

# YORKSHIRE & HUMBER NEWSLETTER 17

At the last meeting of the Yorkshire and Humber Network on the 4<sup>th</sup> December we started off with an ice breaker called the Right Christmassy game—with crackers and lots of “lefts” and “rights” to wake everyone up! This is on page 2.

We then had a presentation from Cheswold Park Hospital about their comic “working with me” which looks at reducing restrictive practice. This is on page 3. We also had a bit of a re-cap from the Functional to Fabulous Conference—we played the Strategy Launch video, the Waterloo Manor Sister Act music video and Laura from Bradley read her Fabulous Poem. This can all be found on page 4. After the break we had a commissioning team update from Lauren the senior Case Manager with the team at NHS England which is on page 5. Charlotte from Waterloo Manor told us all about the Big Sleep that they did to raise money for the homeless charity St George’s Crypt in Leeds as well as a food bank box which we donated the spare crackers and mince pies to! This is on pages 6 & 7. We also had the team building from Sasha from Cygnet Bierley which is on page 8. In the final section we asked everyone to give some feedback on the draft Benchmarking Standards for Reducing Restrictive Practice which is on pages 9 to 11. And finally we had a Round Robin to capture what all the different services have been doing over the last few months which is on pages 12 to 14. And of course everything has been captured beautifully as always by the ever wonderful Imagineer!

Full presentations are now sent out separately so please let staff know if you would like a copy , or email [holly.cade@nhs.net](mailto:holly.cade@nhs.net) for a copy.

Thank you to everyone who contributed :-)



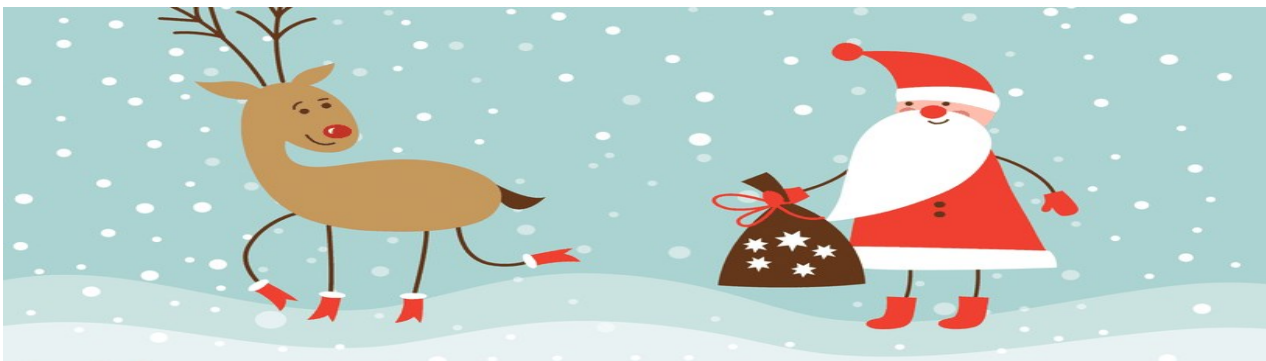
Inside this Issue	
Summary of the meeting	1
The right Christmassy Family Game	2
Presentation - Cheswold Park—“Working with me”	3
Functional to Fabulous Conference Re-cap	4
Commissioning Team Update	5
Presentation - Waterloo Manor—the Big Sleep!	6 & 7
Team Building - Cygnet Bierley	8
Group Work - Benchmarking—RRP	9—11
Round Robin	12- 14
Newsletter submissions poster	15
Posters for next meetings dates	16 & 17

**Yorkshire and Humber Network Agenda**  
 Sandal Rugby Club Wakefield  
 Tuesday 4<sup>th</sup> December 2018 11 – 14.30

- Welcome and Introductions**
- The Right Christmassy Family Game**
- Presentation – Cheswold Park – Working with Me**
- Functional to Fabulous Conference re-cap!**
- Commissioning Team Update – Lauren**
- Presentation – Waterloo – Charity box & Big Sleep**
- Team Building! – Cygnet Bierley**
- Group Work – Benchmarking Tool – Reducing Restrictive Practice**
- Round Robin – Update from you**
- Meeting Summary**

