



YORKSHIRE & HUMBER NEWSLETTER 21

At the last meeting of the Yorkshire and Humber Network we had a busy agenda, with the usual standing agenda items such as the round robin and Network updates, and then a great selection of presentations, team building and music from different service users and staff from services in the Network.

Bretton Centre did the team building session which got everyone involved! We had music from Rakiem who is currently at Newton Lodge and his befriender came along to play some guitar, and we had a presentation from Paul who is currently at Clifton House who told us about his journey through services which was really inspiring. We also heard all about Wathwood hospital this time, come tell us about your service next time!

We had a recap from Septembers conference and showed some photos from the day, and we got some volunteers for who wants to help out this year!

We also did some group work to look at people's experiences of being placed in hospital out of area.



Thank you to everyone for your hard work and contributions :-)



Inside this Issue	
Summary of the meeting	1
Network Updates	2
Out of Area presentation	3
Out of Area Group Work	4 & 5
Paul—My story	6
Rakiem—Recovery Story	7
Team Building—Bretton Centre	7
Wathwood—our service	8
Jargon wordsearch & Jargon Buster	9 & 10
Round Robin	11 & 12
We need you Poster!	13
Posters for next meetings dates	14

Sandal RUFC Thursday 16th January 11—2.30 	Welcome—Introductions
	Network Updates <ul style="list-style-type: none"> • Out of Area Engagement Report • SeQuin Tool Launch • Involvement Lead Post • Conference recap & planning!
Lunch and refreshments 	Group Work – Out of Area Placements
	My Story — Paul
Next meeting 23rd April 2020 	Update—NHS England
	Rakeim—Recovery Story
Meeting Summary 	Team Building! Bretton Centre
	Our Service — Wathwood
Jargon Quiz! Cliikka Pads	Round Robin – Your Update
	Meeting Summary

Contact Holly or Jo for more information holly.cade@nhs.net www.yorkshireandhumberinvolvementnetwork.nhs.uk

Network Updates



Network Updates!

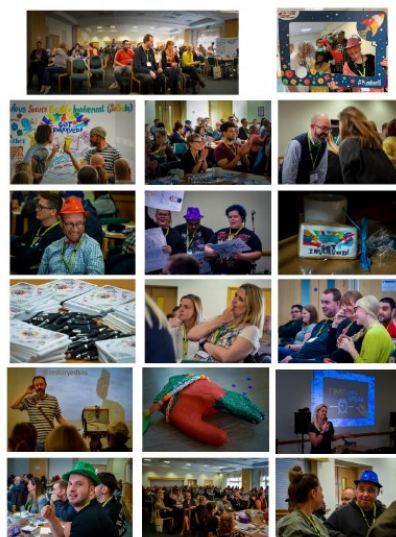


- Involvement Lead Post! – Charlotte
- **SeQuIn Tool** Launch!
- Conference! Lets have a look at last year...!
- This year



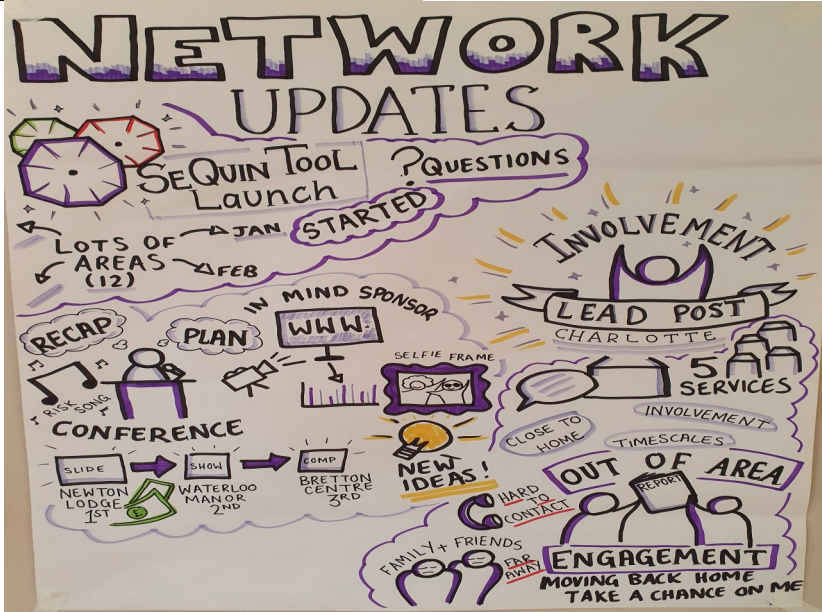
- » Theme?
- » Who wants to help?

