



YORKSHIRE & HUMBER NEWSLETTER 20

This Newsletter covers the last Network meeting at Sandal on the 29th August. We had our usual parts of the Agenda, updates from the Network about the conference and the SeQuIn Tool, and an update from the Commissioning Team.

The Team Building activity was brought to you by Stockton Hall.

There were a few presentations, one from Sarah about her life in the community, and another from Newton Lodge about their service, as well as a bit of data collection about the Network!

We had the Round Robin where you all updated us about what has been happening in your services.

We had the pleasure of listening to some live music from Tim, who inspired others to want to perform music also.

As well as all of this we also had time for some group work around peer support!



Full presentations are sent out separately so please let staff know if you would like a copy, or email holly.cade@nhs.net

Thank you to everyone who contributed :-)

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		Yorkshire & Humber Network Agenda
Sandal RUFC Thursday 29th August 11—2.30 		Welcome—Introductions
Lunch and refreshments 		Network Updates! New data Collection!
Next meeting 12th December 		Presentation—Sarah A day in the life—community
		Group Work – Peer Support
		Update—NHS England Music from Tim
		Team Building! Stockton Hall
		Presentation Newton Lodge Our Service
		Round Robin – Update from You!
		Meeting Summary

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Secure Quality Involvement (SeQuIn) Tool User Guide

History of the Tool

The SeQuIn Tool has been developed over a number of years by the Involvement Network. Everyone felt that it was important to keep the old CQUIN areas going and to be able to measure and evidence Involvement Structures in services. All of the old CQUIN areas are included in the Tool as well as a few other areas that the groups felt were important and that we have held project groups around.



We developed some standards around all of these areas over a number of different meetings with both service users and staff contributing, as well as the old CQUIN guidance. The services in the Network piloted these standards and then contributed to further consultation around them to make them fit for purpose and user friendly!

The Tool has been sponsored by InMind Healthcare which has allowed us the resources to be able to use Wigit Software to ensure it is accessible, as well as to get support from the University of Central Lancashire to refine and promote the tool.

Using the Tool

The Tool is designed to be used by both service users and staff together to get a good understanding of the issues that need to be addressed within each area. There is a regular version and also an more accessible version of each set of standards to make sure that everyone can get involved in using the Tool. There is then an action plan for each area that can be worked on throughout the year.

Ways it can be completed

1. It can be completed by self-assessment. This would be done with nominated individuals; both service users and staff taking a lead to complete different areas.
2. The Involvement Group or equivalent can take a lead on assessing the SeQuIn Tool with both service users and staff attending. This may be done on a ward level if wards within a service are very different; however the data input would need to be an average of the ward scores to give an overall hospital score.
3. Peer review. You may decide that an external eye would be useful. In this case the Yorkshire and Humber Involvement Leads or other members of the Network may work to complete an area of the tool with you, in return for you doing the same in another service.



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Monthly Schedule

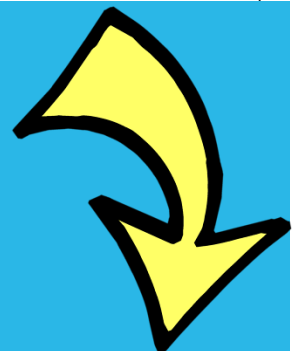
This is the monthly schedule for inputting the data for your SeQuIn Tool benchmarking results. This sets out when the data is due to be submitted for each of these areas.

You can access all of the documents through the website, as well as being able to input data on to the online portal for these areas at any time.

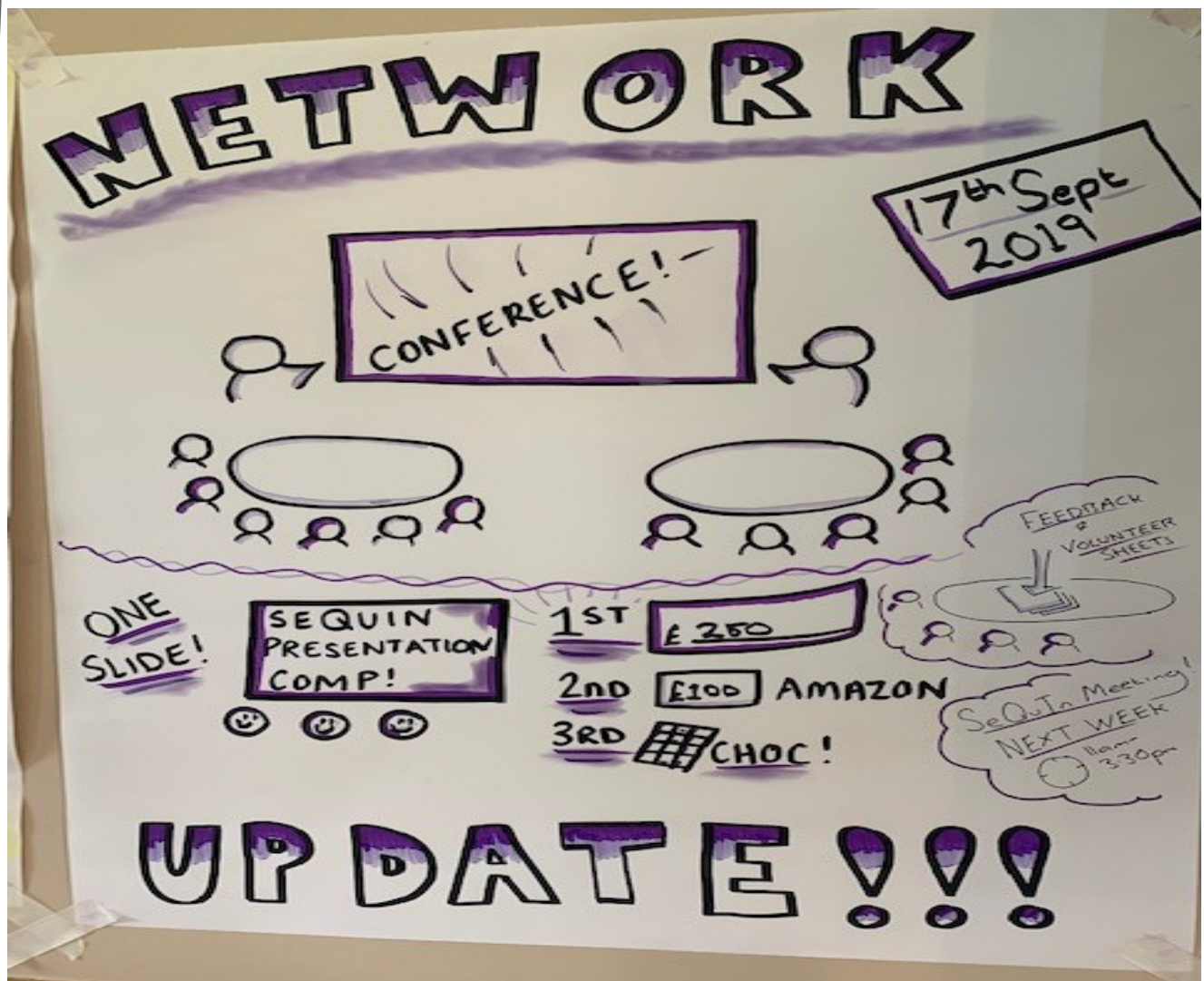
This schedule will repeat each year, and the online Portal will enable you to see 3 years of data for your service as well as that of the other services in the Network.

