



# YORKSHIRE & HUMBER NEWSLETTER 18

The last meeting of the Yorkshire and Humber Network was on the 7th March. We started the meeting with a presentation update about some of the engagement events that Holly and Jo have been doing with service users and staff in your service in each STP, this is on page 3.

Jo then talked about the strategy and some updates around how to get involved and evaluate the meetings which is on page 4.

We had a fabulous presentation from Wathwood about some of their social enterprises which is on pages 4 and 5.

We had an update from the commissioners at NHS England which is on page 6 and then Humber Centre did the team building on page 7—who could build the highest spaghetti and marshmallow tower? Everyone got competitive!

We had an update on the Benchmarking Tool that will be launched at this years conference on page 8 and then the usual Round Robin which is on pages 9-11.

Full presentations are 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)



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### Yorkshire and Humber Network Agenda

Sandal Rugby Club Wakefield  
Thursday 7<sup>th</sup> March 2019 11 – 14.30

- Welcome and Introductions**
- Presentation – Holly to update on STP engagement events so far**
- Strategy - Jo**
- Presentation – Wathwood – Coffee Shop**
- Commissioning Team Update**
- Team Building! – Humber Centre**
- Group Work – Benchmarking Tool - Update**
- Round Robin – Update from you**
- Meeting Summary**

#### Next Meetings

Thursday 6<sup>th</sup> June - Thursday 29<sup>th</sup> August - Thursday 12<sup>th</sup> December

# Update on STP Engagement Events so far - Holly Cade

There have been a number of engagement events with service users and staff over the last few months, focussing on Humber Coast and Vale to start with, then on West Yorkshire and Harrogate STP and then the next phase will be to do something similar in South Yorkshire and Bassetlaw. This presentation focussed on the feedback from Humber Coast and Vale.



Full presentation/update available on request!

# Update on the Strategy—Jo Harris

New forms to support involvement and evaluation

**Feedback Form**

What has gone well today and why?

What could have gone better and why?

What would you like to hear about in the future?

Have you enjoyed it today and will you come again?

Thank you for your feedback as it is really useful in helping us improve

Contact Holly or Jo for more information  
holly.cade@nhs.uk    jo.harris@nhs.uk

**Get Involved Form**

We would like to present at a future meeting

Please tell us details of what you would like to present about

We would like to facilitate group work at a future meeting

Please tell us details of what you would like to facilitate group work about

We would like to facilitate a team building exercise

Please tell us details of what you would like to facilitate a team building exercise about

We would like to contribute to the Newsletter

Please tell us details of what you would like to contribute to the Newsletter

Service Contact  
Thank you for your  
Contact Holly  
holly.cade@nhs.uk

New software to support accessible and easy read information —Widgits!

**FUNCTIONAL TO FABULOUS!**

**THE STRATEGY**

- THINK TOGETHER!
- OBESITY STRATEGY
- WOMENS + MENS PATHWAY
- FUTURE DISCHARGE PATHWAY
- GROUP WORK
- PRESENTATIONS
  - MY JOURNEY (THEN to NOW)
  - RESTRICTIVE PRACTICE
  - VOLUNTEER
    - PLAY - WATERLOO
    - POEM
    - SHOW
    - TALENT SHOW
    - RAP
    - DANCE
  - KEY SPEAKERS
- SELF CATERING PATHWAY
- BRICK LAYING - WHAT CAN WE BRING IN
- EDUCATIONAL
  - HEALTHY EATING
  - MENTAL HEALTH
- WHAT WORKS ✓
- WHAT DOES NOT WORK ✗
- REDUCE STIGMA
- RAFT BUILDING
- BUILDING

# Presentation - Wathwood Hospital Farm shop and Courtyard Café Social Enterprise



Full presentation available on request!