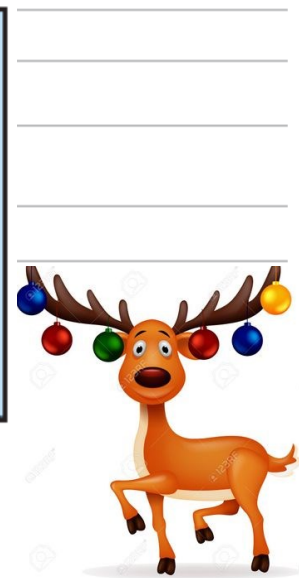
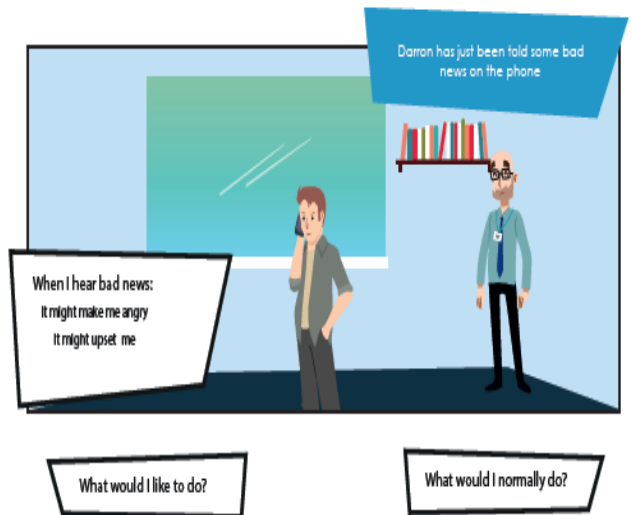
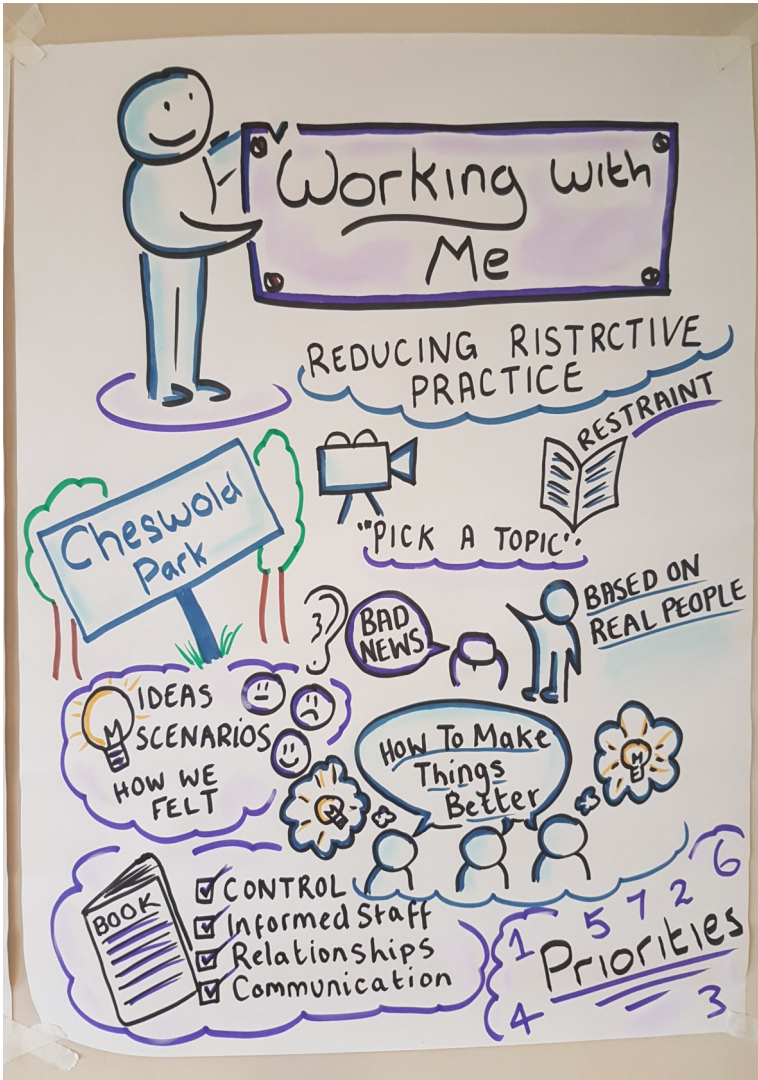
**Next Meetings** - Thursday 7<sup>th</sup> March - Thursday 6<sup>th</sup> June  
 - Thursday 29<sup>th</sup> August - Thursday 12<sup>th</sup> December

# The Right Christmassy Game!



# Presentation

## Cheswold Park - Working with Me



Cheswold have created this comic called “Working with me” which shows every day scenarios that support people to talk about reducing restrictive practice. The full comic can be provided on request .