Month	SeQuIn Tool Area
January	Involvement
February	Recovery Pathway
March	Recovery College
April	Reducing Restrictive Practice
May	CPA Standards
June	Friends, Family and Carers
July	MDT Standards
August	Dining Experience and Health Weight
September	Meaningful Activity
October	Shared Risk Assessment
November	Recruitment and Selection
December	Technology

Check out
the new
website!!



Network Updates





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 17th 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:

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

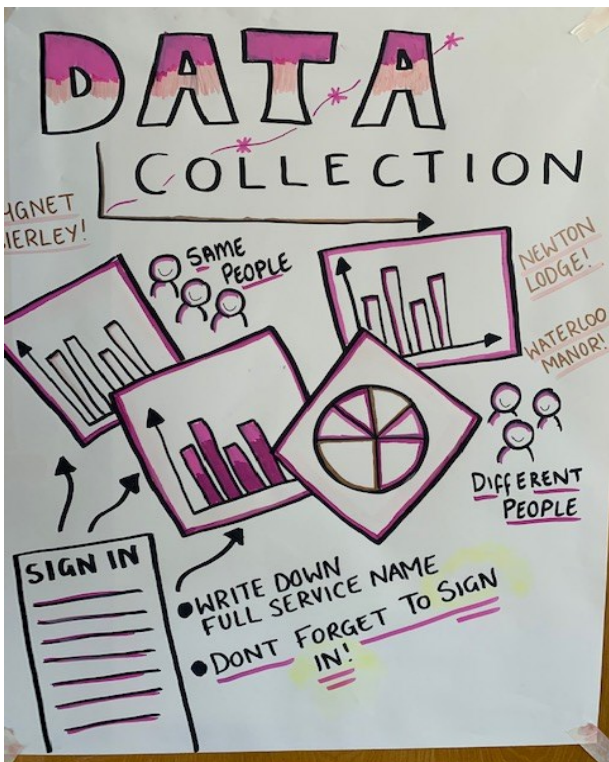
Admission Date:

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

#Yumber19

New Data Collection

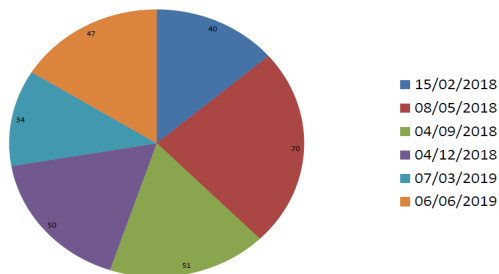


Get INVOLVED!

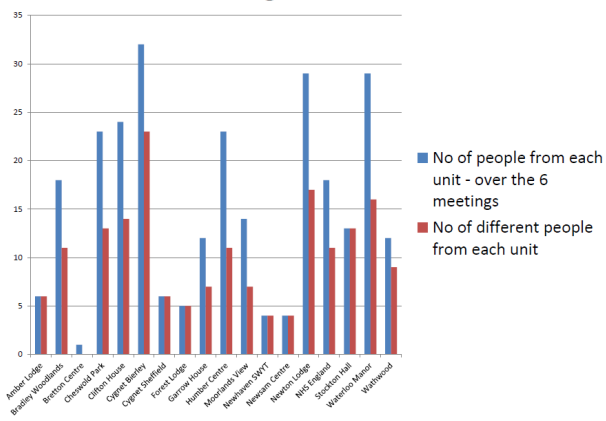
New Data Collection

- We have been collating information from the attendance sheets over the last 12 months.
- We thought it would be interesting to see:
 - Which services come
 - Who comes from each service
 - How often people come
 - Which meetings people attend (Network/CQUIN)

