

# YORKSHIRE & HUMBER NEWSLETTER 15



At the last Network meeting on the 8th May we started off with a presentation from the Humber Centre around Reducing Restrictive Practice. We then had some group work around the new CQUIN that is looking at the Mental Health Service Review - we used the Clikka Pads again to vote on priorities!

We also had an update about the Benchmarking Tool, and another update from the commissioners. The next presentation was from Cheswold Park - two service users spoke about their experiences which was really inspiring.

The Team Building this time came from Wathwood, and we all played the Wathwood game, a game invented by one of their service users which everyone really enjoyed.

We finished off with the usual Round Robin and a meeting summary from Imagineer :-)

Thanks to everyone for all your hard work!

Full presentations are now sent out separately so please check your email for these, or ask a member of staff to print a copy out if you would like to see these in full. 😊

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## Yorkshire and Humber Network Agenda

Sandal Rugby Club Wakefield

Tuesday 8<sup>th</sup> May 2018



11 - 14.30



- WELCOME** 1. **Welcome and Introductions**
2. **Presentation - Cheswold Park**  
- Patient Experience
3. **Group Work - MH Service Review CQUIN Guidance**
4. **Group Work - Involvement Benchmarking Tool**
5. **Commissioning Team Update**
6. **Team Building! - The Wathwood Game!**
7. **Presentation - Humber Centre**  
- Easy Read Reducing Restrictive Practice
8. **Round Robin - Update from you**
9. **Meeting Summary**



Next Meetings - Tuesday 4<sup>th</sup> September - Tuesday 4<sup>th</sup> December

# Presentation - Cheswold Park - Patient Experience

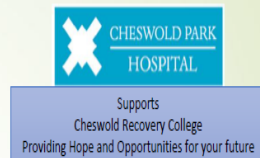
## Understanding and Responding to Self-harm/Self injury

My Lived Experience

Blaze White



shutterstock



My name is Mark and I would like to tell you about my journey.





