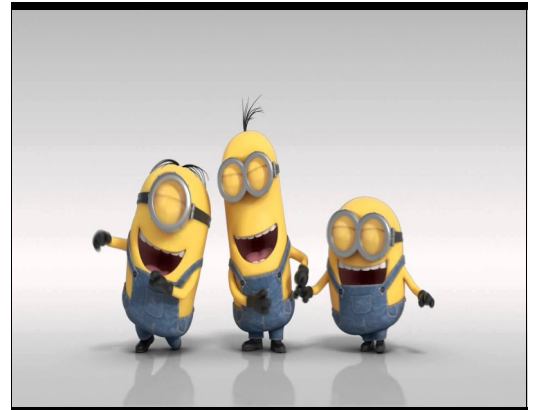
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Healthy Weight CQUIN Agenda

<p>Sandal RUFC Thursday 30th May 1.30 — 3.30</p> <p>Refreshments Provided</p> <p>Next meetings 5th September 5th December 5th March</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; text-align: center;"></td> <td style="padding: 5px;">Welcome — Introductions</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Warm up— Jo Laughter Yoga!</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Presentation – CQUIN Guidance Louise Davies</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Group Work – what are the issues?</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Presentation – Primary Care and Recovery College</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Group Work – Where are you now?</td> </tr> <tr> <td style="text-align: center;"></td> <td style="padding: 5px;">Our Goals!</td> </tr> </table>		Welcome — Introductions		Warm up— Jo Laughter Yoga!		Presentation – CQUIN Guidance Louise Davies		Group Work – what are the issues?		Presentation – Primary Care and Recovery College		Group Work – Where are you now?		Our Goals!
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Yorkshire and Humber Involvement Network

Laughter Yoga - session by Jo Harris



Laughter yoga started in India by a medical doctor and now it is used widely in over 100 countries around the world. It's easy to do. Anyone can laugh for no reason without relying on jokes, humour or comedy – so it's accessible for everyone to get involved! When we laugh using eye contact and childlike playfulness the laughter is contagious and soon becomes real laughter. This brings oxygen to our bodies and brains and when



used with deep breathing exercises this makes us feel more energetic and makes us feel good. So we feel in a better mood, it helps combat stress, it strengthens the immune system and gives us a positive outlook and attitude in challenging times. Basically it was used in the group to help people feel good promoting wellbeing and helping us get ready to think and work creatively on the CQUIN.

Welcome to the newsletter about the new CQUIN we are all working on together over the next year or two. It's called the Healthy Weight CQUIN. The healthy weight CQUIN is all about us feeling better in ourselves and promoting a healthy lifestyle. It's not just about weight and BMI but it's about us wanting to be a healthy person which includes being a healthy weight, but it is individual and includes so much more. We will be considering what motivates us to want to be fitter and healthier and then putting in place plans within the hospitals to help us to achieve our goals. There will be four areas of work which will support us which include having a healthy diet, achievable fitness through exercise, the right medical support, and training for staff to support us with this. There will be guidelines which will help services to support us with this CQUIN which we can help shape and then achieve. We will be looking at some of these at the next meeting in the Masterclass section of the day.

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

Presentation - CQUIN Guidance - Louise Davies

NHS

Managing a Healthy Weight in Adult Secure Services

Yorkshire and Humber Involvement Network

Louise Davies – National Specialised Commissioning Team

30th May 2019

NHS England and NHS Improvement

NHS

Why are we doing this?

Reports

- Public Health England. Working together to address obesity in adult mental health secure units. 2017.
- Rethink Mental Illness. Managing a Healthy Weight in Secure Services. 2018.

What we are told by.....

NHS

How are we doing this?

Adult Secure Clinical Reference Group

Task and Finish Group

Workplan

Lots of stakeholders involved including experts by experience

Lots of engagement – national events February and April – all stakeholders

NHS

Four Work Streams

Food and Nutrition

Physical Activity

Treatment interventions (including medication)

Workforce (staff confidence, skills and knowledge)

NHS

Thinking about the pathway ...

Referral and assessment

Pre-admission

Admission

Care and treatment

Discharge and/or transition

NHS

What are we doing?

CQUIN development....

Developing guidelines for services - now and during summer 2019

Testing these out – August – October 2019

Once we are all happy with them – roll them out – 2020...

NHS

Please get involved?

Tell us what is important – we want to hear!

Influence the CQUIN in your own service and across your local area.

Comment on the draft guidelines.



Think about how we roll the guidelines out.


How will we know if this is making a difference?

9 | Presentation title

Adult Secure CQUIN - Goals

- To deliver a healthy service environment
- To promote and increase healthy lifestyle choices including increased physical activity and healthier eating
- To ensure continuity in approach and promotion of good practice





Recovery and Outcomes Involvement

NHS


- **August 2019** – share [draft guidelines](#) and supporting information to Recovery and Outcomes Champions in every service
- Support discussions with as many people at their service to bring to Recovery and Outcomes Groups
- Support Champions/others to prepare presentations on themes of workstreams
- **September/October 2019** – Recovery and Outcomes Groups across England
- Presentations and interactive discussions on [draft guidelines](#) – divided up by Recovery and Outcomes Groups, or within Groups tbc
- Consider approach for high secure services
- **End-October 2019** – feedback report to T&F Group

How will services achieve the goals?