Network Meetings with the most people



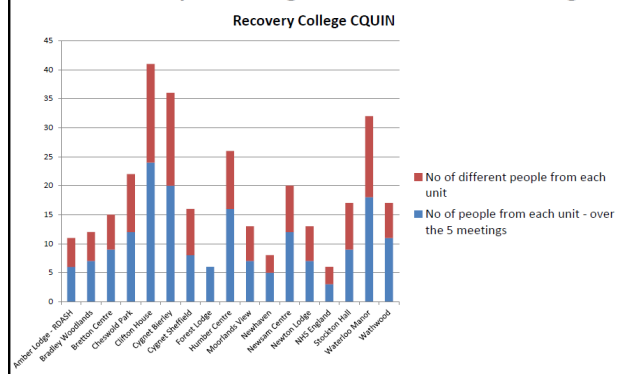
6 Network meetings – service attendance



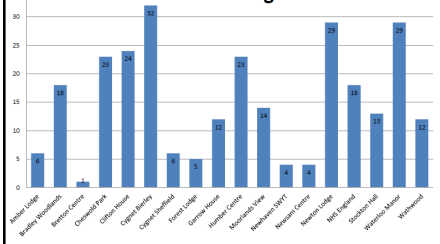
Number of meetings attended out of 6

Amber Lodge	2	Humber Centre	6
Bradley	5	Moorlands View	6
Bretton	1	Newsam	1
Cheswold	6	Newsam	2
Clifton House	5	Newton Lodge	6
Cygnets Bierley	6	NHS England	6
Cygnets Sheffield	2	Stockton Hall	3
Forest Lodge	2	Waterloo Manor	6
Garrow House	4	Wathwood	4

Recovery College CQUIN Meetings



Total number of attendees over 6 Network meetings



Recovery College number of meetings attended out of 5

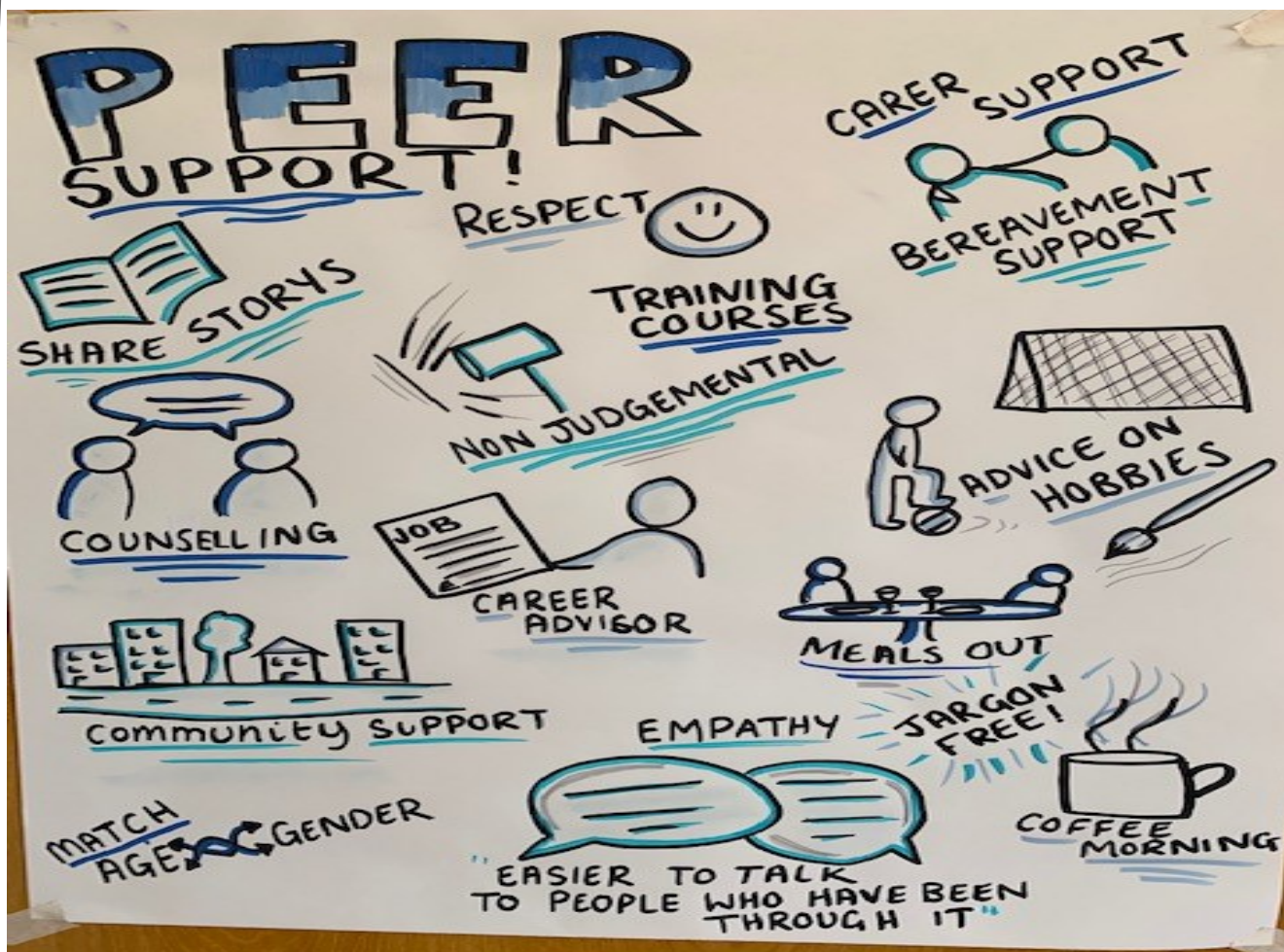
Amber Lodge	2	Moorlands View	3
Bretton	3	Newsam	2
Cheswold Park	4	Newsam Centre	4
Clifton House	5	Newton Lodge	1
Cygnets Bierley	3	NHS England	2
Cygnets Sheffield	3	Stockton Hall	3
Forest Lodge	3	Waterloo Manor	3
Humber Centre	4	Wathwood	3



Presentation - Sarah

A day in the life in the community



Group Work - Peer Support




Peer Support


Get INVOLVED!

