



# Recovery College CQUIN Bulletin 10

**Next meeting:  
Thursday  
27 September 2018  
1.30 - 3.30 Sandal**

This is the newsletter for the last Recovery College CQUIN meeting that was held on the 31<sup>st</sup> May 2018. We started the meeting with a short summary of the CQUIN guidance, this can be found on page

We then had a number of different group work sessions looking at each quarter of the CQUIN guidance. We started off looking at the train the trainer courses, how to get all the courses co-facilitated, and also thinking about outcome measures, this can be found on pages 3 & 4.

The second group work was thinking about carer involvement and how to set up a carers event, this is on pages 5 & 6.

After the break we talked about how to collaborate with wider recovery colleges which is on page 7.



The final group work was looking at quarter 4 around sustainability of the college and how to embed it for the future, this is on page 8.

**The full presentations can all be accessed through the original email or on request**




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**Recovery College CQUIN Agenda**


Sandal Rugby Club  
Thursday 31<sup>st</sup> May 2018  13.30 – 15.30

**WELCOME** 1. Welcome and Introductions


 **2. Presentation** – Holly and Jo – CQUIN Guidance

 **3. Group Work** – Making sense of the guidance

- Co-production, train the trainer, outcome measures
- Carer Involvement, Carers events

 **4. Group Work Continued...**

- Wider collaboration with other Recovery Colleges
- Sustainability and embedding for the future

 **Next meetings: 27<sup>th</sup> September, 13<sup>th</sup> December**

# Presentation - Holly & Jo

## CQUIN Guidance

Milestones	Measures
<p><b>Quarter One</b></p> <p>4. All courses to be co-produced</p> <p>5. Train the Trainer course to have been developed</p> <p>6. Outcome measures defined for all courses</p>	<ul style="list-style-type: none"> <li>● Summary report outlining progress on the following:               <ul style="list-style-type: none"> <li>○ Train the trainer course available in prospectus</li> <li>○ All courses are evaluated</li> <li>○ Identified process to ensure all courses are co-produced</li> </ul> </li> </ul>
<p><b>Quarter Two</b></p> <p>3. Recovery College Carers event to be facilitated</p> <p>4. How carers can be involved in Recovery College clearly defined</p>	<ul style="list-style-type: none"> <li>● Carers identified and invited to attend a Recovery College event</li> <li>● Recovery College information designed for carers available</li> </ul>
<p><b>Quarter Three</b></p> <p>2. Collaborate with another recovery college in the design, delivery or attendance of courses</p>	<ul style="list-style-type: none"> <li>● Collaborative project defined and agreed</li> <li>● Project summary/progress report</li> </ul>
<p><b>Quarter Four</b></p> <p>3. Identify actions which will sustain and embed the Recovery College within the service</p> <p>4. Development plan to be agreed</p>	<ul style="list-style-type: none"> <li>● Summary report which outlines how the Recovery College is to be developed and sustained within the service</li> </ul>

# Group Work – Making Sense of the Guidance

## Q1 - Co-Production



Co-production – what is? At what level?  
 Eg basic food hygiene/psychology course – delivery?  
 Throughput – service user moves on.  
 CQUIN – comes out mid semester when already started

Some courses are co-produced – baking, cookery college, expert by experience.  
 Continue to seek ideas from SUs to develop future courses – lack of resources – IT, facilitators, staff

Mostly are – realistically not always possible to deliver/facilitate courses this way.

Social events to discuss future opportunities  
 Patients contributing to aims/objectives rather than facilitating Prospectus!



Outcome measures – AQA – patient feedback, \*could be more effective\*

## Q1 - Outcome Measures

- **What are your ideas around this quarter**
- What is needed to make these ideas happen**
- What are the potential pitfalls**
- How can the CQUIN group support these plans?**

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## Q1 - Train the trainer

Waterloo Manor – referred to MAPPA instructors for guidance

Newsam/Clifton House – course offered – low attendance

Stockton Hall – offer a course

Issues – motivation to co-produce – low interest

Low attendance

Some service users report wanting to discover new topics not help to produce material

Local council facilitating a volunteer course

Currently designing at the Humber Centre

Specific course now SU run the courses after completion

Production slot – ideas, people come together to think about sessions they may develop and put on.

