



# YORKSHIRE & HUMBER NEWSLETTER 19

This Newsletter covers the last Network meeting at Sandal in June. We started off with some information about the Functional to Fabulous Strategy and this can be found on page 2.

We then had some group work to look at developing some guidelines for presentations at the Sandal meetings to make them really accessible for everyone and the group work information can be found on pages 3-5.

We had our usual commissioning team update from NHS England which was given by Claire Hughes and this is on page 6. On page 7 you can find some information about the fabulous team building from Amber Lodge—Blow and Go! Everyone really enjoyed it and joined in the competition!

We then heard from Clifton House about their work around Internet safety that can be found on page 8.

We all watched the Humber Centre’s new film about their hospital which has been made by the film maker Pat Bannon who is making our Network film—this can be found on page 9.

Finally we had our Round Robin which is on pages 10 and 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)  
 Thank you to everyone who contributed :-)

### Inside this Issue

Summary of the meeting	1
Functional to Fabulous update and competition	2 & 3
Group Work - Presentation Guidelines	4-6
Team Building - Amber Lodge	7
Commissioner Update	8
Allocated Involvement Leads and Case Managers	9
Internet Safety - Clifton House	10
Humber Centre Film	11
Round Robin	12-13
Poster for sending in information	14
Posters for next meetings dates	15



Sandal RUF Thursday 6th June 11-2.30		<b>Welcome—Introductions</b>
		<b>Update— Functional to Fabulous</b>
Lunch and refreshments		<b>Group Work – Presentation guidelines</b>
		<b>Update—NHS England</b>
		<b>Team Building! - Amber Lodge</b>
		<b>Presentation Internet Safety</b>
Next meetings 29th August 12th December		<b>Humber Centre Film</b>
		<b>Round Robin – Update from You!</b>
		<b>Meeting Summary</b>

## Update - Functional to Fabulous



From Functional to Fabulous Strategy Update!

- **Secure Quality Involvement (SeQUIN) Tool** – update, order of areas, launch, website!
- Conference – **SeQUIN** Tool Competition
- Service and STP Leads
- Filming Project
- Individual Engagement Plans - Review



From Functional to Fabulous Strategy Update!

- Service and STP Leads
- Evaluation and volunteer sheets
- Filming Project
- Individual Engagement Plans – Review
- Healthy Weight CQUIN
- Security and Ops meeting

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

# Fabulous Secure Quality Involvement (SeQuIn) Tool Conference Competition!!



## Secure Quality Involvement (SeQuIn) Tool Competition!

**The Competition:**  
Your service has been allocated a SeQuIn Area. Your task is to produce a PowerPoint Slide describing the SeQuIn area that you have been allocated and present it at the Conference on the 17<sup>th</sup> September!

**Rules of the competition:**

1. Must be co-produced by service users and staff
2. Must address your allocated area in some way
3. Must fit within 1 PowerPoint Slide – It can be interactive if you wish
4. It can be presented on the day in any way you choose
5. It cannot be longer than 2 minutes – our air horn will sound you out when the time is up!

**Competition Prize:**

1<sup>st</sup> Prize - A **Massive** £250 cheque!  
2<sup>nd</sup> Prize – A fabulous £100 Amazon Voucher!  
3<sup>rd</sup> Prize – Chocolate!

**Admission Date:**

August 2019						
M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Friday 30th Aug 2019

**Programme:**

09.00 – 10.00	Arrival/Registration and Refreshments
10.00 – 10.15	Conference Introduction and Opening
10.15 – 10.45	Getting in the spirit! Fun and Games – A Wright Sequin Scampert
10.45 – 11.00	Inspirational Speaker – Iris Benson – Being Human Beings Together
11.00 – 11.30	<b>Refreshment break</b>
11.30 – 12.30	Maorlands View Play – The Waiting Room
12.30 – 13.15	<b>Lunch break (Service User Music and Artwork shown over)</b>
13.15 – 14.00	Workshop Round 1
14.00 – 14.15	Workshop Round 2
14.15 – 15.00	Workshop 1 – Wild Geese! Cellidh Dancing (Everyone will do Workshop 1 in Round 1 or 2)
14.00 – 14.15	Delegates to choose 1 other workshop from:
(Time to move between workshops)	Workshop 2 – Rhythm for Life (Drumming) – Biant
	Workshop 3 – Make a Mosaic – Seagulls Reuse
	Workshop 4 – Underground Tour of the Coal Mi
15.00 – 15.15	<b>Refreshment break</b>
15.15 – 15.30	Live Musical Performance – Charlie from C
15.30 – 15.45	SeQuIn Tool – Website Demo
15.45 – 16.00	SeQuIn Tool – Competition Winner An
16.00	Feedback Forms and Raffle Prize!
	<b>Conference Close</b>