# Functional to Fabulous Conference Re=cap



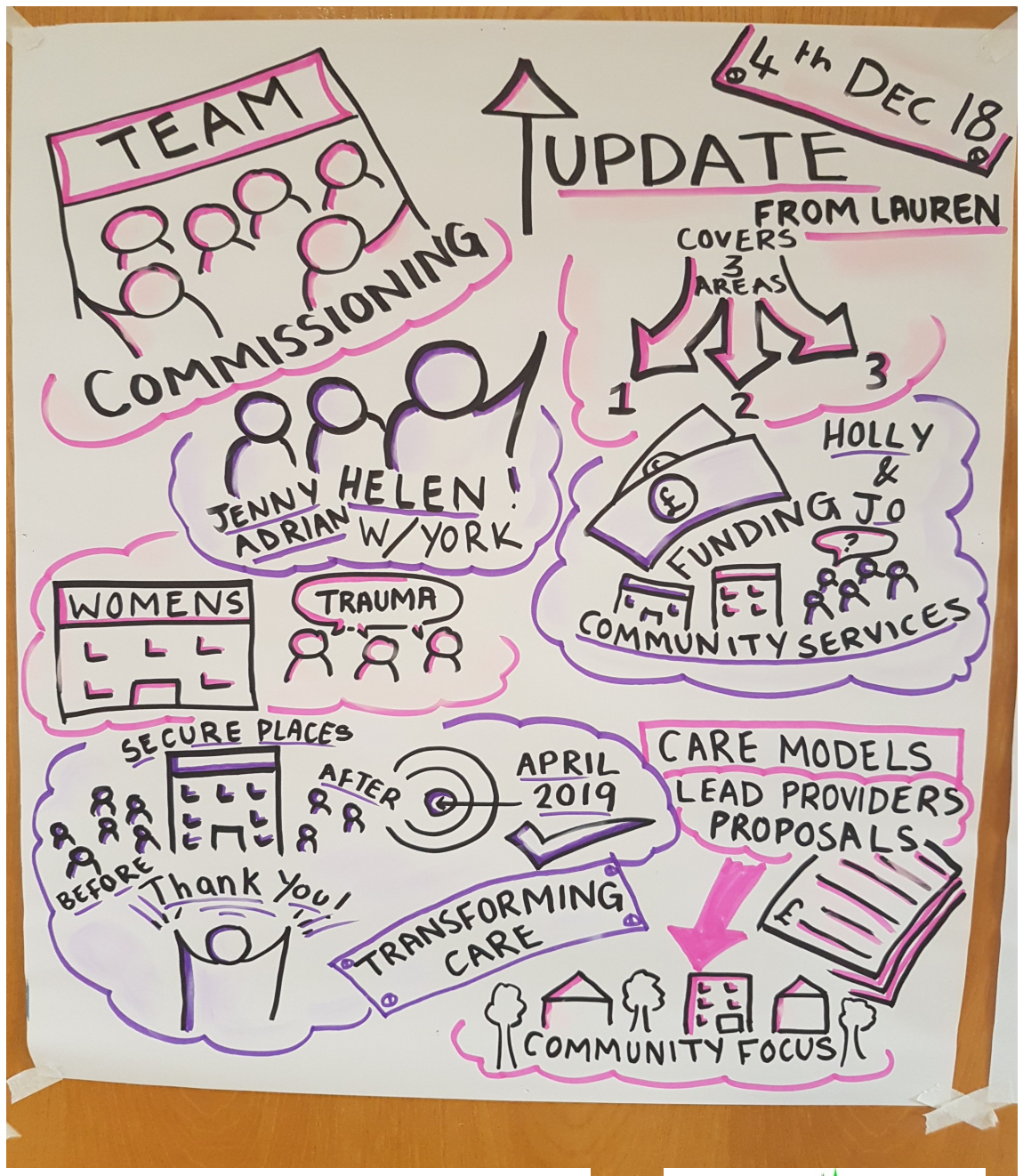
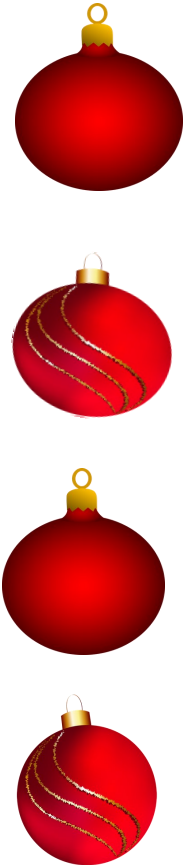
## We Are FABULOUS

By Laura Cartwright

It doesn't matter who you are or where you're from,  
 Sometimes in life things go wrong.  
 In every walk you take,  
 There will always seem to be a bad day.  
 In a sea of darkness, searching for the light,  
 Once it's spotted our future looks bright.  
 Be strong,  
 Be courageous,  
 Be brave,  
 Because things will get better,  
 It may be stormy now but it never rains forever.  
 To live the life you see, stay strong, stand up and be the  
 best you can be.  
 You are braver than you believe and stronger than you  
 seem,  
 Be strong, Be Confident, Be you,  
 We are all fabulous in every way.