## Wathwood Farm Shop & Courtyard Café Social Enterprise

Ian McDermott  
Catherine Brooks



## Wathwood Hospital



2



Not everything and everyone is as scary as they look



2



Fun, fun, fun



6



Animal Assisted Therapy



20



7



Work gets going



Whilst building took place we slowly started to build up trade



Our Courtyard Café opened in 2015



10

2



26

# Presentation - Wathwood Hospital Farm shop and Courtyard Café Social Enterprise



And now we have this



And this

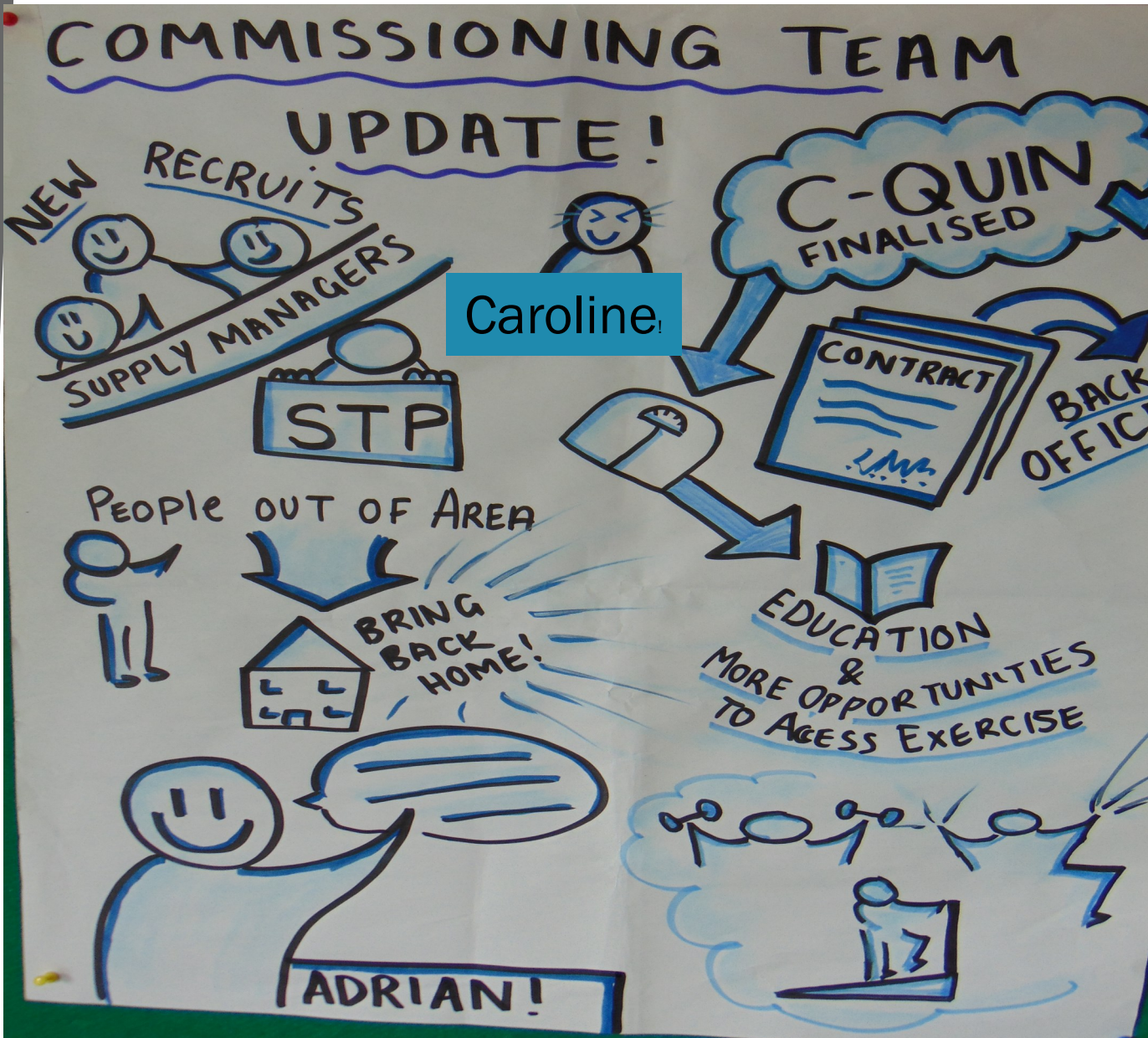


# NHS England Commissioning Team Update - Adrian Eastwood

Adrian Eastwood from NHSE England did the commissioning update this time and he introduced Caroline one of the new case managers who attended, as well as letting the group know that there were some new Supplier managers in the team.