The Rampla sensory bus will be available!

**Yorkshire and Humber Involvement Network presents**

## The Fabulous Secure Quality Involvement (SeQuIn) Tool!

**Where and When:**  
Date: Tuesday 17<sup>th</sup> September  
Venue: National Coal Mining Museum, Caphouse Colliery, New Road, Overton, West Yorkshire, WF4 4RH

**What and Why:**  
The Yorkshire and Humber Involvement Network brings together service users and staff from 15 different secure services that include NHS and private organisations providing low and medium secure care. The Network is about sharing best practice, collaborative working to improve the experience and quality of support that people receive.

This year's conference is launching our **Secure Quality Involvement (SeQuIn) Tool** that the Yorkshire and Humber Involvement Network have been developing over the last few years! We are very excited that everyone's hard work over that time is finally ready to be launched and we hope you will all join us in a fun filled day to celebrate the achievement of this, as well as celebrating all of the hard work that everyone has been a part of this year.

All attendees will have a chance to attend the Wild Geese Cellidh Dancing workshop in either round 1 or workshop choice when registering (See programme on next page for details). Please note workshop places may be limited so choices will be allocated on a first come first served basis.

To register your place please email: [events@cygnethealth.co.uk](mailto:events@cygnethealth.co.uk)

Follow us on Twitter: [#Yumber13](https://twitter.com/YumberNetwork)

**Competition!**  
This year's competition information will be sent out separately, look out for this and the chance to win a £250 giant cheque!

EVENT SPONSORED BY



SeQuIn Tool sponsored By



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# Group Work - Presentation Guidelines



## Feedback forms - Sticky Wall!



## Developing Presentation Guidelines

- What should presentations be like at the Network / CQUIN meetings?
- One thing that didn't go well
- Collaborative

## Group Work - Presentation Guidelines

### Newsam & Newton Lodge

Some visual images

Summary handout if possible

20 minute = good time

Transition work – ‘moving on’ (helpful topics) inform sharing – what projects work well e.g. patient shop, carers events

Accessibility of information shared – explain jargon

### Cygnets Bierley

Interactive (positive)

Time bound

Nice and clear

Handouts

PowerPoint

Fun (mini ice breaker) e.g. laughing yoga

Ask the audience questions (where possible)

### Moorlands View

Stick to the point

Don't have to do a formal presentation e.g. PowerPoint

### Waterloo Manor

Flash presentations – five slide maximum

Ten minute time limit

PowerPoint not essential (can put people off if not up on computers)

Introduction slide – what the service is e.g. low/medium / size / location

Questions at the end – Last Slide - interruptions can put people off talking

What learnt from the topic – if could do it again – would you do it differently?

Say how project has been collaborative if not obvious (i.e. S/U and staff side by side)

**Newhaven Unit**

A lot of pictures on it

Video on it to make it easy to understand

Big writing to see and colourful

To not judge your service

Could have printed out copies of it

Should give you time at the end to ask question and having a time limit on it

Any chance of copies of NHS England copies of it

Yoga relaxing on a mat in sports hall

Lodge fest Fun Day 25 July

**Clifton House & Cheswold Park - What should presentations be like?****What Went Well**

Friendly and user friendly

Say what went well and also add what didn't go well - honest

Purpose is clear and stuck to

Pictures and photos

Get straight to and stick to the point

What do other services like?