# Presentation - Cheswold Park - Patient Experience

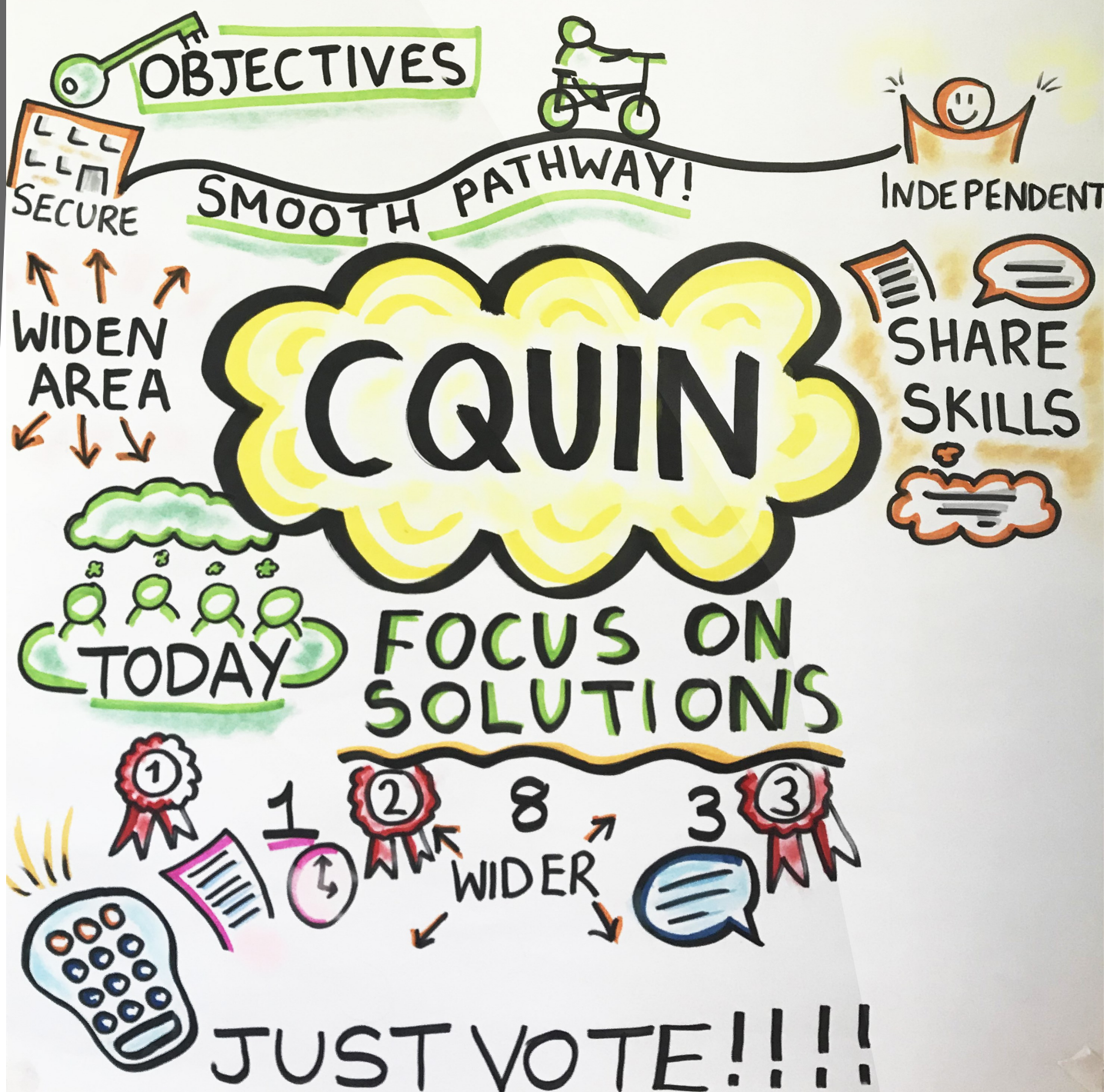
## UNDERSTANDING & RESPONDING PATIENT EXPERIENCE





# Group work - MH Service Review CQUIN Guidance

## ADULT SECURE MENTAL HEALTH SERVICE REVIEW!







## Adult Mental Health Service Review CQUIN

### Quarter One



- To attend CQUIN development event on 8<sup>th</sup> May 2018 (today!)
- To engage with other YH secure providers and NHS England to develop and agree a CQUIN for 18/19 which supports the delivery of the Mental Health Service Review
- Service implementation plan to be produced which outlines what actions the service will be taking over next three quarters.

Group Work  
Examples and Ideas!



Improving CPA  
Early contact with next stage  
Medium – low  
Current community provision barriers  
Opening up commissioner barriers and funding improvements.  
Health/local authority barriers  
Culture change – thinking change  
Community responsibility

#### Barriers

##### 1 – stigma

breaking down stigma  
swapping roles  
inconsistency  
unprofessional staff – better training, better interviewing skills

##### 2 – Rotate staff

Different teams – integrating teams  
To work together with different teams

#### Helps

More community input into inpatient units  
More communication around what's going on where  
More training – SU led. More staff

#### Hinders

Lack of communication . Time frame! not realistic. Not joined at present  
Dissemination!! - decision making, feeding back. Lack of staff  
Working for different service providers  
Duplicate assessments

#### Solutions

Stronger links with CCG and Las/working partnerships  
Redefining clinical pathways  
Staff stepping down with service user.  
Funding for whole pathway to be agreed.  
Meetings with support network.  
Outreach from secure services to community.

Psychiatric community training need

Transition model

Better integration

Agreement in principle for whole pathway

medium – low transfer model, increased integrated input between services

timeline goal setting

# Group work - MH Service Review CQUIN Guidance

Need more appropriate beds/resources for people to go to, especially female services.

Assessment process can take so long

- gate keeping
  - assessment by units
  - waiting for their referral meeting
  - waiting for a bed etc.....

Time limits on assessment process need to be improved.

Difficulties if 'out of area'. Need better connections

Regional service user meetings. Variety of services attend.

Patients should have a say/choice in where they end up.

Patient involvement in where they want to move on to.

Social care provision – accommodation – current community skills/services/ confidence

Barriers - "they're forensic" – myth busting – upskilling

Finance and resource pressures – 'what's mine is mine' – co-operation is hindered

Know where we are now and develop measures

Q2 forum or event – meaningful representatives of key stakeholders

Achievable timescales for progress

? other pathways? What works?