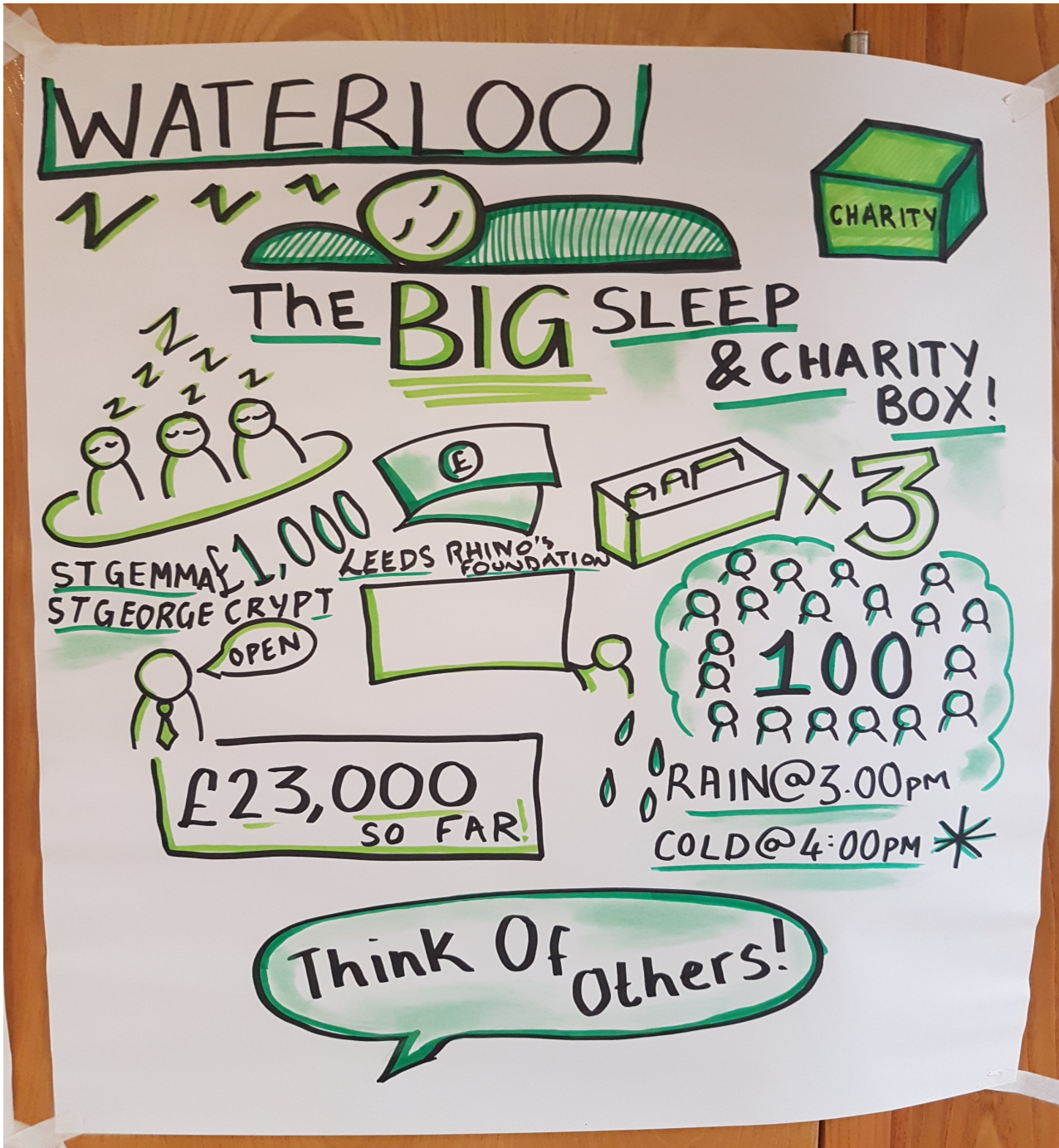
# NHS England Commissioning Team Update - Lauren