- What peer support already exists?
- What kind of support should be offered?
- What will make peer support different to the support already offered?
- How could peer support take into account the different needs and experiences for people of different genders, age groups, ethnic backgrounds and communities

What should be offered?

Bereavement support
 Counselling
 Chaperone service
 Hobby advice
 Family support
 Non-judgemental
 Empathy
 Career advisor
 Educational support

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Newhaven, Bretton & NHS England**What exists?****Buddy system****Ward rep (SU)****Dual diagnosis – substance misuse****Community group sessions****Volunteering opportunities and training****Informal peer to peer support****Recovery college courses****SUs on interview panels****BDU football tournaments****Support needed****Mental health awareness****Problem solving****DBT peer support****Transition support/system****Peer support groups****Friends & family support****What Different?****More social events****Lived experience****Listening and communication****Using less jargon****Vibrant and colourful****Easier to understand – accessible for all****Newton Lodge**

Friends

Buddies

Volunteers

Someone to listen

Befriender

Ex-service users support

What will make peer support different to support already offered?

People with past experience and empathy

Impartial

Age and gender

Group Work - Peer Support**Amber/Newsam/PDS**

What we do

Budding – showing around, talk about unit rules

Smaller group activities – playing cards, guinea pigs, pool, watch sport together, group YouTube, colouring sessions, gardening group.

Shared interests

Theme nights/film night

Coffee morning

PVG meeting

Community meeting

Network meeting and feedback

Dog walking

What should be offered

More buddying opportunity

Animal training

Ex patient presentation – their journey experience

Guidance on what to expect for buddy what can and cannot do, for new patients

Difference

Negatives - When people just want to moan

Easier to talk to peer, more understanding, peer support is more available.

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Group Work - Peer Support

Wathwood

Vocational roles – showing others

Ex-service users being peer support workers

Patient forums

Interviews and training

Community meetings

Recovery College

Buddy system – helping new patients orientate to a new place

Introducing other patients to ward areas

Moral support – playing games, etc.

Social events – walks, BBQs, patient shop, falconry display

What should be offered – Wathwood

Activities/groups for specific age, ethnic, gender

More peer support on wards

Introduce/increase peer support workers

Matching patients up with a 'buddy'

More games/events on ward

Cygnets Bierley/Stockton Hall

Buddy when admitted 1:1

Former patients helping newly discharged patients back into the community.

Group work/meeting for newly discharged patients, at least once a week.

Special training offered to patients to support other patients. Patients will feel more comfortable talking to peers instead of staff.

Finding other patients of the same religion/culture so they can relate more.

Bilingual so they can speak to one another.

Bradley Complex Care & Moorview Care

Minimum peer support offered

Only staff from next placement

Sharing stories and achievements

Sharing experiences

Enable people to experience next step of recovery

Empathy, trust, respect

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NHS England Commissioning Team Update - Rita Thomas

The team is working with services to become partners in the Provider Collaboratives - Humber Coast and Vale, West Yorkshire and Harrogate, and South Yorkshire and Bassetlaw.

There is a lot of change happening to improve services. There will be better care pathways so people will be able to move more smoothly into the community as they are ready.

Each Provider Collaborative is submitting a proposal that needs to concentrate on