A virtual tour

**What Went NOT SO Well**

Given plenty of notice so you can prepare and rehearse

Planned and prepared

Not too long

Simple language

Use fewer acronyms / explain these / drop them

**Things That Didn't Go Well**

Management / Commissioners etc. can use language that isn't easy to understand

Presentations have sometimes been dry and too formal

**Humber Centre and Amber Lodge**

Need to be fun

Given information

Using slides

Make sure it's clear

Give background

Easy read with pictures

**Bradley**

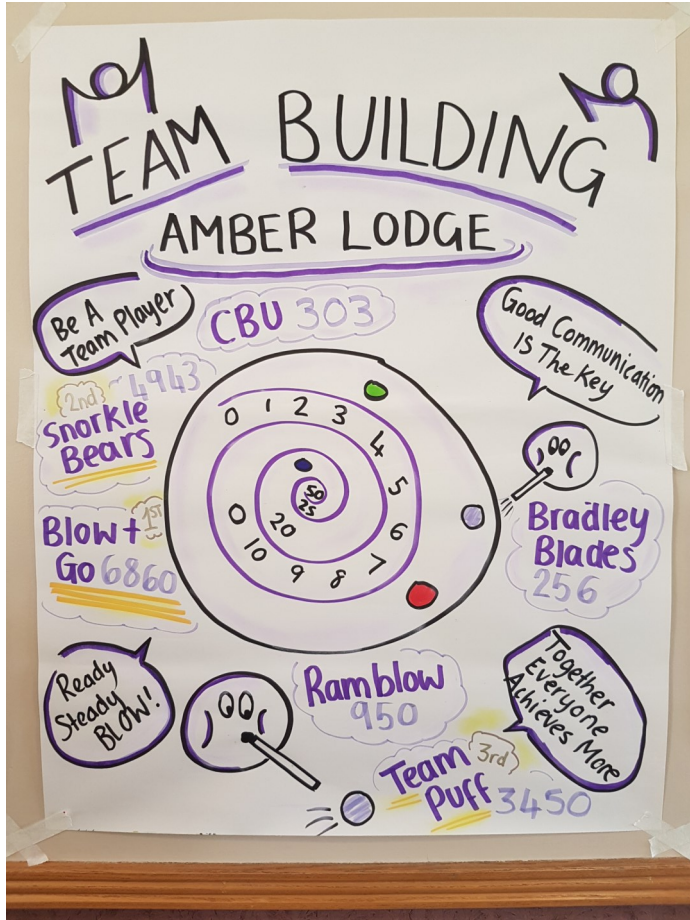
Time 10 - 15 mins

Mix of media