**Commissioning Team Update!**  
Lauren



# Presentation - Waterloo - Charity Box and Big Sleep





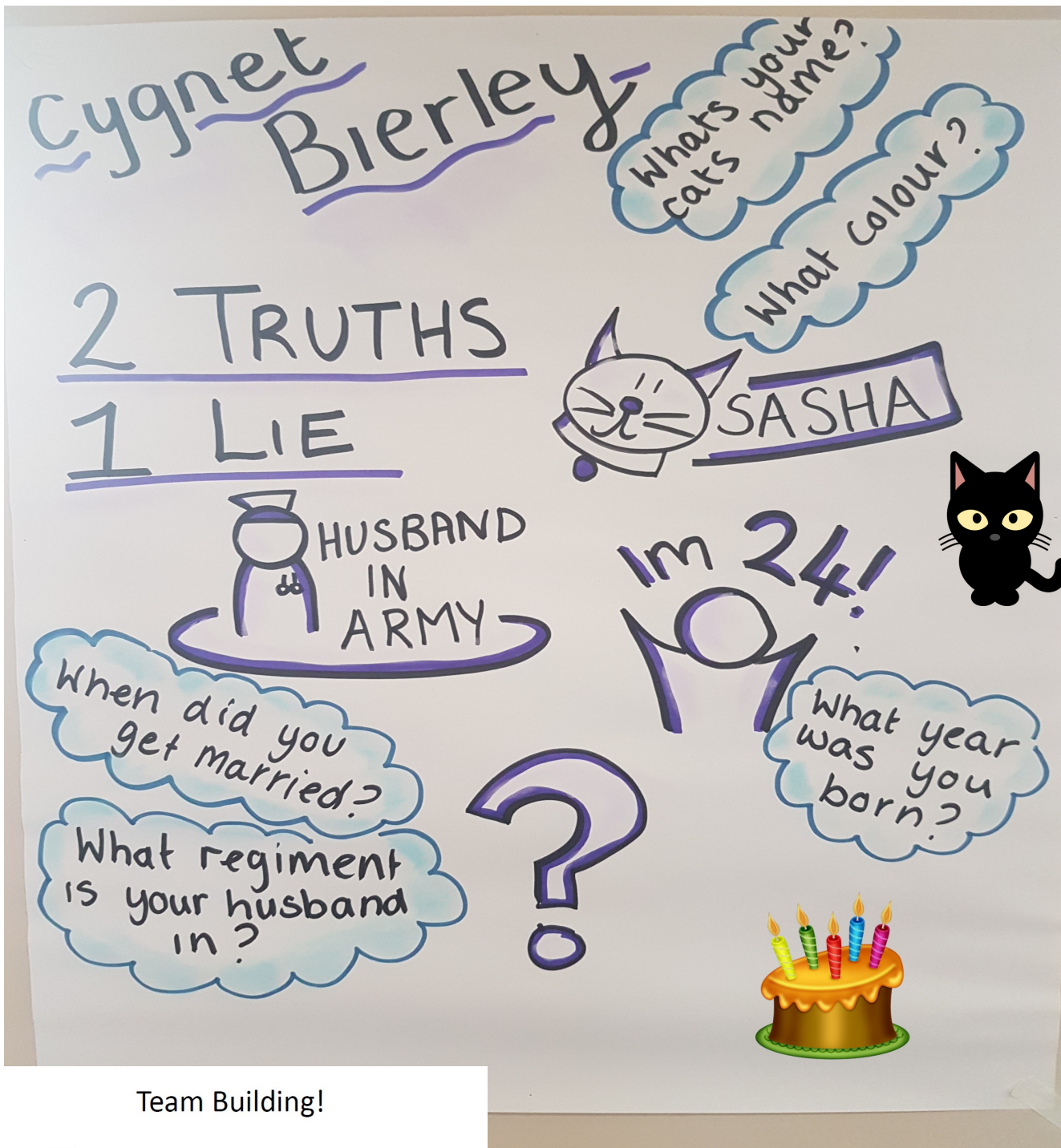
# Waterloo Manor – Big Sleep



You Retweeted  
 Rhinos Foundation @RugbyLeeds · Nov 30  
 Well done to everyone who took part in the #LeedsBigSleep last night! The group have raised over £23,000 for our charity, @stgemmahospice and @CryptLeeds and there is still time for you to donate. Go to [tinyurl.com/yv3pzt9](http://tinyurl.com/yv3pzt9) and donate now!



# Team Building - Cygnet Bierley



Team Building!





## Group work - Benchmarking Tool Reducing Restrictive Practice

# REDUCING RESTRICTIVE PRACTICE

4th Dec 18

1. What do we think?

2. Do they make sense?

3. Are they the right ones?

4. Is there anything missing?

10 STANDARDS

TOP IDEAS

- Stop "Blanket" Restrictions
- Regularly Reviewed Care Plans - Reduce Restrictions
- Terms Of Reference / Glossary
- Individual Restrictions
- Revise "Physical Restraint" training
- Record Meeting Frequency
- Introduce Smart Keys
- Promote Service User Rights
- Training On Reducing Restrictive Practice
- Review in Moderation
- Positive Handovers

Briefing Carers?