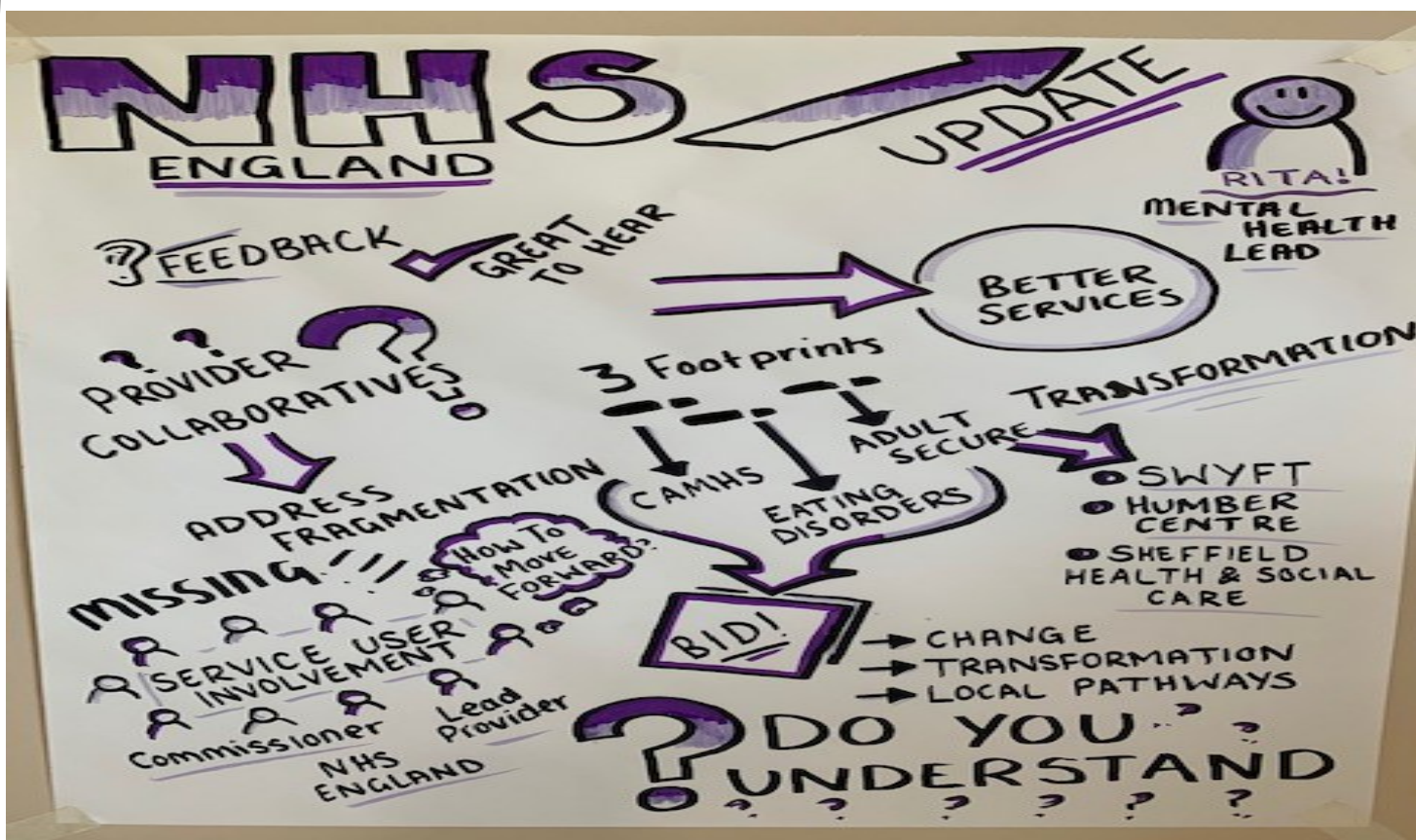
- Integrating systems to make care pathways smoother and work better for people
- Include lots of innovative ideas that challenge current ways that secure services work
- Learn lessons from the new care models pilot areas and include this learning and best practice where it fits with local thinking.

It needs to include evidence of how service users are influencing the way forwards at the center of proposals and changes. Service users need to help think about how services can be developed to work in better ways. There are engagement workshops supported by the involvement network, and everyone is invited to attend these to hear more about the developments and influence these changes.

What is clear is that this is a massive change for everyone. Commissioning will be passed on to the lead provider of the Provider Collaboratives. Rita was very clear that this isn't an easy time for people using or working in services at the moment. She says service users can continue to feel safe as they progress with their recovery through the pathway.

Please see the jargon buster at the back for some information about the terms used! We aim to put this information into an accessible format so that everyone can understand the ways changes will happen over the next few years.

The Imagineer graphic hopefully helps describe what Rita updated the group with too.



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Music from Tim



RESTORYED

Songs Of Survival

restoryed@gmail.com
07933 274194

Available for bookings for secure hospitals, professional and educational groups, carers groups and elsewhere.

supported by
Rotherham
Open Arts
Renaissance

Tim W is an artist, musician and former arts therapist who experienced a serious mental illness in 2010 that resulted, amongst other things, in him being detained in a regional secure unit for four and a half years.

For Tim, 'Recovery' is a somewhat sanitised term for the lengthy and daily

struggle to live well and meaningfully amidst what is irretrievably lost. It is a balancing act enabled by humour, resolve, a fierce honesty and compassion.

What is longed for, by those of us lucky enough to have known good mental health but unfortunate enough to have lost it, is to be restored.

But this is rarely possible, if ever.

What we can do, with care and creativity, is endeavour to tell and retell our stories in ways that honour our past, serve the needs of the present and open up new pathways to an unwritten future.