Tap into local groups who may facilitate training sessions – to achieve train the trainer.

# Q2 - Carer Involvement, Carers Events

## Q2 - Carer Involvement

Consistency, more contact/communication, awareness of diagnosis, inform benefits of therapy to support pathways.

Website, money, staff, time

Carers may not want to be involved

More disciplines involved

Courses – insight into ... /vice versa

Established carers group/social work → now focus group, includes OT, nursing, social work.

Carer involvement – have carers events nothing related to recovery college

Carers

Breakfast group to invite carers

Gardening group in the caring garden or a Newton Lodge garden

Walking group – sponsored walk

BBQ

Carers can work 9 – 5 – difficult to facilitate events at weekends



- **What are your ideas around this quarter**

**What is needed to make these ideas happen**

**What are the potential pitfalls**

**How can the CQUIN group support these plans?**

## Q2 - Carers Events



- **What are your ideas around this quarter**

**What is needed to make these ideas happen**

**What are the potential pitfalls**

**How can the CQUIN group support these plans?**

Ideas – Waterloo Manor – run a group and invite family/carer. This may be a struggle ....

Stockton Hall held an event specifically for carers.

Every patient has an invite for their friends and family.

Entertainment and food – Stockton will open this up to recovery college.

Carers open day – July

Moorlands – RC open days – invite carers – understand their needs, take from there.

Only 30 beds so limited group.

Recovery college showcase event  
Surveys for new courses (prospectus)

Feedback for carers about the RC

BBQ

Sports Day

Computer course

Healthy living course

Singing events

## Q3 - Collaboration with other Recovery Colleges

Collaborating within Cygnet - monthly progress meetings  
 Current links with other Cygnets but expanding this to other, non Cygnet hospitals - local  
 Use of internet (forum) if distance is a struggle

Collaboration with other recovery colleges?  
 Speaking with local community colleges - making links/when patients move on  
 Pair up with other units - share skills/courses  
 Local charities, cafes, work opportunities

Moorlands - no local RC - wellbeing  
 Summer school Bradford - establish link - bit hit and miss  
 Grow - offer pathway into community  
 Partnership working with Leeds

Links to date

Waterloo Manor - refer people in to Wakefield RC

Stockton Hall - links with YSJ converge - still awaiting their response

Newsam - made links with Bradford & Cheswold forensic services -

Giovanni left!

Previously approached NHS England - no courses run by these so far - limited resources.

Community recovery colleges?

Possibility of HIVE working more closely

Current links in Leeds uni - drama

Football (Mind) - course?

Clifton House - runs over various sites Leeds/York

## Q4 - Sustainability and embedding for the future

Ensure that someone is in place for planning/running recovery college. Newsam/Clifton have in place  
 Time/resources  
 Staff motivation to help  
 Service user reps

Carry on as we are – push agenda  
 Monthly meeting  
 Keep it fresh/ideas  
 Advertise/posters  
 Keep building on it

Embedding meeting and developments into timetables  
 Positive engagement relevant  
 Steering groups  
 Links to external recovery colleges  
 Sharing information with other RC  
 Networking meetings  
 Management information about the recovery college

Time constraints – emails, forums, availability.  
 Arranging visits – face to face, spending time at other hospitals –  
 speaking to patients/staff?

\* Catering meeting      \*Hygiene course      \*"Chesbucks" training  
 \*Furniture restoration      \*Customisation forms  
 \*Probation reviewers      \*Showing new staff around  
 \*Level 1 gym qualification



# Recovery College

## CQUIN Group

### Dates 2018



**Thursday 27<sup>th</sup> September**

**Thursday 13<sup>th</sup> December**

**Sandal Rugby Club Wakefield**

**1.30-3.30 pm –**

**Refreshments Provided**

Come and tell us about your Recovery College and find out what other services are doing with theirs, get ideas and share with us how things are going! We will look at different ways that we can improve them, including thinking about co-production, involving Carers and joining with other Recovery colleges!

Role Description for attending Yorkshire and Humber Network 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