## BENCHMARKING!

### Benchmarking – Reducing Restrictive Practice



1. What do we think?
2. Do they make sense?
3. Are they the right ones?
4. Is there anything missing?



# Group work - Benchmarking Tool

## Reducing Restrictive Practice

### Reducing Restrictive Practice Benchmarking Standards

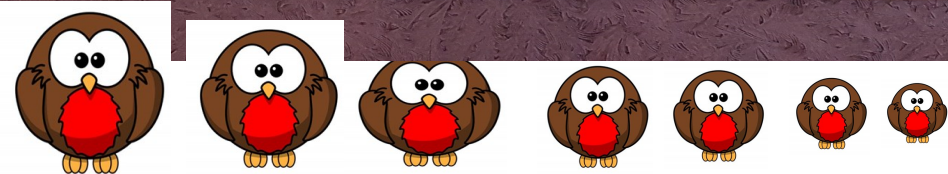
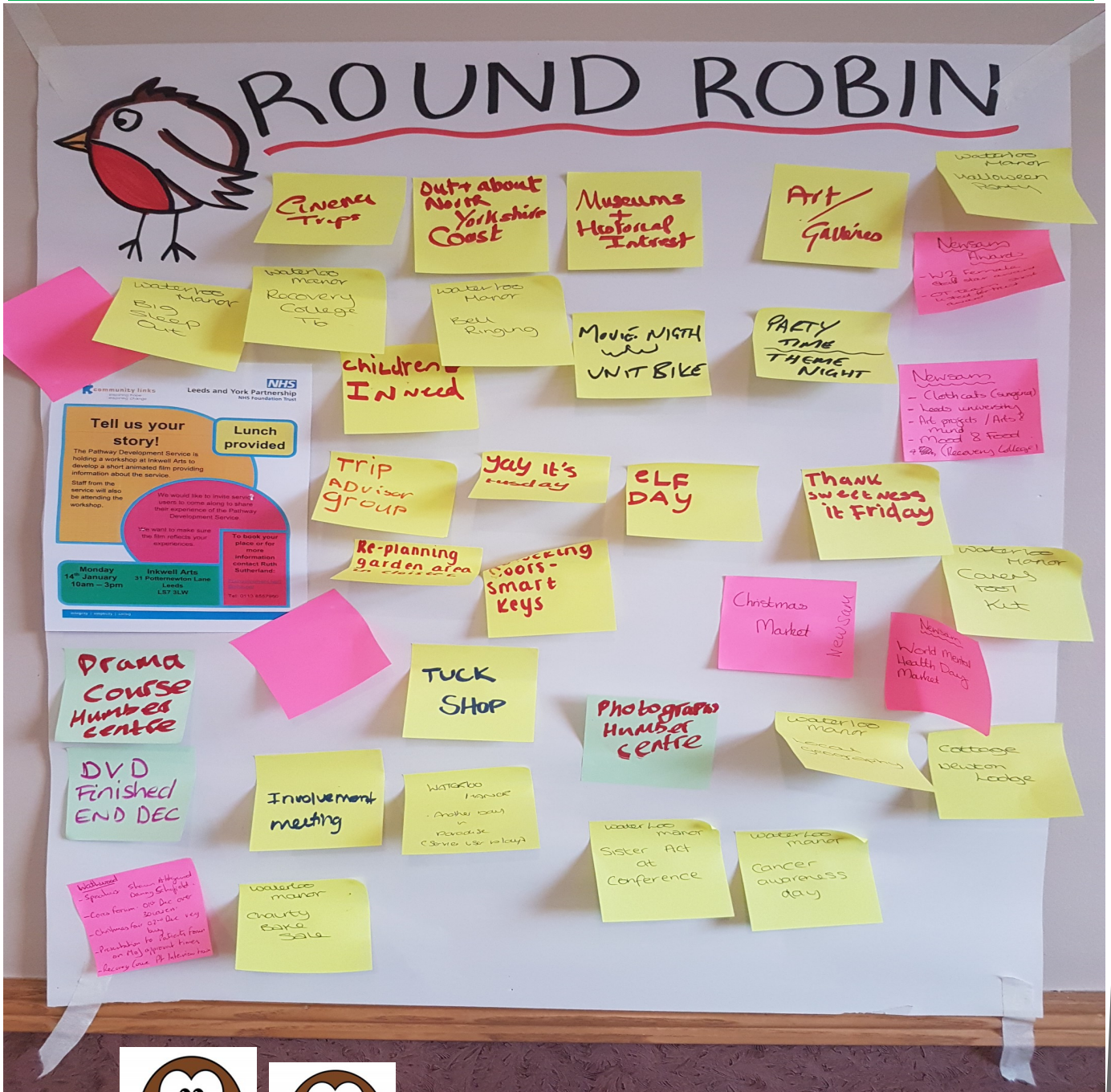


