

YORKSHIRE & HUMBER NEWSLETTER 16



At the last meeting of the Yorkshire and Humber Network on the 4th September we started off with a presentation from Charlie Roebuck from Feel Good Cricket, information from this can be found on page 6.

We then heard from service users and staff from Cygnet Sheffield about their MDT meetings, the information from this is on page 2.

During the lunch break we filmed the Strategy "Launch" with Pat Bannon from Cygnet Bierley – to show at the Conference – this will be shown at the next Network meeting as well!

After the break we had a presentation from John Shearman about his journey through secure services, John has been coming to the Network meetings since the first one over 10 years ago and it was great to hear about his progress. This is on page 3.

Lauren Kerrigan from NHS England gave us a commissioning team update which is on page 5. Charlotte Byrne from Waterloo Manor did the team building and it was great fun, everyone becoming rather competitive! This is on page 8. We did some Benchmarking group work around the Reducing Restrictive Practice standards and this is on page 9, and finally a round robin on pages 10 - 12, and a meeting summary from the ever wonderful Imagineer!

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

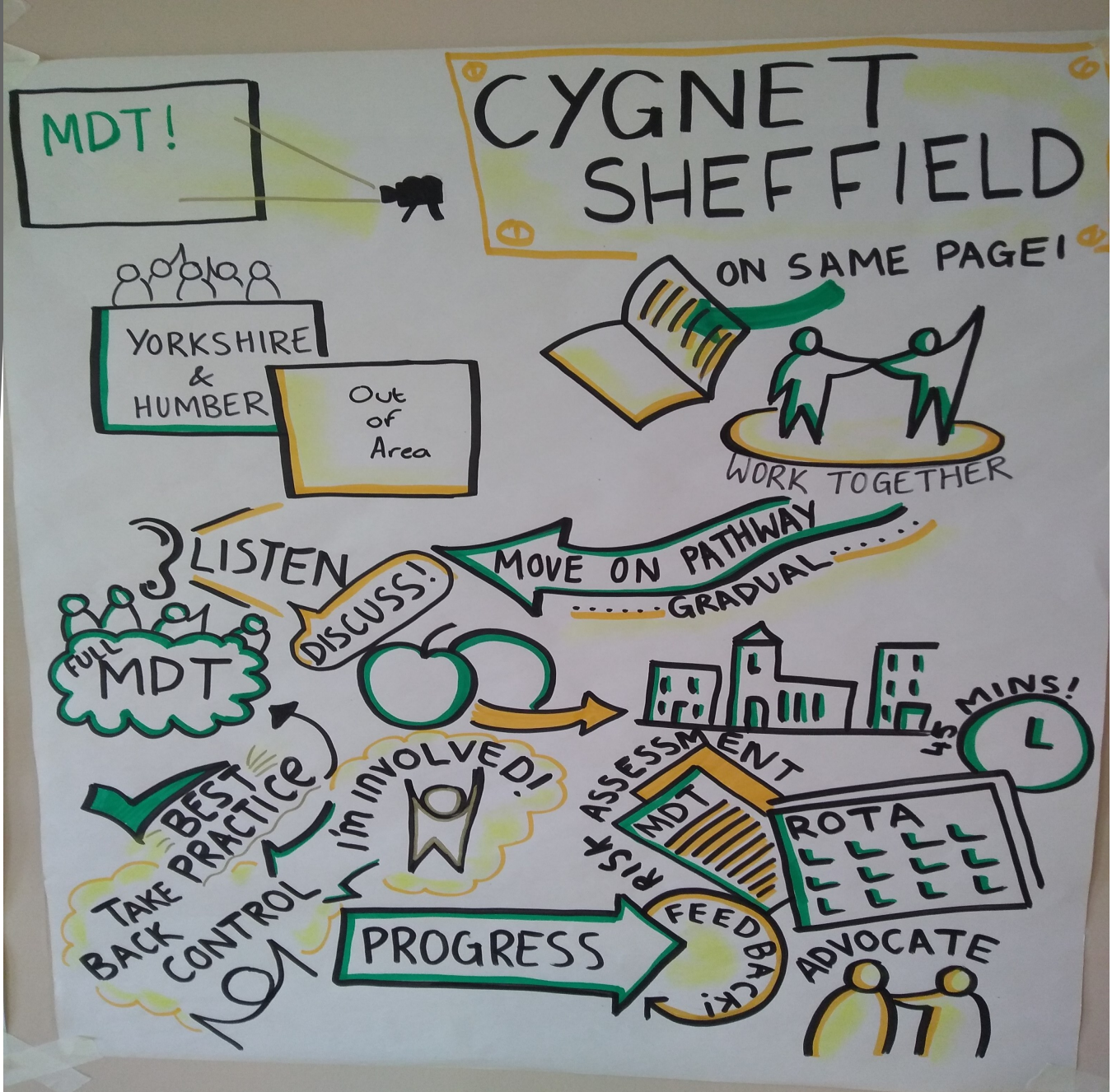
Sandal Rugby Club Wakefield
Tuesday 4th September 2018 11 – 14.30