- Understand why change is needed
- Identify the scale and nature of change required
- Develop a Programme to deliver the change (or build on an existing one?)
- Report and measure against set outcomes
- Have a robust commitment to this work at every level
- Understand and assess the changes that take place

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Workstreams	Leads	E-mail Contact Details
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Group Work - What are the issues?

Garrow House & Clifton House

Out and about

Entertainment/physical activity

Consistency – what level and influences

Take-aways

Budget

Meals brought in – not very good

Some centres don't have self-catering

Lack of skills – influence when out in community

Forest Lodge & Cygnet Bierley

1 – motivation

2 – food (menu choices)

3 – medication

4 – self catering (lack of)

5 – smoking cessation side effects (boredom)



Cheswold Park

Resistance to change – Medication – Motivation – Understanding – Food options (shop) – Take-aways – Leave – Menu – Least restrictive practice and understanding – Finances – understanding budget

Cygnet Sheffield, Wathwood, Fieldhead SWH, Clifton House York & RDASH

Service users putting on weight whilst in services – clozapine and lithium

Amber Lodge

Not enough choice of food on menu

People need to think about portion sizes

Shop runs, (more individual basis needed and take to community meeting)

A lot of outings are focused around food

Education around healthy food

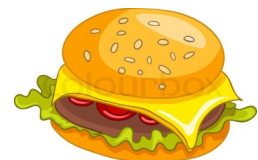
Educating people to use the gym, including staff

Medication --

Enthusiasm --

Weekends -- Staffing availability for activities

-- Apathy - Motivation



Humber Centre

Involvement/engagement	Activity opportunities available
Accessible activities – restrictions/detained patients	
No silo working	Motivation
Culture that will embrace change	Budgets
Lack of exercise	Staffing
Negative symptoms	Education
Medication side effects – overweight/underweight	
Diet/snacks/take-aways	Incidence of diabetes
Dining room menu	

**Waterloo Manor/Clifton House/Stockton Hall/Newsam Centre**

Part of routine
 Food provision – restricted access to fresh fruit and veg
 Perception of what CQUIN is trying to achieve
 Knowledge of staff
 Medication
 Patients experiences – reported weight gain
 Affordability – access to exercise
 People going to gym will need more calories
 Being aware of triggers
 Education – understanding of healthy diet
 Relationship to food – boredom, comfort
 Perishable food items

Why change is needed?

Improve skills – on unit and in the community
 Obesity risk and issues with obesity (DMT2 etc)
 To promote a healthier lifestyle
 Reducing disease and mortality risk
 Prevent nutritional deficiencies
 To cut down on take-away consumption
 Reducing NHS costs
 Improving self-esteem of patients
 Societal expectations to be thinner
 Reduce health problems eg diabetes
 To improve/maintain physical abilities whilst in hospital
 Outgrow clothes when gain weight – need change to reduce personal costs

Presentation - Primary Care and Recovery College

Primary care services
At the Humber Centre for Forensic Psychiatry



The Practice Team

Aims:

- To provide core primary care and first contact services to the patient population that reflect NHS and general practice based standards
- To achieve parity with the general population in terms of quality of life and life expectancy for patients residing within the Humber Centre
- Working together with patients in an integrative and professional manner to maximise each and every patients potential

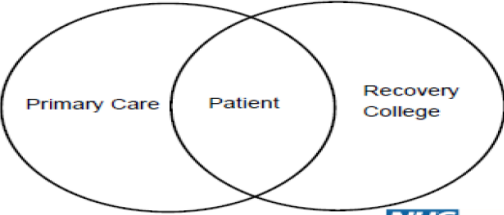




Ahead of the Game:
An Appetite for Change

The Achieving Healthy Weight Action Group has been rolled out pre PSS4 Healthy Weight in Adult Secure Mental Health Services CQUIN

Promoting and enabling healthy life style choices

Integrative working in order to provide positive health outcomes for patients






Presentation - Getting Active - Craig's story

NHS
Humber Teaching
NHS Foundation Trust

Humber Centre
Getting Active

Humbernhsft
www.humber.nhs.uk

Caring, Learning and Growing


Sport at the Humber Centre

- Football
 - Training
 - Inclusion league
- Volleyball
- Gym
- Walking group

Caring, Learning and Growing

Craig's Story

Craig has been involved in many of the sporting activities at the Humber Centre. This has included:

- Football
- Volleyball
- Gym

Here are some of his reflections on this:

Caring, Learning and Growing



Helping People to Get Active

- Not everyone enjoys or wants to be involved in sport.
- Here are some of the ways we help people increase their activity:
 - Gardening – Polytunnel and external allotment
 - Woodwork
 - DIY Skills Course
 - Low level walking group
 - Exercise for beginners (based on active in age)

Caring, Learning and Growing



Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

Group Work 2 - where are you now?