Inpatient (and community) – meaningful activity, vocational, educational, partnerships, start rehab in-house.

Pilot sites for forensic community – service model of care

More levels of experience within the community mental health services

'Crisis Café' for patients who have left inpatient services

24/7 access to community contact

Drop-in centre – out of the hospital for service for inpatients/community services

More central activities within services

Respite services available.

Everybody at different stages – quicker turnover – 3 months too long as patients changes

Waterloo can make own decisions – independent

Authority/governing body for decision making

Separate authorities

1 – joint authority

2 – staff rotation

3 – involvement



# Just Vote



## Just Vote!

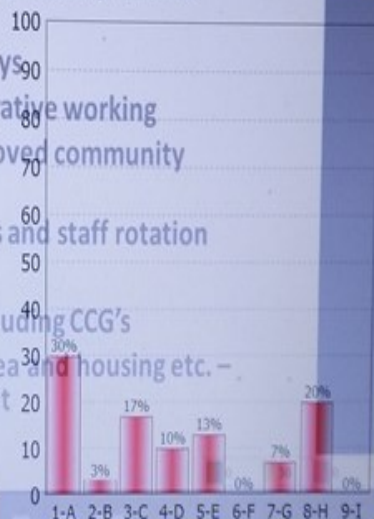
“Clikka Pads”

### MHSR

- 1 – Better assessment processes – gatekeeping, timescales – speed up the pathway. Whole pathway funding
- 2 – Redefining clinical pathways
- 3 – Communication – collaborative working
- 4 – Respite services and improved community support and links
- 5 – Staff moving with patients and staff rotation
- 6 – FOLS development
- 7 – Integration of services including CCG's
- 8 – Working wider – out of area and housing etc. – transition teams. An event

### MHSR

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Number 1 and number 8 got the most votes! - Full guidance to follow based on these 2 areas.

Guidance to be discussed in full at the first Mental Health Service Review CQUIN group.

Tuesday 5th June 2018  
Sandal—1.30-3.30

# Commissioning Team Update



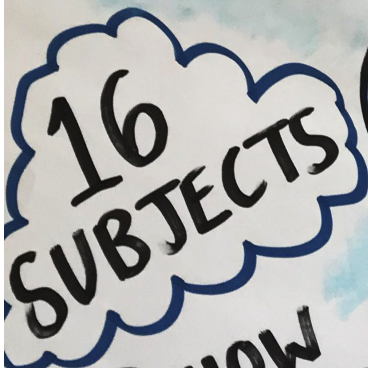
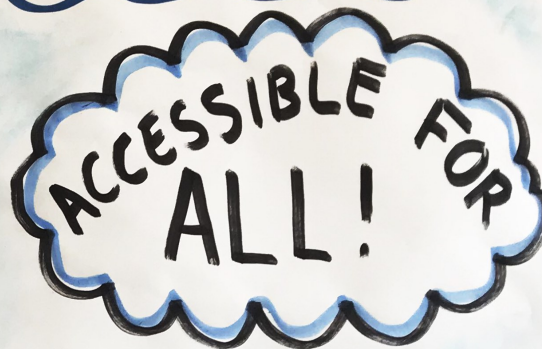
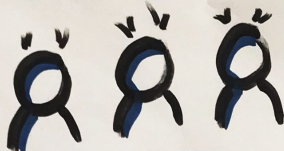


# Team Building - The Wathwood Game!

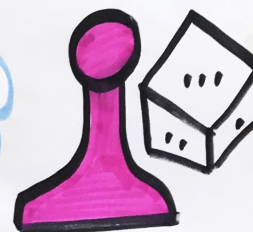
## WATHWOOD

## GAME!

WIDGET



? HOW TO MAKE IT?