- Welcome and Introductions**
- Presentation - Cygnet Sheffield**
- MDT Standards
- Presentation – John Shearman - My Journey**
- Commissioning Team Update – Lauren**
- Presentation – Charlie Roebuck**
- Feel Good Cricket
- Team Building! – Charlie Roebuck**
- Group Work – Benchmarking**
- Round Robin – Update from you**
- Meeting Summary**

Next Meeting – Tuesday 4th December

Presentation

Cygnets Sheffield-MDT meetings



Brief overview of the service:

Spencer Ward: in-patient service providing assessment and treatment for women with mental disorders in a low secure environment.

- ▶ The treatment is aimed at identification and management of needs rather than just a particular diagnosis.

Our Philosophy of care:-

- ▶ We recognise that our patients have often experienced significant psychological distress and are one of the most vulnerable groups in our society.
- ▶ We believe that every woman has the potential for recovery, personal growth and an improved quality of life.



shutterstock



Presentation - John Shearman - My Journey



John Shearman

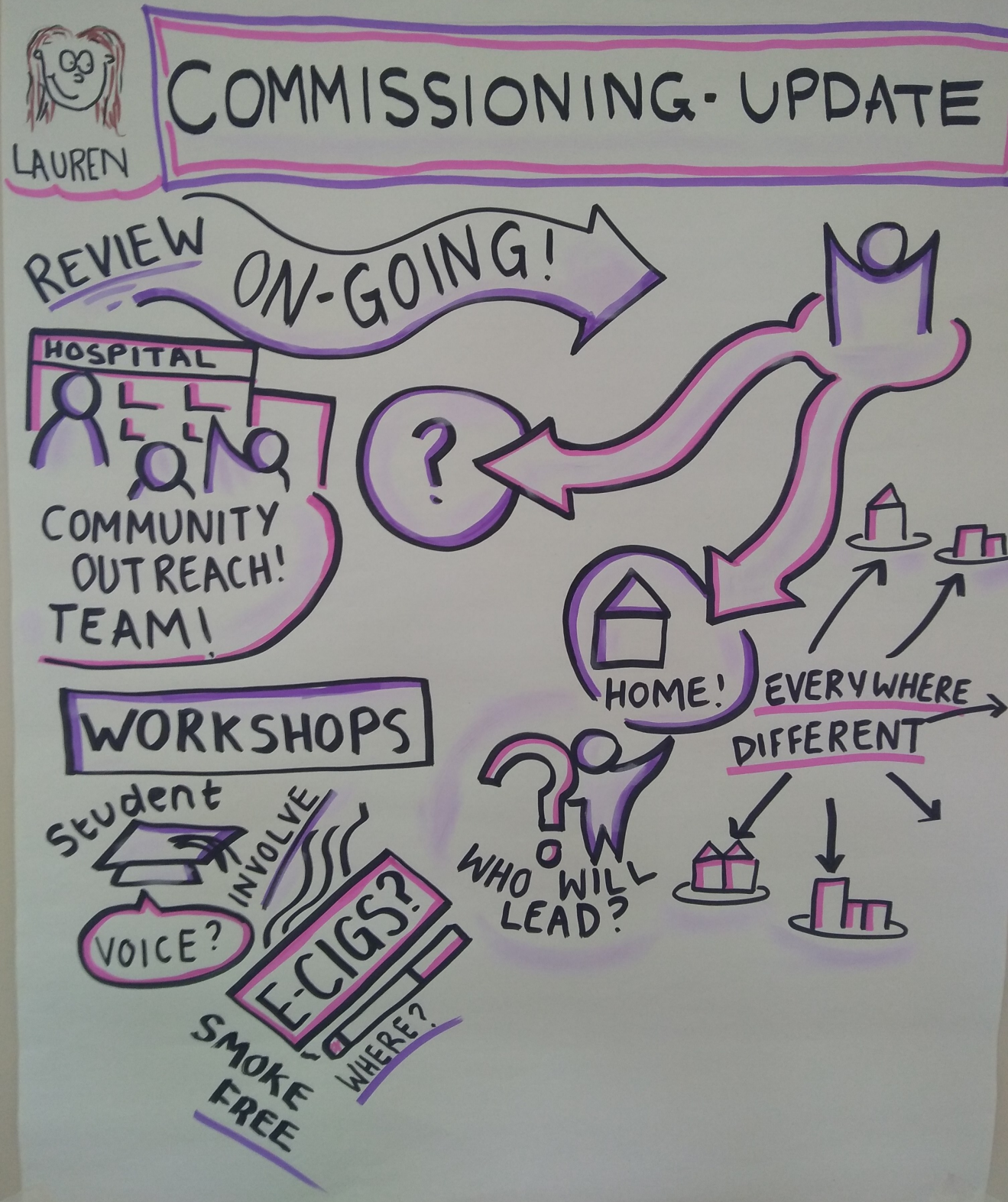
- My Journey!



Strategy Launch!



Commissioning Team Update Lauren



Presentation - Charlie Roebuck - Feel Good Cricket