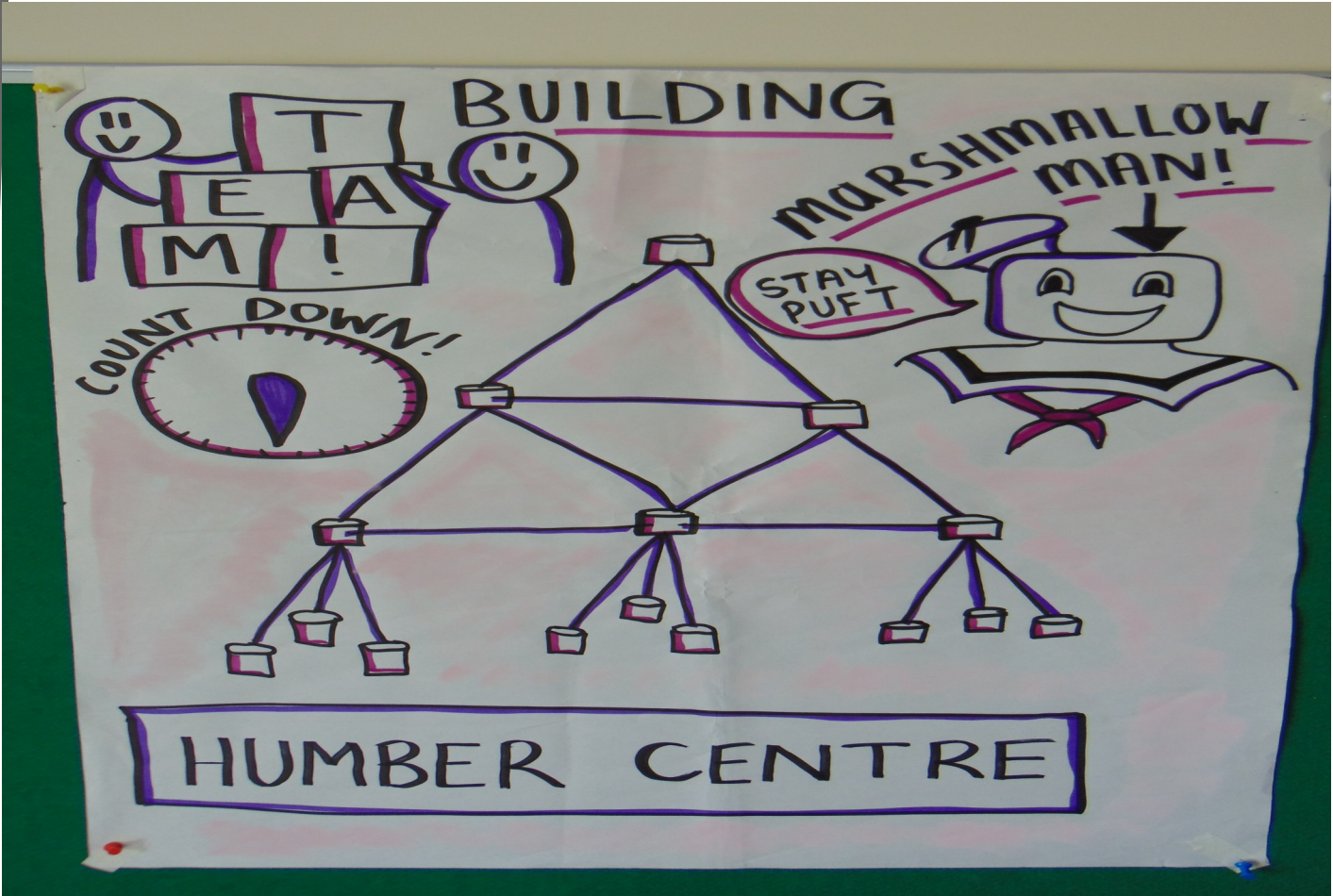
He talked briefly about the service review and about people coming back from out of area placements and all the work that is happening around improving services and pathways.

The new CQUIN around Healthy Weight has been finalised and sent out—let us know if you want a copy! This is about education and providing more opportunities for healthy eating and access to exercise



# Team Building The Humber Centre

Who can build the highest tower?  
Spaghetti and marshmallow challenge!!