LEARNING POINTS

DONT JUDGE

BE HONEST

TAKE YOUR MEDS

ALWAYS DISCUSS WITH STAFF



Presentation - Reducing Restrictive Practice  
 Edite Sustere & Dave King  
 The Humber Centre

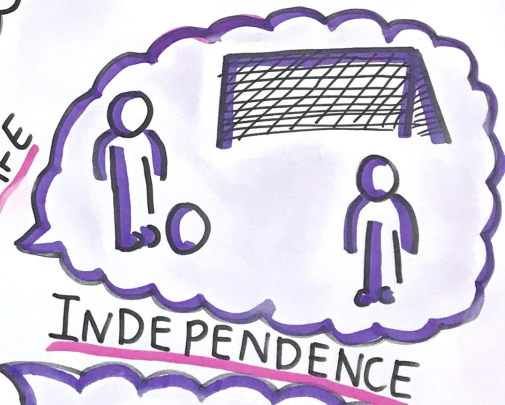
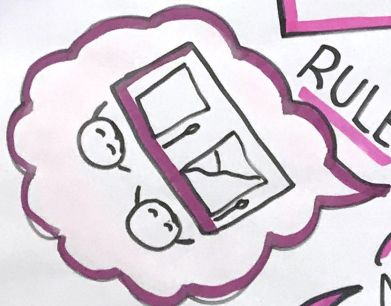
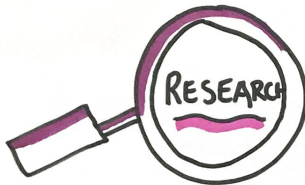
LEAST RESTRICTIVE PRACTICES

HUMBER CENTRE

Dave & Edite

STOCKTON HALL

POSITIVE!



WE WILL BE ASKING AGAIN!

INTERNET  
 E-CIG  
 ???



## Presentation - Reducing Restrictive Practice

### Edite Sustere & Dave King

### The Humber Centre

## Least restrictive practices: Its role in patient independence and recovery.

Edite Sustere

Forensic Psychologist in Training

&

Dave King

Clinical Nurse Specialist in Forensic Mental Health – Security Lead

## Conclusion



- Things that patients thought helped their recovery and being more independent were:
  - Staff taking more positive risks
  - Staff being helpful
  - Seclusion used as last resort
  - Engaging in activities that reflected a life in the community
- Things that patients thought didn't help their recovery and didn't make them feel more independent were:
  - Feeling uncertain about the rules and the reasons behind some decisions
  - Not being able to mix with other patients when they wanted to
  - The security level of the hospital - staff having to do a lot of things for patients



# Group Work - Round Robin

## Bradley Complex Care

Building work creating single person apartments \*\* Name change – Bradley Woodlands to Bradley Complex Care \*\* Low secure to locked rehab \*\* New interview process activity and ‘speed dating’ style interview \*\* 5 a day group \*\* Flower arranging \*\* Nature watch \*\* Lincs inspire, sports taster sessions \*\* Planning for June family event

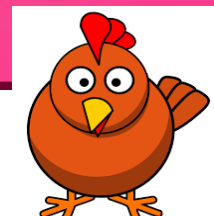
**Waterloo Manor—** Spice Girls Day \*\* Road to recovery \*\* Recovery college \*\* Creative writing \*\* Tour de Yorkshire \*\* Chicks \*\* Medical/OT students \*\* Teaching hospital \*\* Becky’s play \*\* Vaping since last year! \*\* National service user awards \*\* Newsletter \*\* Open mic night/mocktails \*\* Garden in memory of patient and family \*\* Quiz nights \*\* CQC presentation

**Cheswold Park—** Positive outcomes from reducing restrictive practice meeting. New approach, 7 key topics for 2018/2019. Reviewing searching on return from leave. Access to smart phones. Unsupervised off ward access. Peer support workers.