FEEL GOOD CRICKET

15 YEARS OLD

CHARLIE ROEBUCK



YORKSHIRE & DURHAM

PERFECT SPORTS MAN

GP

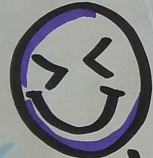
DEGREE

DEPRESSION
SELF HARM

JOB ROLE
LEARNING
DISABILITY
ENGAGEMENT
LEAD

SPINAL INJURY

FRIENDS



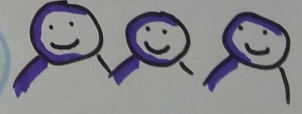
FUN

SPORT

SELF ESTEEM

STRESS

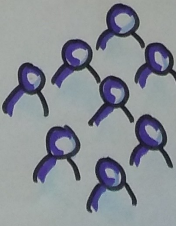
SELF WORTH



Calderdale
Barnsley
Bradford

COACHING SKILLS
1 & 2

EMPLOYMENT SKILLS



RECOVERY COL



My Journey

- Started playing cricket age 10 for Broad Oak
- Yorkshire age groups from 14
- Signed professionally age 16
- First England under 19s game age 16 (Youngest player)
- Signed Durham
- Broke 3 discs in my back
- Went to University got a BSC in Sport Development



Charlie's story can be provided on request .

Team Building - Charlotte Byrne



Group work - Benchmarking



Your quotes about **motivation, mind-set and culture change, engagement, and support to deliver outcomes.**



A selection of these will go in the **From Functional to Fabulous Strategy !!**

The network sets the benchmark for the services within Yorkshire and Humber and inspires us to deliver outcomes that live up to that standard. We are a proud region.