Easy reach

Over view

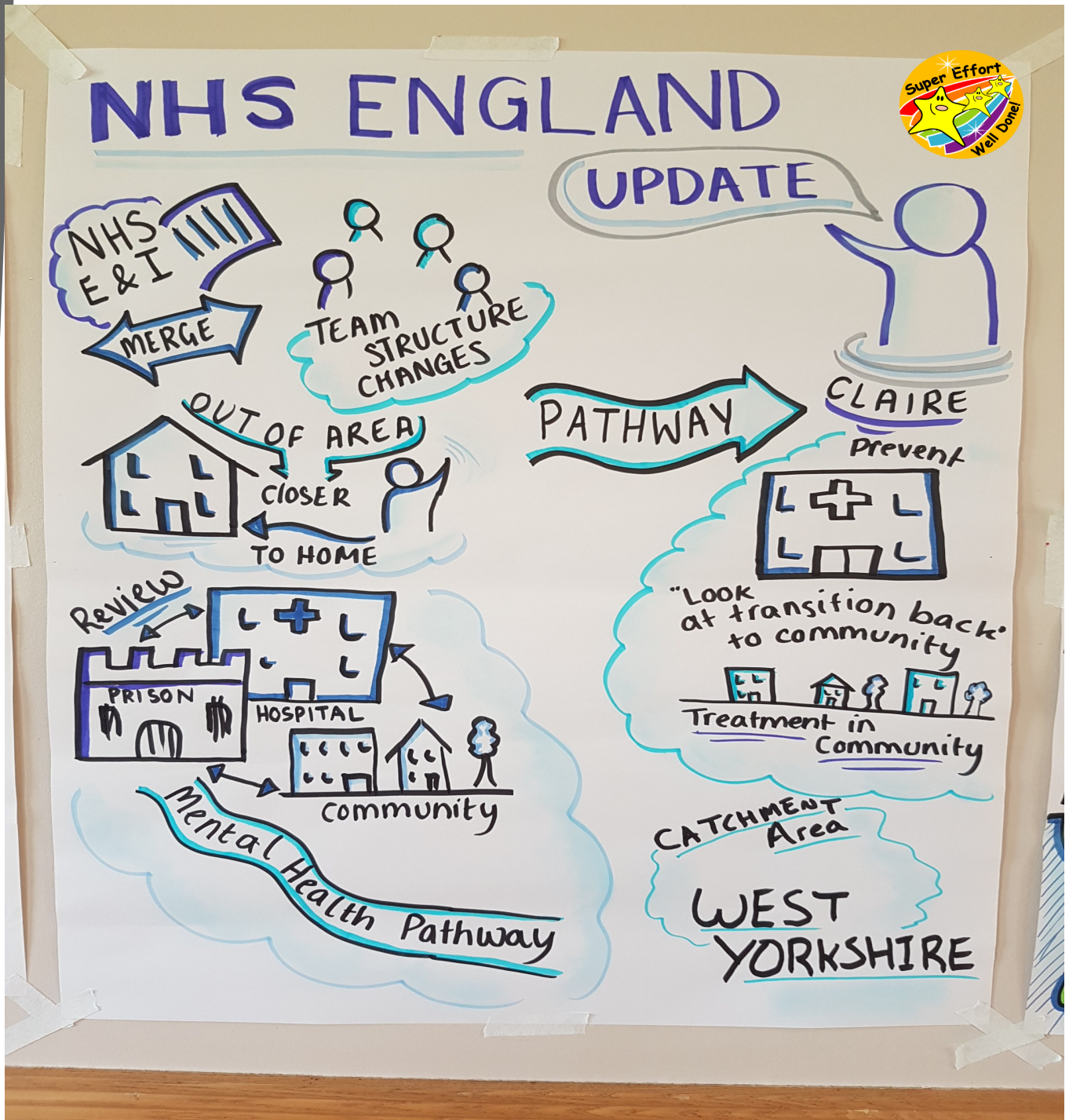
# Team Building Amber Lodge



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

# NHS England Commissioning Team Update - Claire Hughes

Claire Hughes from NHSE England did the commissioning update this time  
 NHS England and NHS Improvement merge of commissioning and quality  
 Mental Health Service Review – July date for the lead provider bid  
 Repatriation – bringing service users closer to home where possible  
 Transforming care – Learning Disability and ASD programme CTRs  
 Justice Review: pathway into/at prison