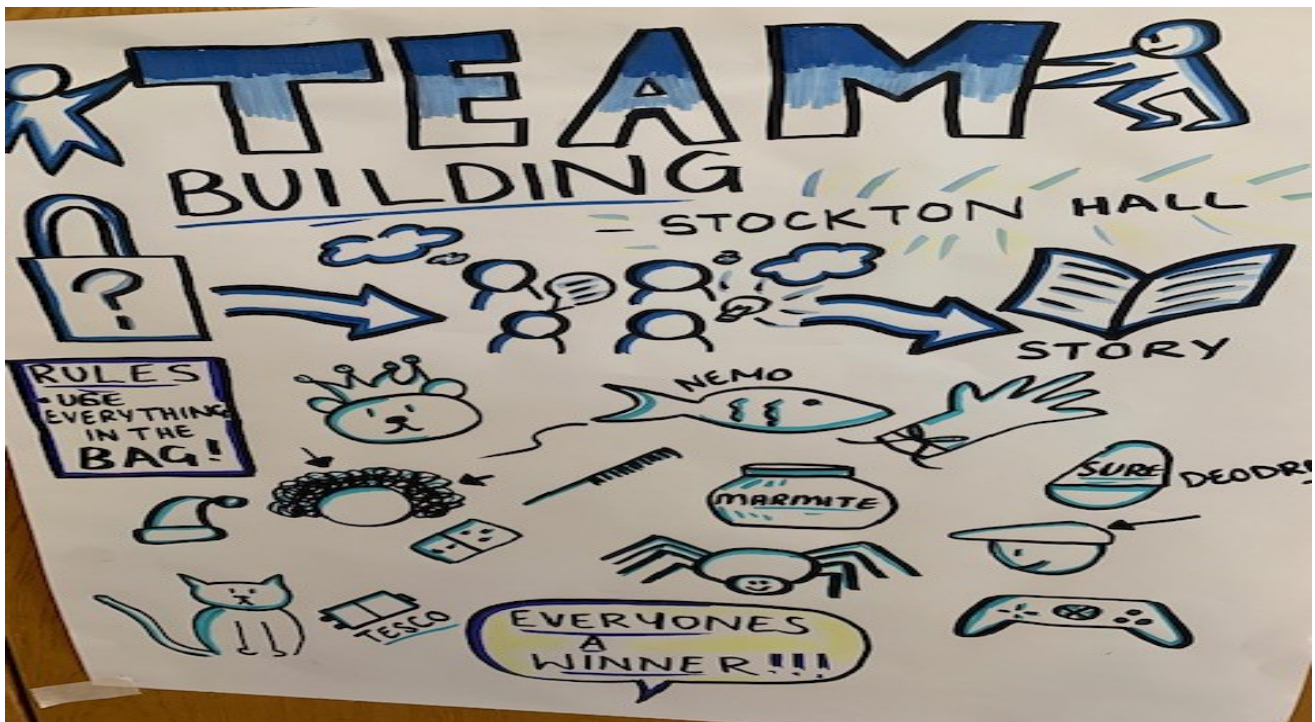


Supported using public funding by
ARTS COUNCIL ENGLAND



Team Building - Stockton Hall

The team building activity came from Stockton Hall—each table received a bag with 5 random items in. The task was to write a story that used all of the items in the bag! This activity was suggested by one of the patients from Stockton Hall who had recently had an assessment for Autism and this was part of that assessment. He was keen to see what others would make of this aspect of the assessment. Read on to see what stories the different services came up with for their items!



Wathwood

Famous baseball player, John Eij, he played in the mecca of baseball, Congo, with his map he went on his travels with his best friend nemo, who he kept in a glove tied by a shoe lace that was lucky to carry him!!

Amber Lodge

Once upon a time one sunny day Tuesday about lunchtime. We started an Xbox adventure - the Joker disturbed the game. The Joker hands me a cup. I drink the bright blue liquid in the cup. Then suddenly there was a flash and I shrunk and climbed into the small tight green box. The end.

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Stockton Hall & Cygnet Bierley

Once upon a time the cat got lost when it was trapped in Stonehenge the bear came along and took the cat out with its mouth. The battery that was bought at Tesco provided the bear with positive energy..... Moral of the story is that every little helps and we should be positive. Also help one another when struggling. The end.

Newton Lodge

Once upon a time there was a sweaty rabbit! He decided to bring out a Christmas single! He used Sure deodorant because he wasn't sure he was a rodent! He died of myxomatosis!

Humber Centre

Fats Domino met Tina Turner pencilling in a meeting toupe for coffee in a sock shop. Prince walked in with a purple pencil. He plugged his mobile into a socket. He rang dominos pizza and lost his wig cos they ran out of pepperoni! And they weren't sure when they were gonna get more stocking. The end!

Moorview & Bradley Complex Care

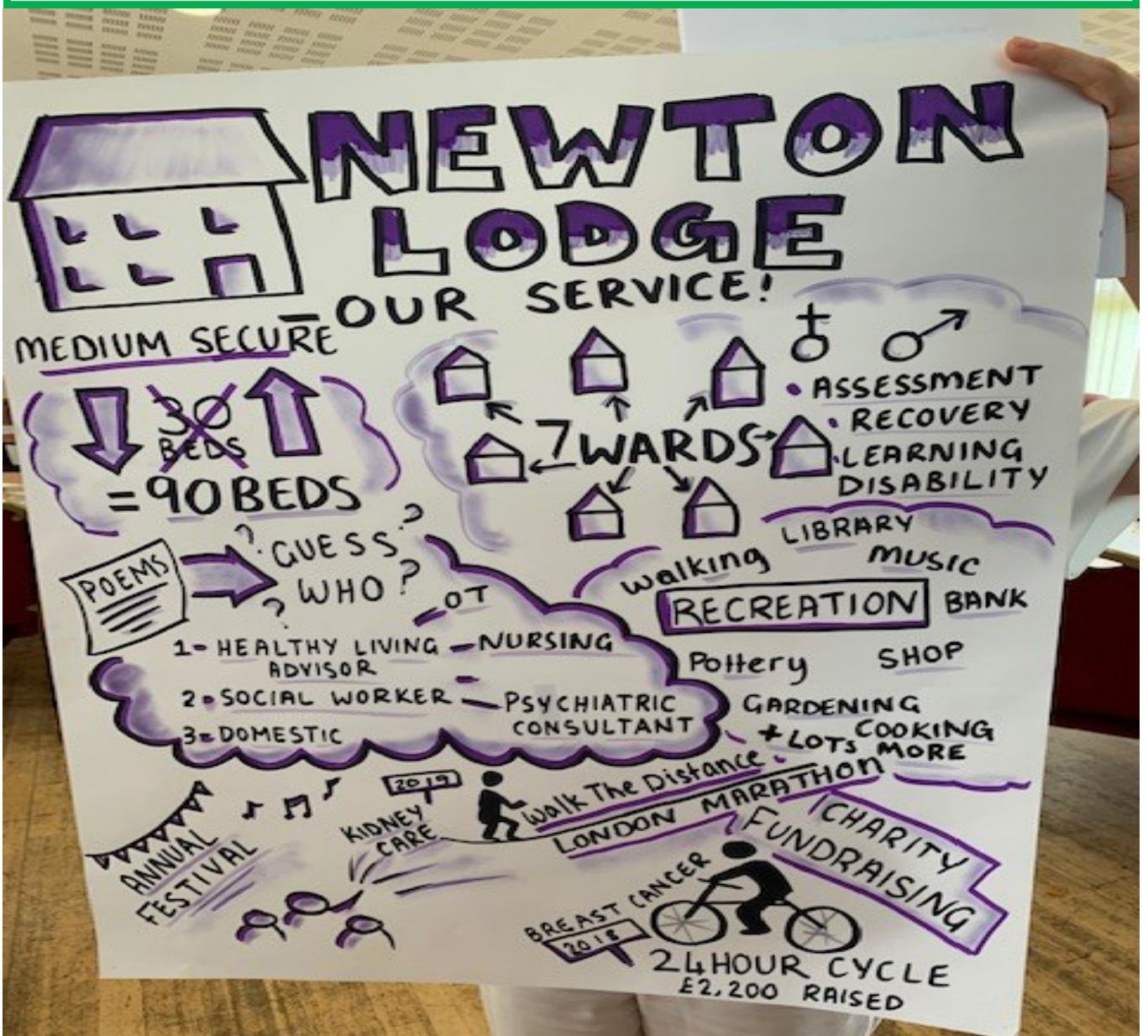
Once upon a time there was a boy and girl. Mum and dad combed their hair each night and made them their favourite, marmite on toast! They would go to bed with a poem being read and wake up to an origami animal in a little box hidden in their bedroom.

