



Recovery College CQUIN Bulletin 11

**Next meeting:
Thursday
13 December 2018
1.30 - 3.30 Sandal**

At the last meeting of the Recovery College CQUIN meeting we started off with a presentation from Stockton Hall about how they involve carers currently and how this has changed over the last few years. This is on page 2.

We then did some group work looking at how everyone has been involving carers in their Recovery Colleges, this can be found on page 3 and 4. We also did some voting to look at why we involve carers which is on page 3.

After the break we had a presentation from Clifton House talking about how they collaborated with Moorlands View Recovery College, this is on page 5.

Following this we did some group work to look at Quarter 3 of the CQUIN which is about collaborating with another college – to find out what plans everyone has got for this in the coming few months. This group work is on page 6.

We finished with another bit of group work looking at the new Recovery College Benchmarking standards that are in draft format. This group work and the standards can be found on pages 7 and 8.

We also asked everyone to bring in any prospectuses or carer information about Recovery College to the meeting and we will ask this for every meeting – we are hoping to get a good collection of information so that we can all share and learn with each other – please bring any information you have got to the next meeting!

Full presentations can all be accessed on request


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Recovery College CQUIN Agenda

Sandal Rugby Club
Thursday 27th September 2018 13.30 – 15.30

- 1. Welcome and Introductions**
 - 2. Presentation – Stockton Hall**
- Involving Carers and why? - Just Vote!
 - 3. Group Work – Your update from Quarter 2**
 (Please bring an example of any Recovery College Carers information as well as your prospectus)
 - 4. Presentation – Clifton House**
- Collaboration with another college
 - 5. Group Work – Plans for Quarter 3**
 - 6. Ice Breaker!**
 - 7. Group Work – Benchmarking Standards**
-  Next meeting: 13th December

Presentation - Stockton Hall Involving Carers

Before...

CARERS EVNTS @ STOCKTON HALL

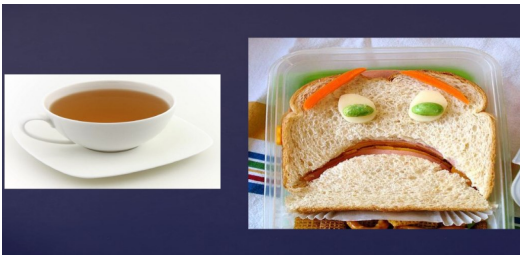
HOW DID WE GET HERE?

A LONG TIME AGO IN GALAXY
FAR FAR AWAY

BORING

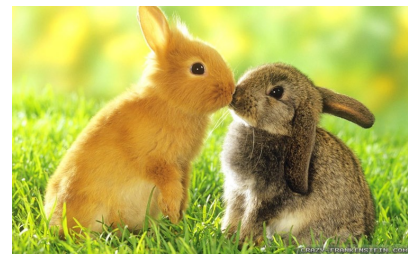
WHICH RESULTED IN

- ↳ POOR ATTENDENCE
- ↳ NO ONE SPEAKING
- ↳ ALL OF US WONDERING WHAT WE'RE DOING



Now!!

ALL OF THESE
BECOME
THE EVENT



3 events a
year now.
Winter,
Spring and
Summer!



**IN ABOUT TWO YEARS WE
HAVE GONE FROM**

FUNCTIONAL



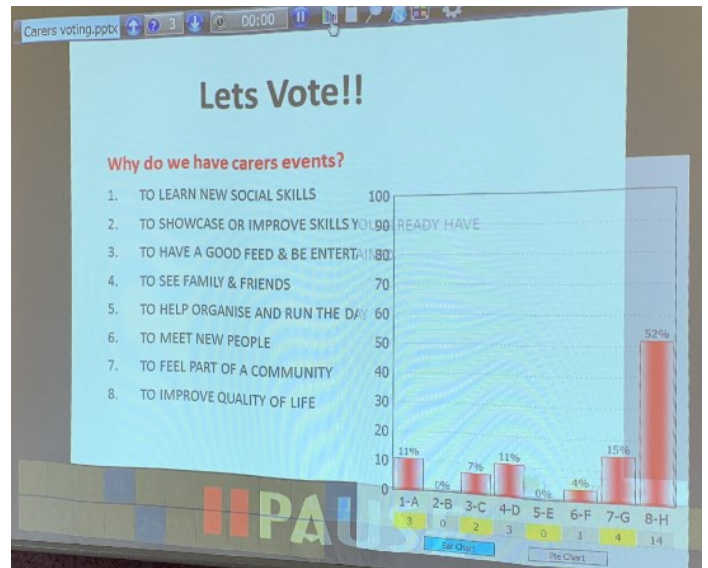
FABULOUS



Lets Vote!!