Cygnets Bierley

Walking groups -- Couch to 5k -- Gym sessions -- Self-catering groups
 Chair aerobics -- Healthy living sessions -- Educational sessions (men, women's health) --
 Physically challenging groups -- Meetings with chefs -- Sports (football, basketball,
 rounders, badminton, volleyball, bowling) -- Swimming -- sessions and lessons -- Communi-
 ty work -- woodwork, charity shops
 Gardening -- Zumba -- Weekend activities (OTAs) -- Circuit training

Forest Lodge

Physical activities
 Reviewing -- ward and in community -- Recovery College
 Discussions at meetings
 OT 1:1 sessions -- patients interests now!
 Part time gym instructor -- staff training, all trained for the gym, OT support, health care
 support workers -- longer days, evening and weekends
 Query/ask staff what they want training on -- business meetings/development sessions
 Men's health group

Clifton House/Garrow House

Community x1 -- health walk -- full day out and about walking -- dog walking --
 Gardening -- eco gardening
 Ward meal x2 weekly -- Chef (nutrition) -- self-catering healthy meal
 Monitoring monthly observations -- keep check -- chronic disease
 Leisure morning (swimming) -- Places of interest -- Table tennis availability --
 Activities coordinator -- Cycling group coming soon
 Gym available each day

Food/diet

Discussed in community meetings
 Feedback forms -- menu choices, etc
 Introduced -- fresher food, looking at healthier lunches, interactive hands on with
 service user
 Take-aways -- reduce to "fake-aways"
 Kitchen equipment
 Staff training
 Dietitian involvement

Waterloo Manor – Clifton House – Stockton Hall – Newsom Centre
Ward bikes – Clifton House – more staff trained to work in gym
Healthy walk -- Community based exercise -- Boxing
Walking groups -- Community gym -- Dog walking
Links with community allotment/farming project (SHH)
SSH – dietitian has reviewed menu -- Gym – boot camp – healthy breakfast and early gym session -- Looking at walking group and ward bikes
Dietitian runs health/wellbeing recovery college – SHH
Clifton House Food – cooking activities – ward meal – growing food in allotment and using this.

Humber Centre
Recovery College - Aiming increasing classes
OT Treatments – healthy eating – linking physical health
Poor diet choice in canteen/tuck shop
Gym -- New HIP protocol --- Lack education
Primary care – physio – diabetic nurse – dietician - podiatry

Cheswold Park Hospital

Exercise bikes on ward – New menus (more options) – Reduced take-aways – discussions
 – Physical health general nurses – Shop change
 Physio for assessment of all new patients – Patient led health education
 Health clinics (registered general nurse) – Dietitian – full time
 Patient engagement in meetings – Steering groups – physical health and promotion –
 Establishing weight loss group – Boot camp group

Amber Lodge

Some patients have been completing base line assessments
 Conversations in community meetings around – healthy weight, activities, foods swaps, low level compound walking (patient led), next month individuals who want to take up walking doing a further lunch walk, Increased recovery garden sessions
 Working with facilities about cook/chill and hot and cold choice lunch and evening meal
 Doncaster council working along side GP x3 times a week
 Hoping to have water bottles and t-shirts #fabforensics
 Healthy food tasting
 Personal trainer 2 x weekly

 Patient led – staff and patients well being together important leading by example, company for each other improves motivation

What do you need to do to overcome these challenges?

Humber Centre

Always event around diet and menus
Working together
More staff
Develop some information leaflets for patients
Healthier options – alternatives
Increase classes
Boredom
Alternatives



Walking rather than using hospital transport
Pitching it right for people
Newsom Centre – environment is main obstacle



Cheswold Park Hospital

Educate staff and patients * More patient involvement
Motivation technique training with psychology (mindfulness)
More through recovery college * More one to one exercise sessions * More workshops – patient led * 7 day activity timetable



Cygnets Sheffield – Clifton House – RDASH – Wathwood – SWYFT

Health walk with local community
Walking group that has a van to aid these who cannot walk as far and bigger gym
Walking group, boxing equipment available 24/7
Limited take-away days – but this means people have it more regularly (weekly)
Monthly take out – limited
Sport group, yoga group, gym and fitness instructor with tailored sessions
Healthy living course
Obesity strategy, fortnightly healthy multidisciplinary clinic, sports team 6 days a week, gym, pool, sports hall – full fitness team – regular audits to see weight loss overtime to show effectiveness
Questionnaire around each ward which takes into account the differences on each ward to focus the change to each ward
2 diet 4 health – alternative menu from kitchen for people who want to diet
Dog walking -- Gardening



Healthy weight CQUIN

Sandal Rugby Club Wakefield

11am – 3.30pm Lunch and refreshments



Role Description for attending the Yorkshire and Humber meetings:

Represent your service and share experiences and ideas

Celebrate achievements and share learning

Find out what is happening in other services

Give your perspective

Meet staff and service users from other services

Take back and share what you have learnt with people in your service

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