Some photos from the day



Conference Ideas

- **Health and Wellbeing
- **Music and Talent **Creativity
- **Animal Therapy **Craft
- **Activity and Hobbies
- **Healthy Body Healthy Mind
- **Socialising **Recovery
- **Physical Health **Fancy Dress
- **Confidence Building
- **All in it together
- **Carer Involvement **Sensory
- **Healthy lunch **Relaxation
- **Aromatherapy **Exercise
- **Spa—soap making, bath bombs (Lush donations)
- **Cake decorating
- **Water colour painting
- **Ceilidh dancing **Environment
- **What helps people feel more capable, confident and comfortable being involved?
- **Balancing the power between people and big organisations
- **Healthy lifestyle
- **Horticulture therapy **Sports
- **Time for change—letting go of the past
- **Health focus **Self care
- **Recovery sanctuary
- **Group Work
- **Food and Mood



This years conference theme based on your ideas will be around Wellbeing!



Group Work - Out of Area Placements

Out of Area Engagement *Moving back home – “take a chance on me”*



Hi there

We are Jo and Holly – Involvement Leads for Yorkshire and Humber secure services.

There is work happening across Yorkshire and Humber to look at the experiences of service users who are placed in a hospital away from home.

We would like to speak with you to find out your views about the following areas.

- What your experiences are of being admitted to a hospital away from home, and how did this happen?
- What do you feel should be better in your local area so that you could get care and treatment locally?
- What has family / friend contact been like and how has this impacted on your recovery?
- Are you aware of your community team from your home area and have they been in touch with you?
- What local links do you have from your home area?
- Now you've started treatment where you are, would you prefer to stay here, or to come back to your home area to finish that treatment?
- Do you think there should be a choice about where you are placed, if so what are the reasons for this?



Date:

Time:

Venue:

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

We spoke to people at 5 services

Many people:

- Didn't understand reasons for admission
- Identified a need for better local services
- Found family contact really hard
- Felt forgotten about/ Had good support
- Wanting to move back/ felt happy
- Clear about pathways, or want to know

The majority wanted:

- To be closer to home
- To be involved in plans to move
- To know the timescales or expectations
- Involvement from community team
- A choice about options available
- Their home area to take a chance on them
- To move on with their lives in a positive way.



Group Work - Out of Area Placements



- Are you Out of Area or have you been in the past?
- If so what were/are your experiences of being admitted to a hospital away from home?
- Are you aware of your community team from your home area and have they been in touch with you?
- Do you think there should be a choice about where you are placed, if so what are the reasons for this?

Out of Area Placements Group Work

Are you out of area or have you been in the past?

Yes, we have RMc, RDix, KB

4 out of 5 patients, all out of area, 100s of miles. One, in area, but has been out of area previously. 3 ok. Out of area - yes - from Grimsby, placed in Darlington, now in Hull. Yes

Is so, what were/are your experiences of being admitted to a hospital away from home?

Experiences - it was daunting being away. No contact from my area. didn't see my case managers.

Didn't feel it effected you (what the hospital offers more important) Difficulties in repatriation "home" care team refusing to accept service user due to risks.

RDix - is like a journey and my mum found it hard to visit and not knowing people and he is scared and miss home.

RMc - going to see my family and its too far to travel and is a lot of money.

KB - Mixed message on what are you are moving to.

Family and carers travelling long distances: stepping stone placements.

Transition: trial leave (rediscover home town).

Would prefer own area, Long distance/expensive. Not knowing area/feeling anxious/lonely

Not much contact with family member.

Are you aware of your community team from your home area and have they been in touch with you?

Community team: I know who they are, but I don't see them. There isn't any contact.

Changes all the time don't come and introduce themselves

RMc - I am updated on plan of moving

KB - plan changing

Three did not know community teams but two did.

Yes from Manchester

Difficult for family to visit/travelling/expense

Cannot see family as often.

More complicated getting a community team, not heard much from them - would be more involved if local.

Choice - yes, not close to connections in the area. Starting again. Makes it more stressful.

Stopping me setting up community links/college course for after discharge.