Why do we have carers events?

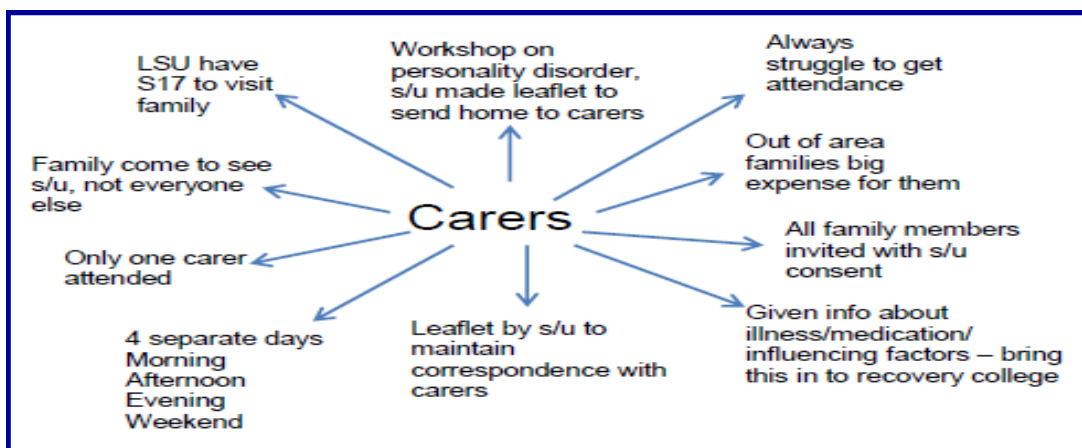
1. TO LEARN NEW SOCIAL SKILLS
2. TO SHOWCASE OR IMPROVE SKILLS YOU ALREADY HAVE
3. TO HAVE A GOOD FEED & BE ENTERTAINED
4. TO SEE FAMILY & FRIENDS
5. TO HELP ORGANISE AND RUN THE DAY
6. TO MEET NEW PEOPLE
7. TO FEEL PART OF A COMMUNITY
8. TO IMPROVE QUALITY OF LIFE



Group work—Quarter 2—Involving Carers

Invite carers - **concerns**, confidentiality, patients changing their mind, small unit
Ideas for future - exhibition space, tours, skype, brochure directed at carers, afternoon tea, podcast more?

A day in the life of drama (using skills from recovery college)



Cygnets, Sheffield - when asked we found most students did not want a carers event. This means we are preparing for a small event. One ward only - out of area.

ICT are developing a carers portal online - this will be an informative platform and platform for feedback and suggestions.

Welcome pack for carers developed for RC and low secure service in general.

Event planned and to be held next month.

Carers to be invited to courses with permissions.

Newsletter to be posted/emailed.

Group work—Quarter 2—Involving Carers

Macmillan coffee morning – carers invited, new RC prospectus!
 Recovery college showcase booked – cancelled
 Certificate presentation
 Showcase new prospectus
 To take place outside secure unit on hospital site

Moorlands View

Recent carers/providers event	*	Showcased prospectus
Carers handbook	*	Showed video
Gymnasium challenge	*	Asian breakfast

Humber Centre

Carers event 14th Sept - Tours of the building, therapy, leisure services
 Display boards – information about each ward and the college
 Handout on recovery college for carers
 Carer representative on recovery board
 Identified three courses to be delivered for carers/by carers perhaps
 Planning for further events for carers

Cygnets Bierley

Quarterly carers events (led by social work department)
 Best of briefly Awards Day *carers packs* (well attended)

Future plans – linking in with carers leads at all units in order to notifying carers of events within their local area.
 Cygnets 30th anniversary

Working alongside the World Mental Health – not sure how to develop it.
 Friends and family forum – this differs to carers meetings.
 Family and service user event day to promote, i.e. carers knowledge of family (service users interests) and maybe take part in a group activity (college). Plus increased wellbeing of people that want to take part.
 Involve next of kin to visit from York to do an activity at a weekend.