Share good practice

Culture change – the network has helped drive changes, within the hospital, in culture and practice through sharing best practice at this forum.

Good variety of food and drink.

The network gives us courage to champion change – we are a body of people with a common goal who help each other be the best we can be.

Listening to ex-service users stories gives hope.

Useful to keep up to date with current practices and good to Network with other hospitals.

“a great opportunity to hear what other services are up to and to share our own initiatives and projects with others”

Hearing people’s stories and positive outcomes.

Listening to peoples stories.

Learning new things. Fills time away from unit.

It’s been nice hearing about other hospitals service users road to recovery and their journeys over the years.

Culture change – the network has helped drive changes, within the hospital, in culture and practice through sharing best practice at this forum.

Putting faces to names.

Grow through what you go through! – Garrow House

Engagement – service users attending from our service have been inspired by this group and have increased their own engagement in the hospital.

Useful to keep up to date with current practices and good to Network with other hospitals.

Boost confidence with speaking in large groups.

Informative regarding other hospitals in area

Actions speak louder than words!

Engagement – service users attending from our service have been inspired by this group and have increased their own engagement in the hospital.

If you believe it, you can achieve it! Garrow House

Motivational do what makes you happy and smile

Sharing ideas – informative!

Exchange ideas.

The network gives us courage to champion change – we are a body of people with a common goal who help each other be the best we can be.

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain – Garrow House

Hearing people's stories and positive outcomes.

Socialising and meeting people

Network with other services

Shine bright like a diamond – Garrow House

Gives hope and inspiration!

"Updates" from other units in the country.

You can do it learning new things "gardening"

John's story!
Eventful, educational, useful.
Interesting listening to ex-service users recovery and resettlement.

Good to hear how other areas work through issues both positives and negatives.

What we think, we become – Garrow House

Life doesn't require that we be the best, only that we try our best! – Garrow House

Nothing can dim the light that shines within – Garrow House

Updates on NHS/ public health changes

Motivating patients to move forward.

Opportunity to have my say on our services.

Relaxed friendly atmosphere.

Great place to share ideas and meet like-minded people.

Group Work - Round Robin



Bradley Complex Care
 Understanding CTR and discharge planning workshop – Makaton group ~~~~
 Sunshine group – feelings and emotions ~~ Single person apartments ~~ New
 OT groups – 5 a day /flowers ~~ Lincs in Spire – weekly sports group at local
 football development centre ~~ Mission fit – look at lifestyle and
 healthy lifestyle and weight ~~ Wi-Fi – patient Wi-Fi

Humber Centre
 Friends and Family afternoon tea event ~~ Finalising information
 DVD ~~ Policy and Procedure for e-cigarettes – produced by staff and patients
 ~~ Recovery Academy graduation day arranged for end September ~~ Summer
 fayre and BBQ

Group Work - Round Robin

Wathwood

Patients had a hog roast and invited staff -- BBQ American independence -- Circus skills day -- Section 17 (patient fine dining experience) -- Interview involvement team (patients and staff interview panel) -- Courtyard café (vocational work for patients on site, open to public) -- Carers' forum 20 + summer BBQ -- Summer gala for all patients and public -- Carers' satisfaction survey, bi-yearly completed -- Engagement in STP 'New Care Models' -- Recovery College joint venture and former patients



Cheswold Park— We are one of ten finalists to attend an event in London, around physical health care checks in learning disability. We have patient art work displayed in a local museum We are part of a trainee nursing associate program We have a fishing competition this week We are introducing a Bic's cleaning course for patients We have patient representation in risk and governance meetings Changes to the search policy to include random searches Patients have created a video on their perspective on restraints to be included in staff induction training Changes in observation policy and patients to train staff in this Reducing restrictive practise group continues with an agenda covering seven topics chosen by patients