My name is Ray. I'm out of area having been from West Yorkshire and now in South Yorkshire Trust. So far my experience is a good one, fab consultant staff and area also hands on staff, iet OT. My team has not really contacted me while I've been here, feel disconnected.

Yes, family commute and home visits.

I'm Michael, I'm from Huddersfield but currently at the Bretton Centre in Wakefield. I was once at Middleton St George Hospital at Darlington which was 200 miles away from home. My experience of being away from home was loneliness, felt isolated.

Out of Area Placements Group Work

Do you think there should be a choice about where you are placed, if so what are the reasons for this?

High - not much choice available, at a loss. Lots of worry, too restrictive for contact.

Medium - not as many visits, lose a sense of who you are, if your not so flexible you may find it hard.

Low - not such a clear understanding of where your pathway is going and aftercare.

Find it hard to articulate your plan.

Yes - should be a choice about where placed. So you know where you are going instead of being in the dark. Be close to friends/family and carers.

Should be a choice, funding, Trust , etc.

Would like more choices of placement.

Would like video of hospitals, staff, surrounding areas

Should be a choice and family should also be involved

Service users should have a choice in where they are placed.

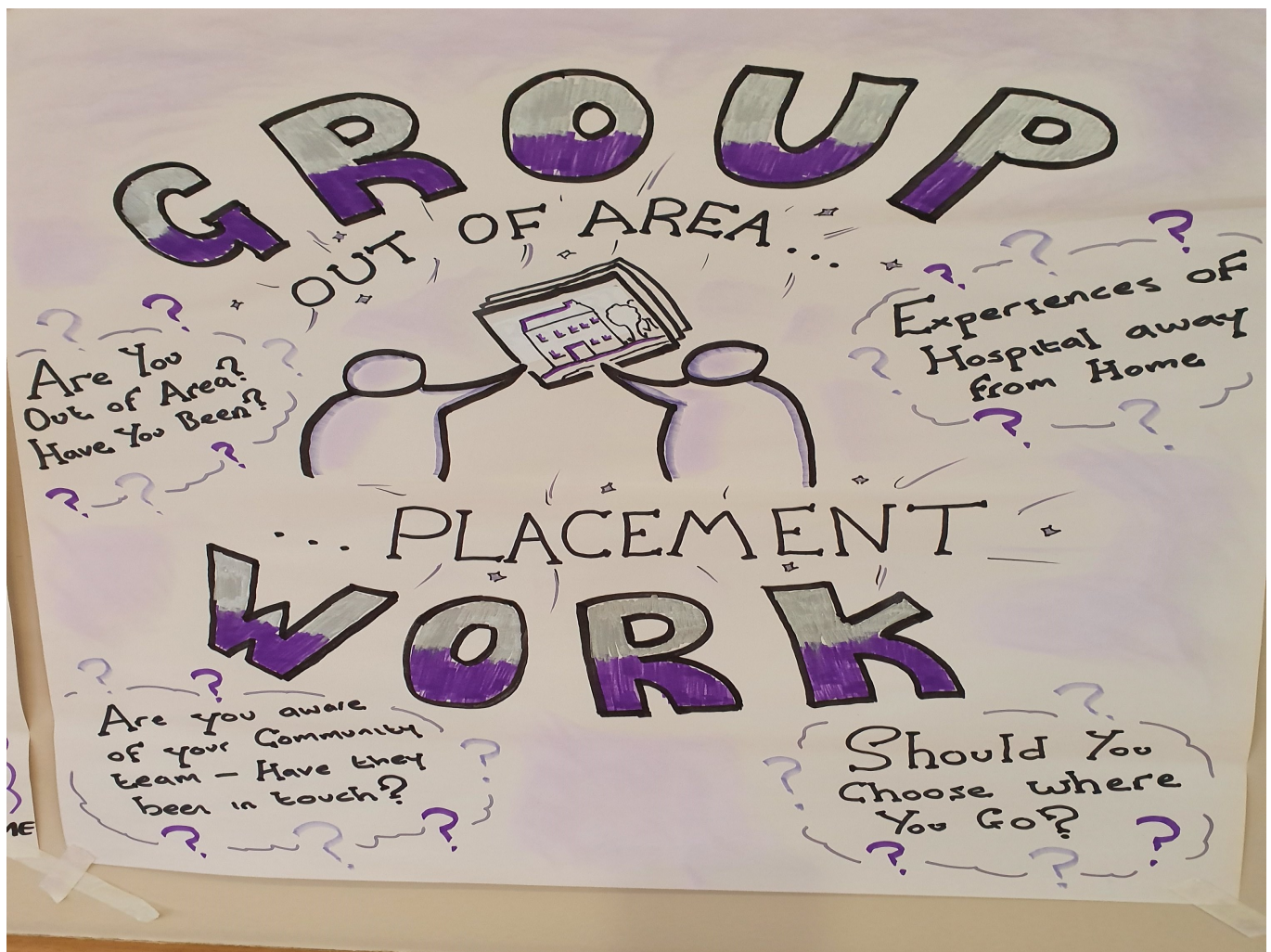
RMc - yes you do get a choice

Out of area service users should be provided with more local information prior to admission.

Buddy system