## Allocated Involvement Leads and Case Managers

**Humber Coast and Vale**—Involvement Lead Holly Cade

Humber Centre—Holly Cade

Clifton House—Holly Cade

Stockton Hall—Holly Cade

**Case managers**—Linda Corbett, Maria Pink, Josie Tatum

**Contract and STP Leads**—Caron Smith, Lorraine Leatham

**South Yorkshire and Bassetlaw**—Involvement Lead Jo Harris

Amber Lodge—Jo Harris

Cheswold Park—Jo Harris

Cygnets Sheffield—Jo Harris

Wathwood Hospital—Jo Harris

Forest Lodge—Jo Harris

**Case managers**—Andrew Flerin, Claire Hughes, Beverley Carter

**Contract and STP Leads**—Jonathan Hepworth, Nicola Mawson

**West Yorkshire and Harrogate**— Holly Cade & Jo Harris

Moorlands View—Jo Harris

Waterloo Manor— Jo Harris

Newsam Centre—Holly Cade

Newton Lodge—Holly Cade

Newhaven—Holly Cade

Bretton Centre—Holly Cade

Cygnets Bierley— Holly Cade

**Case managers**—Adrian Eastwood, Jenny Majaha,

Caroline Greenough, Debs Baxter-Hayes

**Contract and STP Leads**—Ged McCann, Matt Miles

# Internet Safety - Clifton House

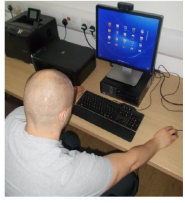


## Internet Safety Guidance

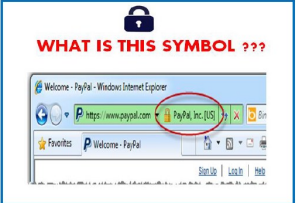
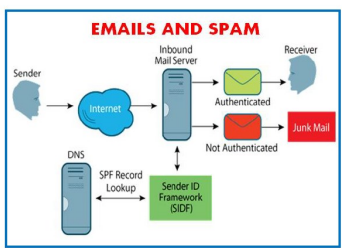
Delivered by PC 1699 Andrew Pearson  
North Yorkshire Police

### Clifton House

- 3 wards
- IT suite
- 3 computers
- 2 printers
- Separate network



- Separate network
- Supervised access
- Timetabled sessions
- No wifi
- No smart phone access
- IT agreement and risk assessment



**WHY ARE PASSWORDS LIKE YOUR TOOTHBRUSH?**

**YOU SHOULD NEVER SHARE THEM WITH ANYONE ELSE AND CHANGE THEM REGULARLY!**

**SOCIAL NETWORKING**

**Little is best!**

**Don't put yourself at risk**

**PHISHING: SPAM EMAILS**

Phishing: the attempt to obtain your personal information for malicious reasons, by disguising it as a trustworthy, it can be done by email, text message or phone call.

**WHAT IS YOUR DIGITAL FOOTPRINT?**

Think over your recent online activity

- What sites have you used?
- Who have you contacted?
- What comments have you made?
- What have you shared?

Full presentation available on request!

# Humber Centre Film



## Group Work - Round Robin



### Round Robin

#### Update from you!

- What has been happening in your services?
- What do you want to tell us about?
- Any new projects?
- Any events?