Presentation - Clifton House Collaboration



Recovery College collaboration Clifton House and Newsam services with Lynnfield Mount Specialist In-Patient Services Bradford

Joining Together



- Setting up the joint work
- Emails
- Telephone calls
- Face to face chat following a recovery college network opportunity

Sharing makes it easier



Let's do this



Everyone's a winner



Group Work—Quarter 3

Collaboration with another college

Cheswold Park & Cygnet Brierley

Football coaching sessions and games with support from Sheffield Wednesday/Bradford City and Doncaster Rovers
Sports day/mini Olympics * Joint presentation event

Cygnet Sheffield

Collaboration with another recovery college
Being able to travel to another hospital and look around
Workshops run by/attended by service users and staff
Looking at their ideas for recovery college and sharing best practice
Bake sale with our food at another service
Peer mentoring programme
Buddy system
Joint course development
What it like being in hospital? Different services can add to it
Collaborating with a community recovery college for discharge

Humber Centre

Currently collaborating with Humber recovery college
Already had them run a course in our college
We are running a course for them in March
Looking to develop further courses with them
Making links with local library services
And Giroscope (local charity) is a possible collaborative

Ideas for collaborations
- Swap emails
Follow through with
plans and
communication

Waterloo Manor and Amber Lodge

Both low secure
Smaller patient groups
Patient interaction with other services
Difficulty out of area travel for carers
Collaborate in design and delivery of courses

Activities – team building exercises
Funzy – football/team sports
Indoor ski slope!!
Coffee mornings – quizzes
Recovery college events
Barriers – weather, section 17
leave, MoJ/security of hospital,
staffing

Group Work - Benchmarking Recovery College - your thoughts

1. There is a steering group that meets regularly and is made up of service users and staff
2. There is a current Prospectus that is based on what service users and staff want to learn about and what they want to deliver.
3. There is regular awareness raising for service users and staff about co-production, recovery, and Recovery College
4. Service users and staff receive training to allow them to feel confident to deliver a course
5. Courses are available to service users, staff and carers
6. Information about Recovery College is provided to carers on a regular basis
7. There are regular events/ Recovery College forums open to all to keep momentum going
8. There are clear ways in which courses are evaluated
9. There are outcome measures in place for Recovery College
10. There are clear links to local community based Recovery Colleges/ similar resource

Questions

- Do you agree with the statements?
- Do they make sense?
- Anything you want to change?
- Is there anything missing?
- Do they reflect a good Recovery College?

We have had two family and friends events – Easter afternoon, tea and summer barbecue
Leaflets were given to carers at the BBQ to promote the recovery college. Skills that were learnt at recovery college were demonstrated at family events.
Feedback forms sent to carers.

Being in touch with Clifton House we could link up community courses. Because we are near each other. Run courses at both hospitals – a joint open day, joint graduation. Aiming to improve awareness with poster points and regular community meetings attended by recovery lead. It is available to staff but we have never had a staff member complete the course due to staffing or shift.

Humber Centre - 1-5

- 1 - we agree with
- 2 - perhaps offer survey/focus groups to all so it is inclusive rather than the motivated
- 3 - all good
- 4 - very needed
- 5, 6, 7 & 8 - agreed
- 9 - need action plan associated with learning outcome (action plan - reviewed by the 'board')

Use of terminology - change terminology
Students/tutors/everyone

- 6 - looking at doing newsletters for carers
- 4 - train a trainer course. SUs attended but not many staff.
- 10 - we are looking towards working with community links.

- 1 - use term everyone instead of services users and staff
- 4 - State support as well as training
- 8 - statement is very broad and needs to be more specific.
Could collaborate with statement 9.

Courses available to service users, staff and carers.
Any ideas - how to combat service users who do not want their carers to mix with others from the unit.
Is a consent form enough?

Forums - steering groups
1 & 7 - No formal 'steering group' as such
Group within service

- 1 - change steering to planning. Like the idea of having a group.
- 2 - not everyone know what 'prospectus' means, change to programme. It's a bit wordy - prospectus outlining available courses.
- 3 - too wordy - course for s/u and staff to learn how to co-product

Agree with all statements
All standards appear clear to understand
Courses are AQA accredited giving a good basis to create outcome measures

Recovery College

CQUIN Group

Dates 2018



Thursday 13th December 2018

Tuesday 19th March 2019

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