Out of area teams engaging with inpatient service: attending CPAs, RC responsibility.

All 5 did not have a choice of where placed and would like a choice of future placement.



Paul Knipe



My Journey

Knipey

My earlier memories



The bad things: violence in the home

The good things: sex, drugs and freedom!

Consequence: I became violent.

At seventeen...

- I was enjoying sex, drink, amphetamines, and the freedom to come and go as I wanted.
- At the time I thought this was a good thing.
- I was getting into bar brawls, known to the police, and threatened with Borstal if I carried on with my ways....



A Lotta Bottle

Mixed alcohol with tablets

Effects on my mental health: voices, depression



Dialysis

Overdose: lucky to be alive

Taddy Terms

I took me juck down parney in me screeve, and met a mush with a cady on.

Juck - A dog



Parney - Water/rain/river



Mush - a man



Cady - Hat



Screeve - Car



So I.....

Ran away to Athens



ThenPireas



.....Then Paros

....and lots of other Islands.....



Back to Britain.....



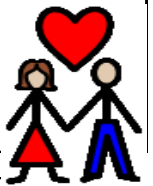
Community Service.



Longwood Joinery

John Smiths

My first love...Mandy



Who would take me?

Prison.... hospital wing



Prison..... hospital wing

Newton Lodge



Clifton House

Humber Centre

Where am I now in my journey?

Medication



Psychology

Mental health: in control of my voices



More responsibilities

More freedom: in a positive way!



Fully self catering

Visiting my old town

Volunteering at a charity shop.

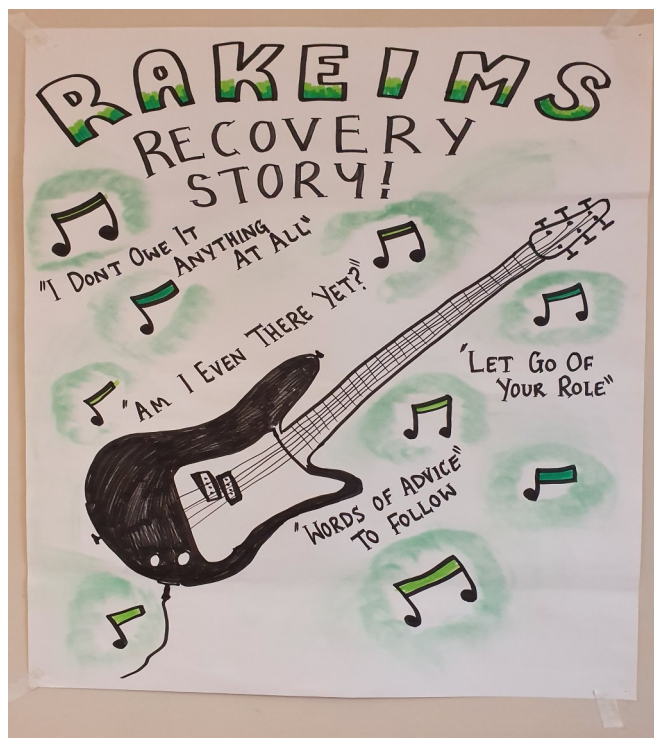
Where next?

- Overnight leave
- Tribunal
- Parole
- Housing
- Discharge
- Done
- No alcohol or drugs!!!!!!