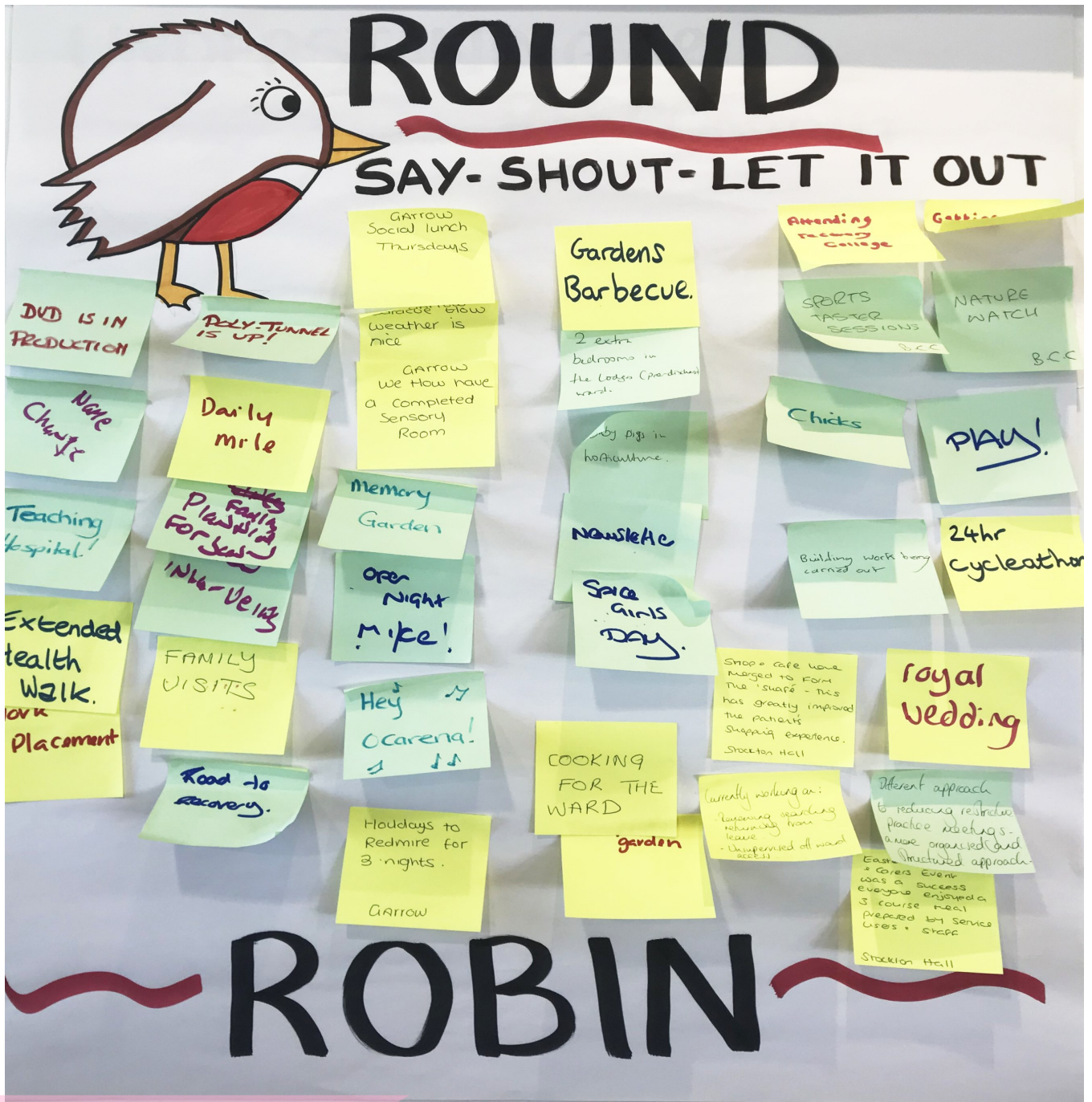
## Stockton Hall

Easter family and carers’ event was a success. Everyone enjoyed a 3 course meal prepared by service users and staff.  
Recovery College presentation of awards.  
Village walking group planned for 11th May.  
New recovery lead in post – Scott Atkinson – congratulation Scott!  
Sports relief event was a huge success.  
Shop and café have merged to form the ‘Shafe’ – this has greatly improved the patients shopping experience. Service users have been making cards to sell.  
Pop up shop for service users without leave.  
Pets as therapy dog visiting weekly.  
All wards have activity nurses – about 60 trained up so far.  
Review of all real work opportunities roles and several new roles with more responsibility and pay involved.  
Planning for summer BBQ, friends and carers recovery college showcase event.  
Planning 2 day music festival for summer.