Garrow House

Sports day + BBQ ~~~ Sensory garden ~~~ Trips out – Bridlington and Scarborough ~~~ Trips to the Buddhist centre monthly ~~~ Nuzzlets (animal charity) ~~~ Cinema trips ~~~ Pat dog (lady) ~~~ Sponsored walk around York walls ~~~ Book club and library visits ~~~ Coffee club ~~~ Craft projects ~~~ More relaxation and mindfulness groups ~~~ Evening groups, quizzes, bingo, films ~~~ Leisure mornings ~~~ Carers' packs and groups ~~~ Baking and cooking groups ~~~ Snoezelan room (sensory room) ~~~ Carvery trips and car boot trips



Group Work - Round Robin

Clifton House

Trip to Edinburgh ~~~ Home leave ~~~ Dog walking ~~~ Self-catering (group cooking) ~~~ Trips around north Yorkshire ~~~ Cinema trips ~~~ Summer fair ~~~ 30 Clarence Street ~~~ Recovery College presentations and BBQ and play ~~~ Art exhibitions ~~~ Social space activities – games, BBQs ~~~ Equine therapy ~~~ Restaurant visits ~~~ Tai chi ~~~ Gym facilities ~~~ Gardening ~~~ Shopping ~~~ Car boot sales ~~~ IT Suite ~~~ Radio pod cast ~~~
Recovery College

Newton Lodge

Looking at training ~~~ Things coming up and have been doing:- Cottage trip to Whitby ~~~ BBQs ~ Community skills ~ Tea party ~ Sponsored charity event ~ Recovery College (on site) and oasis launch ~ Conference planning ~ Getting a larger gym ~ Coffee shop opening/diamond shop ~ Extended health walk ~ Family fest/lodge fest ~ Christmas events



Waterloo Manor

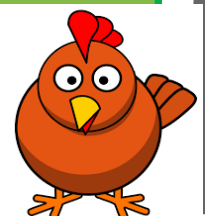
Yorkshire Cricket ~ CQC “Outstanding in Care” party ~ Sister Act Music Video ~ Trip to Blackpool and Scarborough ~ Conference planning group
Personality disorder workshop (service user led) ~ Substance misuse group
Pride bench – LGBTQ & Gnomes ~ Lotherton Hall farm trip ~ Carers’ afternoon ~ Butterfly cocooning ~ Hedgehogs (rocking popping gardens) – Recovery College ~ Loom hat making - Recovery College ~ Chimp management



Cygnets Brierley

Community Centre – gardening, painting ~ Self-catering – new kitchen installed

Expanding on the frequency of therapeutic trips and outdoor projects
Recently completed project with the theatre department at Leeds University
Setting up a screen printing set up and black and white darkroom at the hospital
Tuck shop generating revenue to feed back into Recovery College
Currently making a film about discharge and resettlement to help both service users and staff better understand and make the most out of this process
Recovery College: lots of attendance with a growing number of experts by experiences ~~~ SUs to start interviewing at recruitment interviews



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.cade@nhs.net

Calendar of Involvement
Events for 2018/19 at Sandal



Yorkshire and Humber Network 11-2.30

Tuesday 4th December 2018 – Thursday 7th March
Thursday 6th June – Thursday 29th August –
Thursday 12th December

CQUIN Meetings 1.30- 3.30

Recovery College

Thursday 13th Dec 2018 - Tuesday 19th March 2019

Mental Health Service Review

Tuesday 15th January 2019 - Tuesday 9th April 2019

Benchmarking Tool Launch! 11- 2.30

Thursday 18th April 2019

Reducing Restrictive Practice 1.30-3.30

Tuesday 29th January 2019

Y&H Recovery and Outcomes Rethink

11-2.30 Tuesday 20th November 2018



YORKSHIRE AND



HUMBER NETWORK 2018

Tuesday 4th December

Thursday 7th March

Thursday 6th June

Thursday 29th August

Thursday 12th December

Sandal Rugby Club Wakefield

11am – 2.30pm 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

Goodbye for now!



But we'll