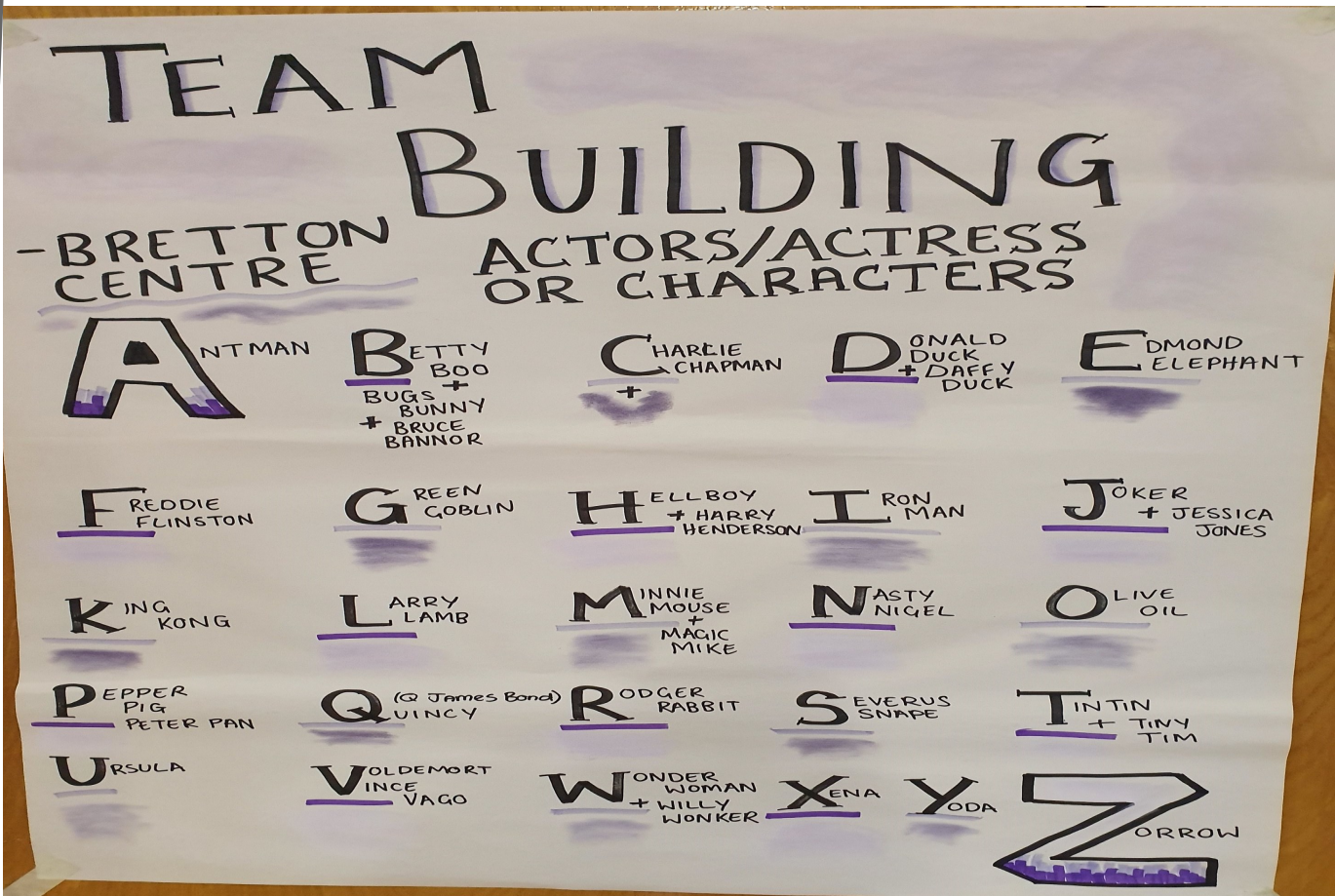


Musical Interlude Rakiem, Recovery Story

Rakiem—Recovery Story



Team Building - Bretton Centre



Our Service - Wathwood

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Wathwood Hospital



positive
not integrated healthcare

23

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

- **Wathwood Hospital, our code of conduct, vision and provision of care.**
- Wathwood is a Medium Secure Psychiatric Hospital and part of the National Health Service.
- We are a purpose-built, 78 bedded hospital. Catering for male patients aged between 18 and 65.
- All our patients receive care and treatment under the Mental Health Act. They may have been suffering with a treatment resistive illness or have committed an index offence.
- All patients receive an individualised, recovery focused care pathway. A full Multi-Disciplinary Team approach provides the foundation of all our care and treatment programmes.
- Our vision is to ensure best practice standards are delivered in an open, innovative and collaborative way.