<u>Standard</u>	<u>Examples</u>	<u>Evidence</u>
<p>1. A working group meets regularly that includes service users and staff, and that is open to carers Carers reluctant – proving difficult. Not very clear. Repetitive.</p>	<p>Meeting minutes/schedules, strategy. Frequency re standards important, eg how often should a meeting take place?</p>	<p>Service users involvement (train staff, induction, SU involved in monthly meeting). Not open to carers. People's council. Regular cross during meetings.</p>
<p>2. <del>Everyone</del> (staff and service users) receive training on Reducing Restrictive Practice as part of induction and service users are involved in this</p>	<p>Training records Induction information <del>Recovery College Course</del> Videos/presentations "working with me" CPH. Historic – nothing recent.</p>	<p>Training for service users. Community meeting re focus group. Maybe explore Recovery College. Staff receive through induction. Involvement meetings. Linked with Recovery College. Staff induction.</p>
<p>3. There is a process in place to identify restrictions interventions, practices and blanket rules</p>	<p>Community meeting agenda. Policies and Procedure reviews Security &amp; ops meeting attendance.</p>	<p>Sharing ideas. Always have community meetings via emails. Reduced Restrictive Practice. Bi-weekly community meeting.</p>
<p>4. Reducing Restrictions are kept on the agenda at established meetings Reducing Restrictions are talked about and established at meetings</p>	<p>Community meetings Clinical governance</p>	<p>Sharing ideas/your views. 1x monthly MDT and 2 monthly per ward.</p>
<p>5. Conflict Reduction Initiatives are used to increase positive ward culture <del>PBS</del> <del>Conflict Reduction Initiatives are used to increase positive ward culture</del></p>	<p>SafeWards Positive Handovers "Working with me" CPH PBS</p>	<p>Every day. RAID board, reinforce positive behaviours – not used, however, suggested. Morning meeting.</p>
<p>6. Blanket restrictions are proportionate, measured and justified responses to individual risks, and restrict service users rights as little as possible And promote service user rights. Blanket restrictions depending on type of hospital are proportionate, measured and justified responses to individual risks <del>and restrict service users rights as little as possible</del></p>	<p>Regular reviews Audit Call it 'communal restriction' or ward expectations instead; we don't like 'blanket rule'. Individualised care plans. Very complex – is there evidence that all patients have a care plan that supports reducing restrictions?</p>	<p>Blanket restrictions impact the whole not individuals. An individuals risk should not cause a blanket rule as this would affect everyone. Too wordy Blanket is <u>not</u> individual .... Clinical governance monthly. Continually reviewing and amending lists. Care mobiles plans individualized.</p>

<p>7. Restrictive Interventions are reduced over time e.g. <i>where appropriate</i></p> <ol style="list-style-type: none"> <li>Observations</li> <li>Seclusion and segregation</li> <li>Physical and Medication restraint</li> </ol> <p>Restrictive practices are reduced over time to the least restrictive option. Cannot keep on reducing and reducing. If reach a point where it is the least restrictive option.</p>	<p>Plan/ Strategy/ Framework in place – reviews demonstrate progress.</p> <p><i>What time period?</i></p> <p><i>In accordance with individuals risk.</i></p> <p><b>Presentation of data.</b></p> <p>Physical restraint training constantly being revised.</p> <p><b>Again? Is there evidence in patients care plans that shows a plan/strategy to reduce restrictive practice?</b></p>	<p>Clinical governance monthly.</p> <p>Unlocking doors – considering smart keys.</p> <p>Via MDT reviews, individual care plans, steering groups.</p> <p>Frequent reviews, MDT discussions.</p> <p>Fine balance between gathering data and feeling under scrutiny for patient/ service users and staff.</p>
<p>8. Restrictive Practices are reduced over time e.g.</p> <ol style="list-style-type: none"> <li>Communication/ Technology</li> <li>Access to areas</li> <li>Access to items</li> </ol> <p><i>Where appropriate</i></p>	<p>Plan/ Strategy/ Framework in place – reviews demonstrate progress.</p> <p><i>What time period?</i></p> <p><i>In accordance with individuals risk.</i></p>	<p>Your views weekly.</p> <p>Service user meeting. Individual care plans. Possible behaviour and support plans.</p> <p>Security cupboard 24/7.</p>
<p>9. The outcomes of improvement strategies are continually reviewed and evaluated</p>	<p>Audit Reviews Outcome Measures</p>	<p><i>Continually reviewed – needs a time frame.</i></p> <p><i>How do we measure these outcomes without causing staff and service users to feel “monitored”? is there an optimum balance between “useful” measuring and “over” measuring?</i></p>
<p>10. Share best practice in established forums between services</p>	<p>Yorkshire and Humber Network meetings Security and Ops meetings</p>	<p>Been involved in presenting at forum meetings.</p>



# Group Work - Round Robin



**Waterloo Manor**  
 Big sleep out ~~ Recovery College Term 6 ~~ Bell ringing ~~ Charity bake sale  
 ~~ Halloween party ~~ Carers tool kit ~~ Local geography (mapping the individuals) ~~ Service user play ~~ Sister Act at conference ~~ Cancer awareness day  
 ~~ Day in paradise ~~ Clingo, unconditional positive regard ~~ Advent calendar  
 ~~ Reverse Advent ~~ OT Week - cleaning Olympics, chilli off, quiz