# Group Work - Round Robin



Family visits.  
 Using the gym.  
 Cooking for ward and for myself.  
 Recovery College - growing and taking shape - routine every week.  
 Cooking for ward each month from a different country around the world.



# Group Work - Round Robin

## Newsam and Clifton

Donkey sanctuary = Nuzzlets recovery – pet therapy = Recovery College celebration event  
Arts for recovery = Clinical model development = Recovery College co-ordinator post = Service user champions development

## Humber Centre

DVD  
HSJ Award nomination for RRI  
Greentrees decamp to Humber Centre  
Carers Open Day  
New gym equipment in use  
Poly-tunnel

## Wathwood

New staff is coming  
Work in restaurant – with people who are not patients  
Two extra bedrooms  
Caribbean night  
St George's Day  
St Patrick's Day  
Self-cooking every day!!!!  
New games for PS4  
Pigs babies in horticulture  
Wildlife park trip



## Cygnets Sheffield and Moorlands View

- Funding for the therapeutic garden.
- Social enterprise to set up an Etsy shop.
- 9 workshops to look at transition.
- Work placements.
- Joint working with Leeds/Hull.
- Growing transition team.
- Two beds opening.

## Newton Lodge, Newhaven and Bretton

Sports Day \*\* 24hour Cyclathon. \*\* Carer involvement events. \*\* Gardens BBQ. \*\* Social event for Royal Wedding \*\* Extended health walk \*\* Lodgefest \*\* Conference planning \*\* Ongoing service user involved recruitment \*\* Recovery college re-launch \*\*



## Garrow House

Leisure mornings once a month. We chose where we want to go, shopping, cinema, etc. we have finished our relaxation room. Planning a sensory garden. BBQs now weather is good. Peer support group. Out and about group etc. Seaside, zoo. Holiday to Redmire for 3 nights. Animals come to visit. Planning a sports day. Had Garrow decorated. Curry's once a month. Daily walking group. Social meals on a Thursday. Film night on Friday. Relaxation available whenever. Coffee mornings. Bingo every Sunday. Quiz every Tuesday. Library group. Saturday brunch. Once a month a meal from different country. Car boot sales. Lots of crafts. More activities can be planned if patients request them.



# YORKSHIRE AND

# HUMBER NETWORK 2018



Tuesday 4<sup>th</sup> September

Tuesday 4<sup>th</sup> December

Sandal Rugby Club Wakefield

11am – 2.30pm Lunch and refreshments

Another date for your diaries.....

Yorkshire and Humber Annual Conference!

Tuesday 18<sup>th</sup> September! National Coal Mining Museum – more details to follow!

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



# Yorkshire and Humber Newsletter

*We need you!*

**Do you like....**

**Writing articles?**

**Poetry?**

**Creative Writing?**

**Artwork?**

Please note we will say in the newsletter who sent it in, (first name and service) so if you would rather it was put in anonymously then please let us know.



We would love to hear from you!

We are Holly and Jo, we work as Involvement Leads across all the secure services in Yorkshire and Humber and we want to produce a newsletter so that everyone can share these things with each other.

It will be a great way to find out about what is happening in other hospitals, as well as sharing your work with others.

You can ask a member of staff to send things to us, or you can send them direct if you have access to email on

[holly.alix@nhs.net](mailto:holly.alix@nhs.net)



**Calendar of Involvement  
Events for 2018 at Sandal**



**Yorkshire and Humber Network - 11-2.30**

**Tuesday 4<sup>th</sup> September  
Tuesday 4<sup>th</sup> December**

**Recovery College CQUIN 1.30-3.30**

**Thursday 27<sup>th</sup> September  
Thursday 13<sup>th</sup> December**

**\*\*\*\*\***

**Mental Health Service Review 1.30-3.30**

**Tuesday 5<sup>th</sup> June \*\*\* Tuesday 10<sup>th</sup> July  
Tuesday 16<sup>th</sup> October  
Thursday 10<sup>th</sup> January**

**Y&H Recovery and Outcomes**

**Rethink - 11-2.30**

**Thursday 21<sup>st</sup> June \*\*\* Thursday 11<sup>th</sup>  
October \*\*\* Tuesday 27<sup>th</sup> November**



# Goodbye for now!



## But we'll .....