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24

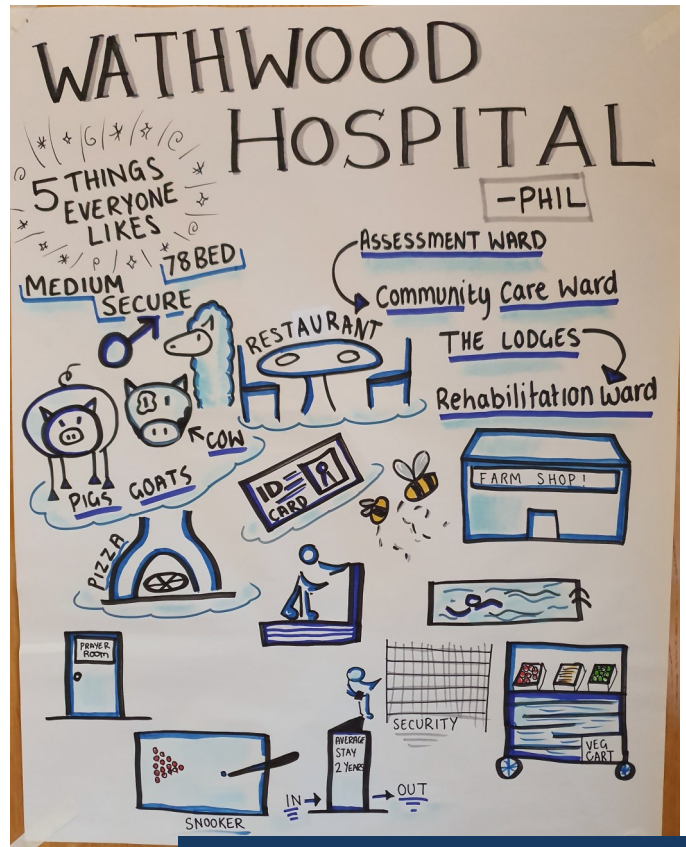
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Nottinghamshire Healthcare
NHS Foundation Trust

A message from Mags, one of our previous carers

- "Are you a new carer coming to Wathwood for the first time? Then we know how you are feeling. We have had to walk down the same rocky road that you must be going down at the moment. Don't despair, the staff at Wathwood will support you and assist you in any way they can."

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25



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The Patients Journey



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26

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Animal Assisted Therapy



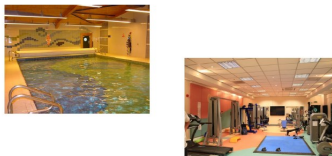
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27

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Nottinghamshire Healthcare
NHS Foundation Trust

Sports

- Sports 6 days a week, Gym, Swimming, sports hall, sponsored walk



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32

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

OT

- **Occupational and vocational opportunities**
- The Hospital offers patients a variety of opportunities including



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31

Round Robin - Your Update



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?

Cheswold Park

Charity football match - for MIND.

Opening a women's service in February 2020.

Wentbridge (mental health and complex needs non secure) opening March 2020.

Opening Neville (LD/ASC) 6 bedded home with nursing in Doncaster town June 2020.

Peer review - Royal College - 21st and 22nd January.

Cygnets Bierley

Chair exercise, which promotes a healthy life style.

Booklet with photos of both staff and patients taking part.

Will be available on Cygnets website for other Cygnets hospitals to use, also will be for other hospitals if they request it.

This has helped patients with fitness and wellbeing and takes place 5 days a week at 11:00am.

This exercise is not as easy as it sounds and has helped patients a lot.

Clifton House

Tuesday lunch café.

Healthy living group - Ward based gym instructors

Clifton Crafters Circle - Wednesdays

Penalty Shoot-outs!

Volunteer IT specialist

Self-catering on the increase!

Animal sessions in Recovery College

Health suite arriving shortly



Humber Centre

Football team won the inclusion league and inclusion tournament.

Christmas - shared lunch on each ward. Christmas unit event every day over two weeks. Made our own Christmas table decorations. Christmas service.

New OT across unit service - more offered, new unit groups, team works across unit.

Monthly unit event - pool & table tennis tournament, film afternoon, Christmas fair

Healthy weight CQUIN

Phoenix group has started with psychology.