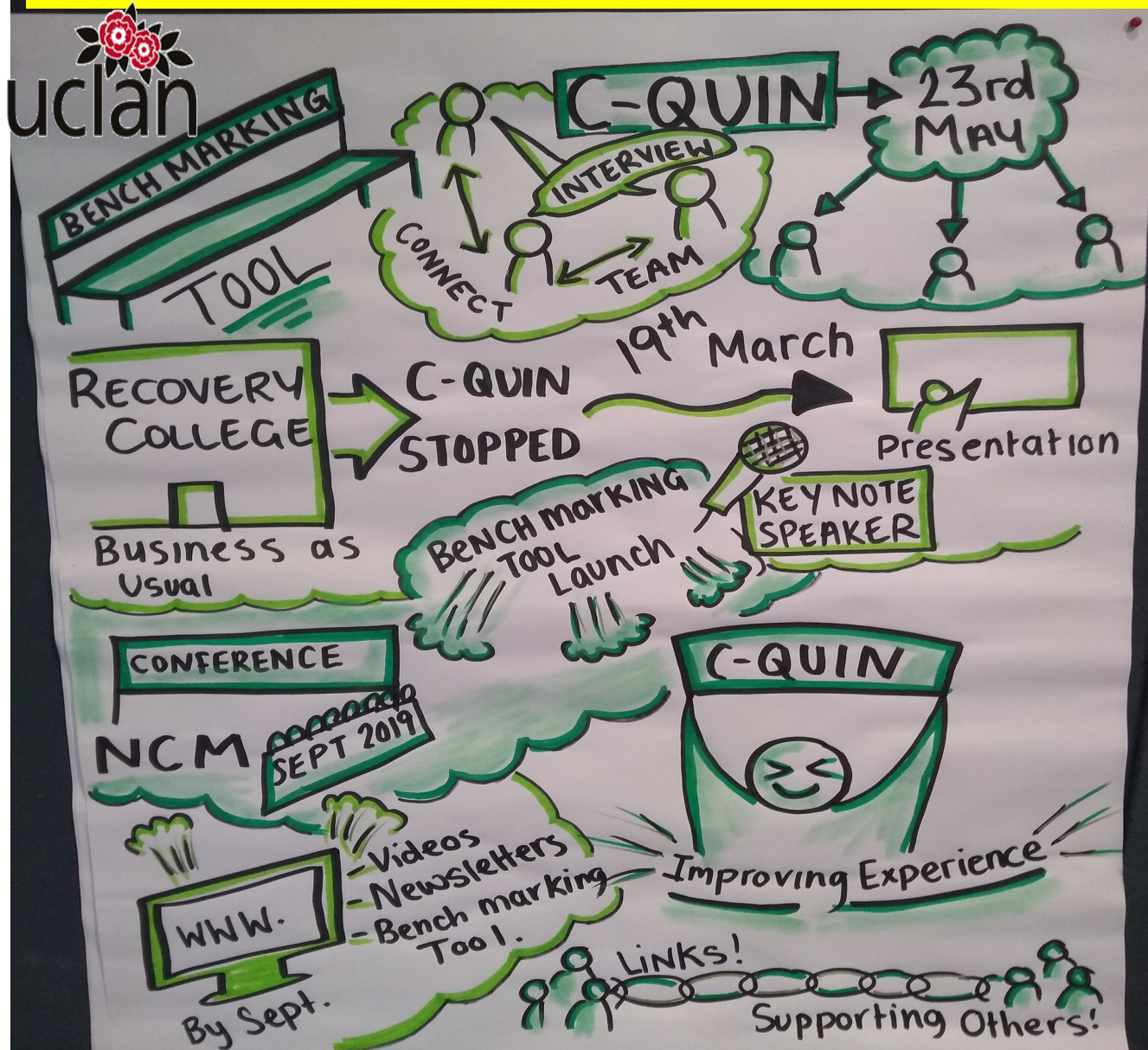
# Secure Quality Involvement Tool (SeQuIn Tool)



The **Secure Quality Involvement Tool (SeQuIn Tool)** which was formerly known as the Benchmarking Tool will be launched at our Network annual Conference in September at the National Coal Mining Museum!

It covers all the CQUIN areas as well as a few extra ones like MDT Standards and Recruitment and Selection that we have had project groups on over the last few years and has been developed by everyone in the Network with some help from the University of Lancashire (UCLAN) and sponsorship from InMind Healthcare.