### Amber Lodge and Humber Centre

#### Film Premier

Shared dining experience

Amber Lodge two wards merging

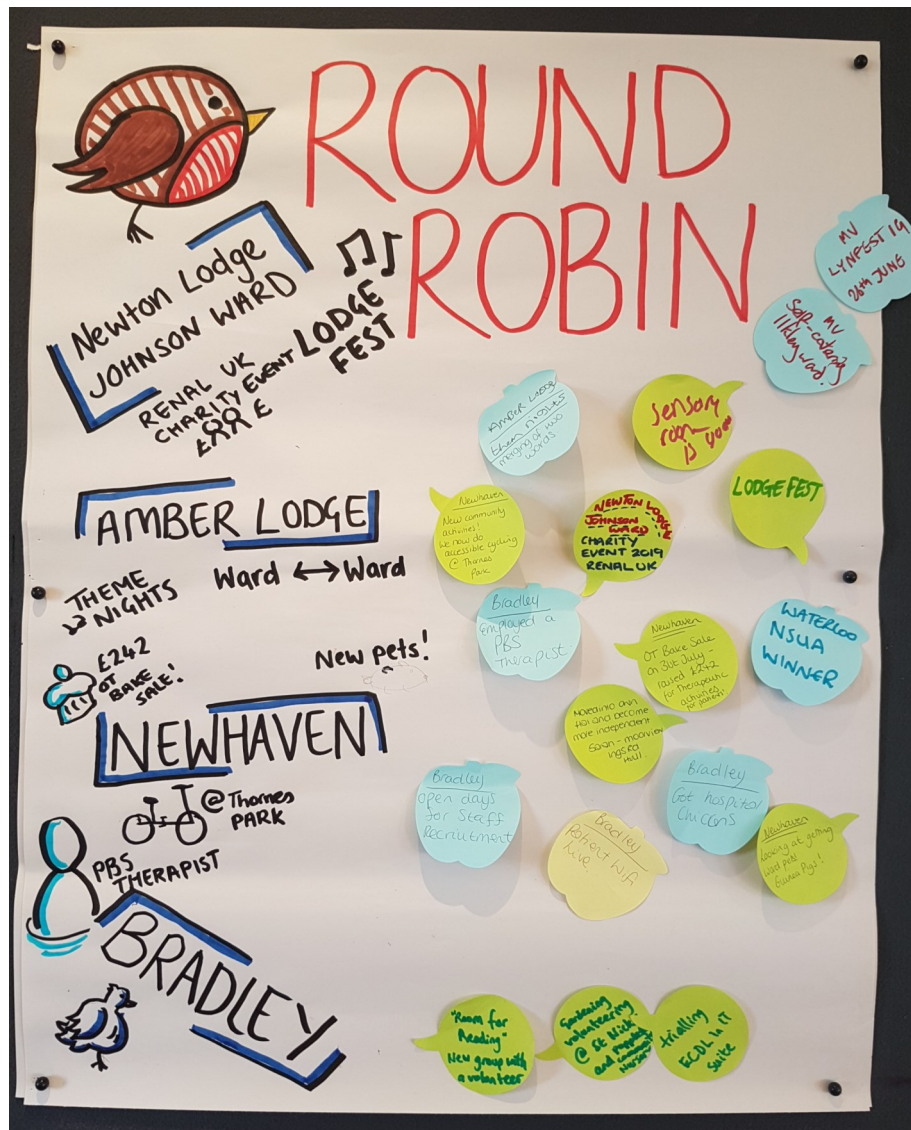
Monthly Theme Nights

Work placements

### Moorlands View

Self-catering Ilkley Wood

LYNFEST IG - 26 June



### Clifton House

Developed questionnaire – to set goals to improve dining experience on wards  
Out & About (monthly) – Patients independently organise an activity and staff are then put on shift for it to happen

Environmental work with community environmental organisation – once a month

Attend an 'Open Mic' at a local pub, on a Sunday

Patients have designed their own business card for Clifton House

Patients going out to check out bikes to buy for the ward

Exploring idea of service users going out to University to present info about Forensic Services (PowerPoint)

I Learning for patients. Already do food safety. Looking at Manual Handling, Infection Control

Ex-student starting 'Room for Reading' reading group

## Group Work - Round Robin

### Waterloo Manor

Attended NSUA – Won – ‘Community & Education category’  
 S/u Film ‘Another Day in Paradise’  
 People choice for idiots guide to DBT  
 Made bags for life – T-shirt knotting / Tie dye / Canvas design  
 Mural by Seagulls finished and ready for display  
 Easter Bake Off for Martin House  
 Two guinea pigs living in  
 Visit from Malcolm the Bearded Dragon  
 Mugged initiative for staff  
 ‘Winner Winner Chicken Dinner’ positive plates board  
 Part of conference planning group  
 Recovery term 8 started  
 Recovery College – Article in Royal College Psych  
 Memorial plant for Dr Lawlor  
 Sponsor of Sequin Tool



### Newton Lodge

Charity Event 2019 - Renal UK  
 LODGEFEST!!

### Bradley

Patient Wi-Fi live  
 Got hospital chickens  
 Employed a PBS Therapist  
 Open days for staff recruitment



Moved into own flat and become more independent  
 Sensory room  
 Trialling ECDL in I.T. Suite  
 ‘Room for Reading’ – New group with a volunteer  
 Gardening volunteering at St Nicks and Poppleton Community Nursery



### Newhaven

OT Bake Sale on 31 July raised £242 for therapeutic activities for patients  
 New community activities! - We now do accessible cycling at Thornes Park  
 Looking at getting ward pets! Guinea pigs!  
 PBS Therapist

# 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 29<sup>th</sup> August

Thursday 12<sup>th</sup> December

Sandal RUFC  
11—2.30

### Healthy Weight CQUIN

Thursday 5<sup>th</sup> September

Thursday 5<sup>th</sup> December

Thursday 5<sup>th</sup> March

**\*\*MASTERCLASS 11.00—12.30\*\***

**\*\*CQUIN MEETING 13.30 —15.30\*\***

Sandal RUFC  
11—15.30

### Annual Involvement Network Conference!!

Tuesday 17<sup>th</sup> September

**See info including how to book!**

National Coal  
Mining Museum  
9—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