Monthly patient council meetings.

Recover College re-launch.

Re-naming of Greentrees to Pine View - new low secure unit opening in February.

Pool of new staff have started.

Pool of new student nurses.

Forest Lodge

Christmas carers event - hand massage, Christmas dinners.
 Wellbeing week in November - healthy meals, tour of Europe challenge,
 Halloween event - party and fancy dress.
 Competitions, baking, pool.
 Farm volunteering, dry stone walling.
 Bonfire night - fireworks for the first time!

**Wathwood**

Sponsored fitness, raised nearly
 £700 for hospice!

Newton Lodge

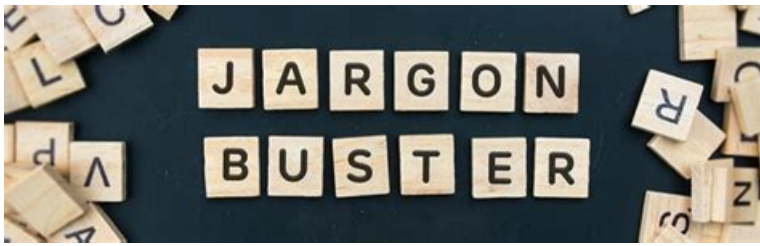
Pantomime at Christmas -
 who remembers Howard the
 duck?

Waterloo

Christmas party.
 Made and sent Christmas cards to the homeless.
 Handbags - decorated and filled with toiletries for women in need
 (period poverty).
 Giant interactive advent.
 Presented at Royal College of Psychiatry on 'trauma informed care' with a
 friends theme and collaborative slides/quotes by service users.
 Shoe boxes sent abroad - operation Christmas child.
 Gift of Harry Potter books to a local school.
 Children in need cycle and run.
 Trip to Knowsley Safari Park.
 Recovery College term 9 finished - around the world - sing to sign - very popular.
 OT timetable changed - activity and personal trainer employed.

Amber Lodge

Discos.
 Christmas activity
 Safeguarding group FOLS team visits.
 Health promoting group
 List of shopping on time.
 Portfolio group.
 Lap around the courtyard to motivate your morning.
 Sleep hygiene, spend time in their bedrooms.
 The courtyard door is opening all the time to allow access, sometime with staff
 or on their own.



5 Year Forward View

The NHS plan for Mental Health Services.

Humber Coast and Vale

West Yorkshire

South Yorkshire and Bassetlaw

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. **CHECK THIS!!!**

Provider Collaborative/STP

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.

Lead Provider

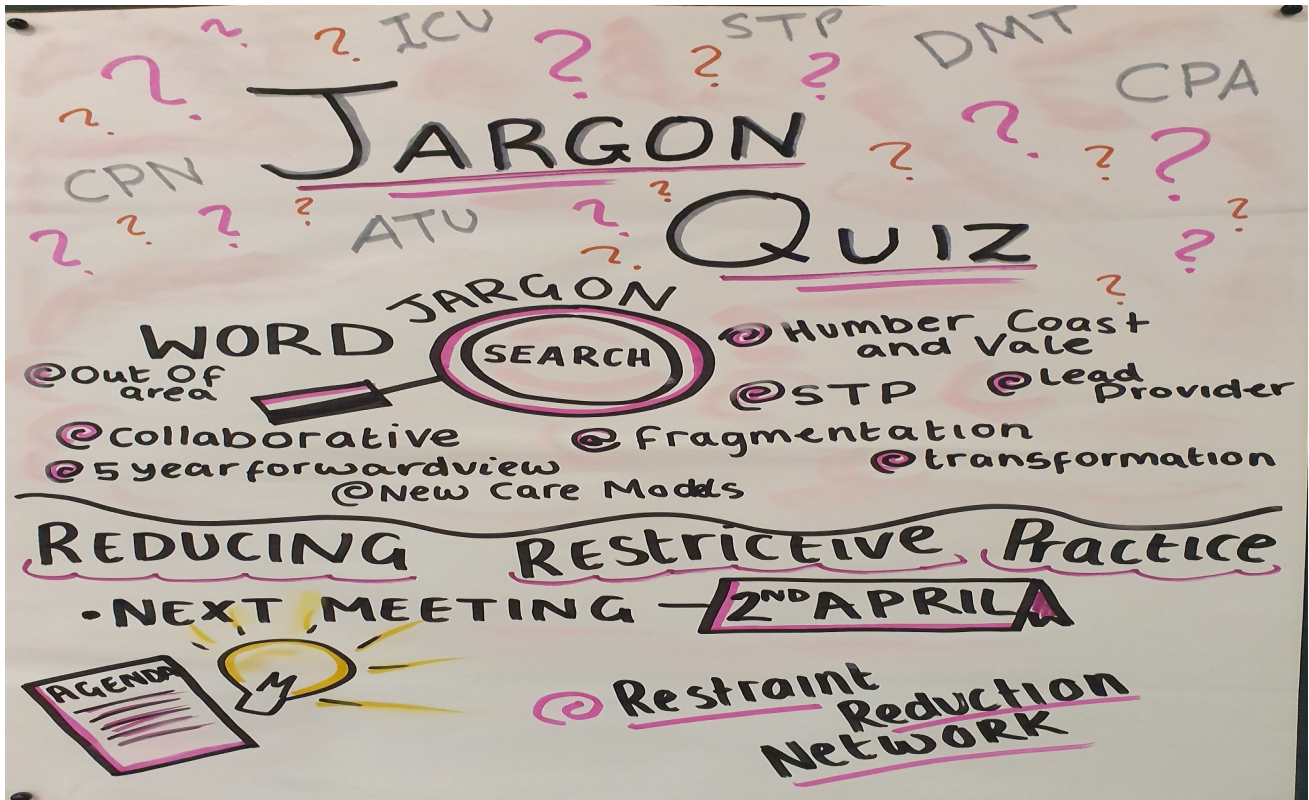
In each provider collaborative or STP one of the services takes the role of Lead Provider - this means that they are responsible for making sure everything happens and will lead on funding in the future. This is always an NHS provider.