There are 12 areas and service users and staff will follow a program of collaboratively completing it over the course of a year (1 per month) inputting their data into an online portal and thereby Benchmarking themselves against other services, with the potential to buddy up and learn from each other. This will then translate into an action plan for the service. The schedule will run each year with the ability to benchmark against themselves and others from current and previous years.

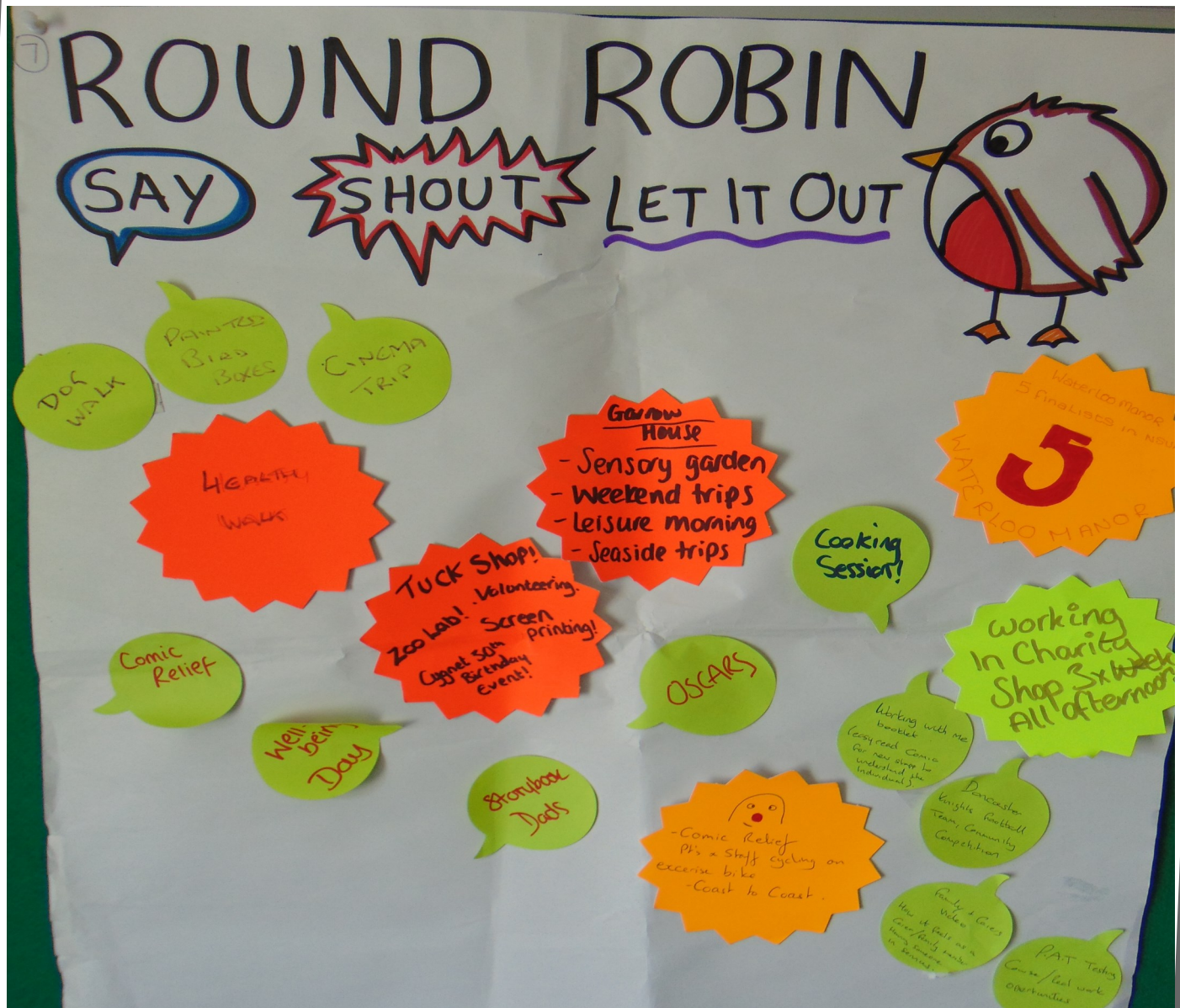




## Group Work - Round Robin

What has been happening in your services?