## Group Work - Round Robin

### Humber Centre

Drama course ~~ DVD finished at the end December ~~ photography course ~~ Halloween bake off ~~ weekly film club ~~ patients DVD library run by patients, for patients ~~ lending library ~~ football team on a winning streak ~~ CQC family and friends event ~~ Christmas tree decorating ~~ Christmas fare ~~ quiz

### Newsam

W2 female - staff star award ~~ OT team shortlisted for trust award  
Cloth cats ~~ Leeds University ~~ Art projects/arts and mind ~~ Mood and Food  
~~ Recovery College ~~ Christmas markets and making produce ~~ World Mental Health Day market ~~ CD library set up ~~ frequent out and about groups in the community ~~ Christmas decorations ~~ Halloween craft day ~~ bonfire night celebrations ~~ IT courses ~~ developing links with Mental Health Hubs

### Forest Lodge

Movie night ~~ Restarting community meetings ~~ improving links with supported accommodation services ~~ friends and family forum ~~ unit bikes ~~ party time  
~~ theme night ~~ pumpkin growing

### Involvement Meeting

Tuck shop ~~ Unlocking doors - smart keys  
Re-planning garden area in cloisters ~~ Children in need  
Elf day ~~ Art galleries  
Out and About - North Yorkshire Coast  
Museums and historical interest  
Cinema trips ~~ Trip advisor group  
Movie night



## Group Work - Round Robin

### Cheswold Park

Recovery College relaunch and courses with a new manager ~~ Patients designing cooperate Christmas cards ~~ Vending machine is in the dining room for staff and patient use ~~ Patient reflection booklet made through our least restrictive practice meetings ~~ LD nursing award finalists ~~ We entered 21 pieces of work to Koestler Award which covered 7 of their categories ~~ Patient involvement strategy ~~ New nursing associate roles ~~ The hospitals becoming a safer environment with the new 64 cameras across the site ~~ We have a carers event coming up ~~ Christmas carol event coming up ~~ New menus which are printed like restaurant ones ~~ ChesBucks coffee shop still flourishing with new Christmas menu

### Clifton House

Out and about in North Yorkshire ~~ news round ~~ Cinema trips ~~ Health walks ~~ Dog walking ~~ Theme nights ~~ Cooking - ward meal evenings Restaurant and carvery's ~~ Home visits ~~ Car boots/charity shops ~~ Christmas markets ~~ Shop and cook ~~ Museums/local interests

### Newton Lodge

Launch of diamonds coffee shop ~~ Excellents Awards - coffee shop came 2nd! Introduction of voluntary work at "Smithe's Farm" ~~ litter picking group ~~ Christmas Fare ~~ Rock painting Recovery College ~~ Outings to Snaith overnight stays at cottage

### Wathwood

Speakers - Shaun Atteywood & Danny Schofield ~~ Carers forum - 01 December, over 30 carers attended ~~ Christmas fare ~~ Presentation to patients forum on MoJ approval times ~~ Recovery course - patient interview training



# 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](mailto:holly.cade@nhs.net)

# YORKSHIRE AND



# HUMBER NETWORK 2019

Thursday 7<sup>th</sup> March

Thursday 6<sup>th</sup> June

Thursday 29<sup>th</sup> August

Thursday 12<sup>th</sup> 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



**Calendar of Involvement**  
**Events for 2019 at Sandal**



**Yorkshire and Humber Network 11-2.30**

**Thursday 7<sup>th</sup> March - Thursday 6<sup>th</sup> June –  
 Thursday 29<sup>th</sup> August – Thursday 12<sup>th</sup> December**

**CQUIN Meetings 1.30- 3.30**

**Recovery College Showcase!**

**Tuesday 19<sup>th</sup> March 2019**

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**Mental Health Service Review**

**Tuesday 15<sup>th</sup> January 2019 - Tuesday 9<sup>th</sup> April 2019**

**Benchmarking Tool Launch! 11- 2.30**

**Thursday 18<sup>th</sup> April 2019**

**Reducing Restrictive Practice 1.30-3.30**

**Tuesday 29<sup>th</sup> January 2019**

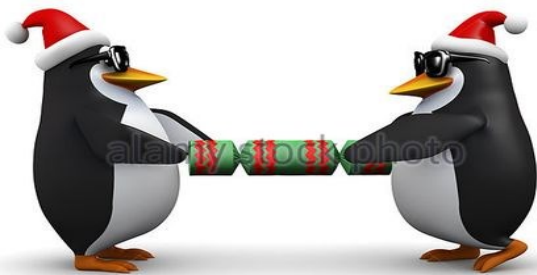
**Y&H Recovery and Outcomes Rethink**

**11-2.30 Thursday 21<sup>st</sup> February 2019**





**Merry Christmas, see you next year!**  
**From Holly and Jo!!**



**WE**  
*wish*  
**YOU A**  
*Merry*  
**CHRISTMAS**