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.

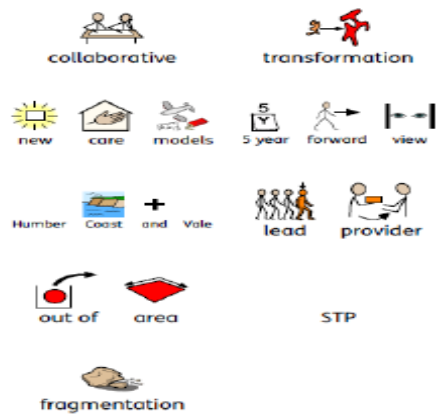
Out of Area

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.



Jargon Buster Wordsearch

F	B	E	G	G	E	H	U	O	L	S	W	E	L
I	R	L	F	H	P	R	O	V	I	D	E	R	K
V	T	A	W	A	S	D	F	G	H	J	N	R	T
E	S	V	G	B	C	J	Q	E	M	L	V	A	S
C	O	T	F	N	T	H	E	L	E	A	D	L	T
U	I	S	C	O	E	H	V	S	H	N	M	C	L
Z	W	W	M	D	B	N	I	E	Y	Z	X	B	H
F	C	T	C	E	D	E	T	D	M	P	H	W	U
F	V	S	D	L	H	W	A	A	Q	A	O	P	M
O	N	A	K	S	J	F	R	J	T	R	U	A	B
R	A	O	F	D	C	U	O	P	V	I	T	L	E
W	P	C	G	A	L	K	B	M	P	T	O	C	R
A	H	X	R	P	X	D	A	G	K	S	K	N	A
R	J	E	P	M	A	S	L	H	A	L	D	M	E
D	Y	K	U	Q	T	X	L	S	T	P	T	P	Y
K	Z	B	W	N	P	W	O	K	M	E	A	G	Q
L	B	E	O	B	G	L	C	A	F	D	E	K	P
P	I	P	V	K	J	P	H	T	G	Z	R	L	S
V	A	M	A	N	D	V	N	P	X	Y	A	M	Y



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

Yorkshire and Humber Involvement Network



Dates for Involvement Network Events 2019/20 Sandal Rugby Club

Yorkshire and Humber Network
Thursday 23rd April

11—2.30

Healthy Weight CQUIN
Thursday 5th March

11—3.30

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

Peer Support Meeting
Tuesday 11th Feb 2020

1.30 —3.30

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 Bassetlaw

See separate posters for
dates , times and venues

Contact Holly, Jo or Charlotte for more information:

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www.yorkshireandhumberinvolvementnetwork.nhs.uk