Bretton Centre, Newhaven & NHS England

Once upon a time there was an old flat-capped Yorkshire man, named Bobby. Bobby often walked in the dark, so needed a head torch. One evening, he stumbled across a giant green spider. The spider only had two legs. Bobby realised the spider needed help, so he searched his cupboards to find some sellotape and stuck him back together ... and they all lived happily ever after! The end!

Presentation - Newton Lodge

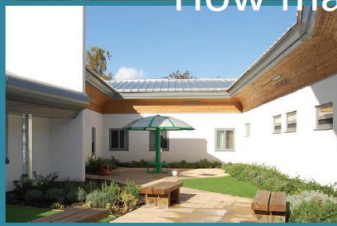
Our Service



NEWTON LODGE

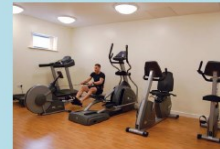


How many beds?



Recreation and facilities + groups

- Gymnasium
- Sports hall
- Library
- Walking groups
- Pottery
- Music
- Shop
- Patients bank
- Art and crafts
- Information technology
- Catering and cooking groups
- Gardening and horticulture
- Education courses

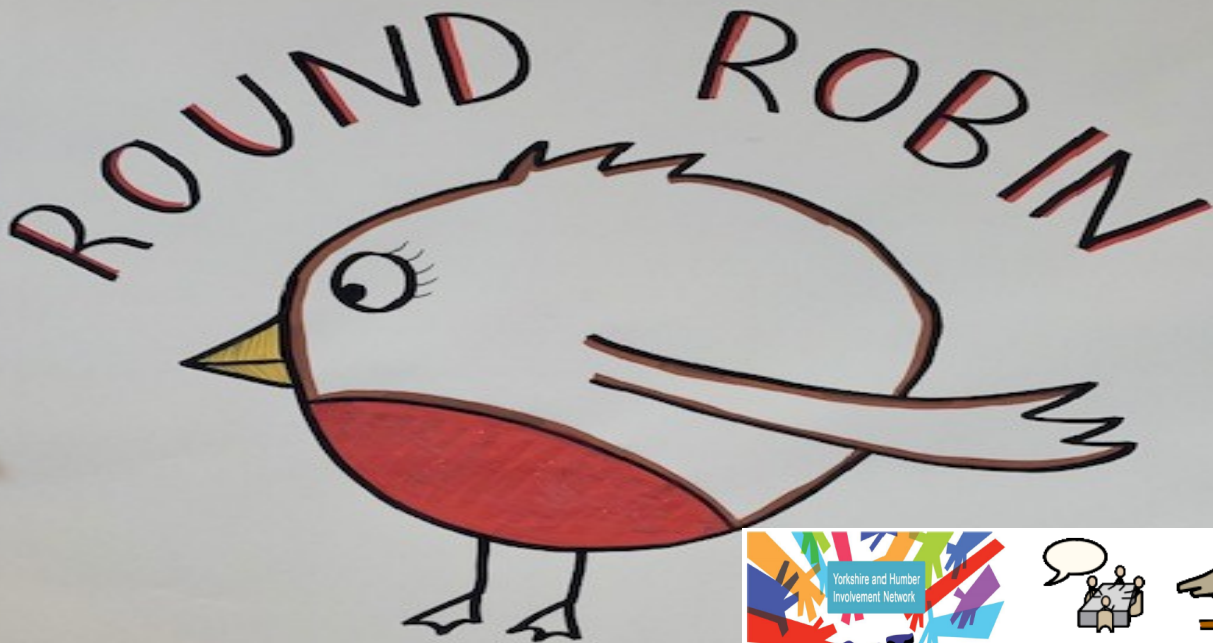


- Self esteem group
- Mental health awareness
- Relapse prevention
- Anger management
- SMART group
- Cooking
- Fire Prevention
- Moving on group
- Drug and alcohol
- substance misuse
- Exercise therapy
- Money management

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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?