**Say—Shout—Let it all out!**



### Cheswold Park

Maintenance/PAT testing course ~ Working with Me booklet ~ Family and Carers video (how it affects family and carers) ~ Furniture restoration ~ Doncaster Knights Community Football Team ~ Interview skills - patients to interview ~ Chairing a meeting ~ Basic bass guitar course ~ Train the Trainers ~ Food Hygiene Level 2 ~ TIA - dog walking ~ patients in main kitchen (in process) ~ Photography course ~ Green gym ~ Bonnie ~ IT skills ~ Skype ~ Family/Carers presentation ~ Cycling group ~ Walking group

## Group Work - Round Robin

### Humber Centre/Moorlands View

#### Educational sessions e.g.

Healthy eating	Psychosis
Diabetes	Personality Disorder
Hepatitis	Mental illness
Drug & Alcohol	Self-harm
Exercise	

#### Making something workshops:-

Craft - Film animation - Music - Food  
 Presentations from service Recovery College courses  
 Shared Policy making - Use and beliefs around Section 17  
 Team building exercises - outward bound day  
 Restrictive practices – updating sharing best practice reducing variation

### Garrow House

Sensory garden ~~ New self-catering pathway ~~

**Weekend trips:-** Costa trips ~~ Seaside ~~ Carvery ~~ Evening meal out ~~ Car boot trip

Women and staff interview panels ~~ Saturday brunch – shopping and cooking

**Social meal:** Women decide what to cook; do the shopping and cook with staff. For all women and staff.

Out and about ~~ Leisure morning ~~ Therapeutic programme – lots of daily activities ~~

Community Forum ~~ New CAT group ~~ DBT and women involved in DBT awareness training

### Waterloo Manor

5 projects to NSUA – finalists

Idiots guide to DBT

Pride

Road to Recovery

Art Gallery

Another day in paradise

Yew Tree workshop – creative writing

Seagulls mosaic – new hospital sign

## Group Work - Round Robin

### What we get up to Clifton House

Expanding cooking skills on a Thursday  
 Building a 'hub' information point for service users  
 Ex-service user teaching music tech  
 Made love hearts for Valentine's day – sold them at community mental health coffee shop  
 Bird boxes – painted and put up in grounds  
 Purchased ECDL for service users to gain accredited certificate  
 Community walking with the local Council  
 Joined local parish  
 Using the Web practicing internet skills  
 Community police providing talks on how to be internet savvy and hate crimes  
 Used public transport exploring places further away  
 Volunteering at local eco centre

### Wathwood

Comic Relief – coast to coast – patients and staff using exercise bike to cycle across the coast to coast trail.  
 Staff interviews – thriving recovery college course and active interviews.  
 Wellbeing Day – yoga, head massage and reflexology.  
 Oscars – patient award event in the Summer.  
 Koestler Awards – patient's awards for patient arts.  
 Storybook Dads – patient recordings of storybooks for children, or letter/poems for loved ones.

### Moorlands View

Outreach work ~~~ Festivals and drama/shows development – 2019 ~~~ Smartphone zones  
 E-cigs ~~~ Self-catering business plan ~~~ 4 Seasons Café ~~~ Volunteers ~~~ NSUA  
 finalists for United Voice Players ~~~ We are all on a social journey radio play/show ~~~  
 Reviewing all psycho-education groups

# 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)



## Dates for Involvement Network Events 2019/20

### Yorkshire and Humber Network

Thursday 6<sup>th</sup> June

Thursday 29<sup>th</sup> August

Thursday 12<sup>th</sup> December

Sandal RUFC  
11—2.30

### Healthy Weight CQUIN Meeting

Thursday 30<sup>th</sup> May

Thursday 5<sup>th</sup> September

Thursday 5<sup>th</sup> December

Thursday 5<sup>th</sup> March

Sandal RUFC  
1.30—3.30

### Annual Involvement Network Conference!!

Tuesday 17<sup>th</sup> September

More to follow including how to book!

National Coal  
Mining Museum  
10—4

Contact Holly or Jo for more information

[holly\\_cade@nhs.net](mailto:holly_cade@nhs.net)

[jo.harris9@nhs.net](mailto:jo.harris9@nhs.net)

Yorkshire and Humber Involvement Network