Stockton Hall

Hospital BBQ – Carers event ~~ Village walk 6km ~~ Recovery College – mocktails and food ~~ Animal visits ~~ Charity events

Cygnets Bierley

Therapy leaves (group trips) ~~ Walking groups ~~ Pool and snooker competitions ~~ Tuck shop everyday ~~ Library ~~ Therapy dog

Humber Centre

Shop ~~ Painting on ward ~~ Dining experience ~~ Summer fayre ~~ Launch of the film ~~ Cycling group ~~ Streamlines group – unit magazine ~~ Themed day for carers (from SU mum) ~~ Started sensory garden ~~ Won football league – again and last 4 tournaments

Group Work - Round Robin

Clifton House

Fitbits -- Charity clothes box -- International meals (in community) -- Smartphone for patient use -- Dog walking -- 'Caff n laff' -- Bike riding -- Wi fi -- Community health walks -- 'Cliftonbury' -- Thursday joint! -- Presentations at University/ discussion panels -- Cinema -- Clergy -- Starting an Instagram account

Bradley Complex Care

Family fun day -- Patients painting own bedrooms -- Patient Wi fi ~~ Live skype -- Hospital tablet for patient use -- Staff rep ~~ Service user rep -- Recovery tree -- painted on the wall ~~ Airlock/more doors within the hospital unlocked -- Patients cutting communal area grass -- Relaunched community meeting -- new therapy dog

Newton Lodge

Staff wellbeing group -- 16th October -- healthy living event -- SEQUIN competition for conference -- Swimming group for men -- Coffee mornings -- Relaunching recovery college -- Ward BBQs -- 'Horticulture' BBQ! -- Extended health walk -- Men's health group -- Real women's group -- Cottage trips -- New OT staff - Memorial courtyard -~~ Badminton

Wathwood

Sponsored walk ~~ Up mam tor (big hill) ~~ Falconry display ~~ Juggler ~~ Wathwood Awards ~~ Autumn gala ~~ Hog roast

Bretton & Newhaven

Summer fete ~~ hanging baskets, BBQ, Photo booth, bake sale ~~ BDU charity challenge ~~ Day trip - Scarborough, Cleethorpes ~~ Newhaven - community allotment ~~ Summer BBQs - all wards ~~ 'Lodgefest' (attended and participated) ~~ Newhaven - healthy lifestyle group ~~ adapting menus for LD

Amber Lodge

Project groups ~~ Eco bricks project - building a rhino for recycling week ~~ Portfolio group ~~ Weight management group
Looking into education sessions again ~~ On-going - Sandal refurbish

Newsam

MH awareness day ~~ More projects!

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

or

jo.harris9@nhs.net

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Humber Coast and Vale

The country has been split in to geographical areas. This is the area of the country that you are getting care and treatment in at the moment. If you are from this area originally then you should be able to have care and treatment here.

Provider Collaborative / STP / ICS

The 3 secure services in this area of the country are the Humber Centre, Stockton Hall and Clifton House. This simply means that these services are working together to help people get out of hospital quicker and get better community support.

Fragmentation

This means that the care that is currently provided to people is not provided in the right way, so these changes need to address this.

Transformation/ New Care Models

This means that there is a lot of work happening to change services to make them better, to make sure that people can be treated in their home area where possible, and to make sure that everyone has got a clear pathway out of hospital and back in to the community.

Out of Area

If you are from Humber Coast and Vale originally then you should be able to have care and treatment in this area. If you have to go somewhere else in the country to get the right care and treatment then you will be classed as being Out of Area.

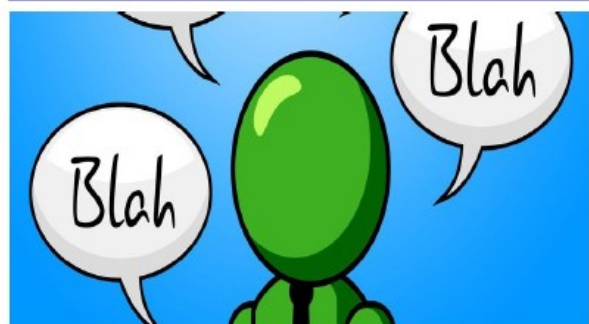
Sometimes this is what people want, but if not then you should be able to come back to your own area for care and treatment.

Lead Provider

In each Provider Collaborative or STP one of the services takes the role of Lead Provider—this means that they are responsible for making sure everything happens and will lead on funding in the future. This is the Humber Centre for your area, and is always an NHS provider.

5 Year Forward View

The NHS plan for Mental Health Services





Dates for Involvement Network Events 2019/20 Sandal Rugby Club

Yorkshire and Humber Network

Thursday 12th December

Thursday 19th March

11—2.30

Healthy Weight CQUIN

Thursday 5th December

Thursday 5th March

11—3.30

MASTERCLASS 11.00—12.30 *** CQUIN MEETING 13.30 —15.30

Reducing Restrictive Practice

Thursday 2nd April 2020

1.30 —3.30

Provider Collaborative Engagement Events

Humber Coast and Vale

West Yorkshire and Harrogate

South Yorkshire and

See separate posters for
dates , times and venues

Contact Holly or Jo for more information
holly.cade@nhs.net jo.harris9@nhs.net

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