



# Recovery College CQUIN Bulletin 12

**Next meeting:**  
**Tuesday 19th March 2019**  
**Recovery College Showcase!**  
**11.00 - 3.30 Sandal**  
**See Page 8 for more details**

At the last meeting of the Recovery College CQUIN on the 13th December we started off with a presentation from Cheswold Park about their Recovery College.

We then did some group work to look at Quarter 3 feedback and plans for Quarter 4. This can be found on

pages 3—5.

We had an ice breaker from Clifton House which is on page 6, and then we spent some time planning the next Recovery College Showcase event which will be in March. More details of this can be found on pages 7 and 8.

**Thanks to everyone who contributed—full presentations can be sent on request :-)**

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### Recovery College CQUIN Agenda

Sandal Rugby Club

Thursday 13<sup>th</sup> December 2018



13.30 – 15.30



**1. Welcome and Introductions**



**2. Presentation – Cheswold Park**  
 - Launching a new Recovery College



**3. Group Work – “Cracking On”**  
 – Your Q3 and Q4 feedback and plans



(Please bring any Recovery College information such as your prospectus, carers information etc for display)



**4. Just Vote Ice Breaker!**

Leeds and York Partnership  
 NHS Foundation Trust



**5. Group Work – Planning the next Recovery College Showcase!**



Next meeting: 19<sup>th</sup> March



**CHESWOLD PARK**  
**HOSPITAL**

# Presentation - Launching a new Recovery College

## MISSION STATEMENT

Our recovery college aims to be a fun and enjoyable experience for our students to develop their individual skills and boost their self-esteem and confidence.

Students do this by working with staff and families to build and deliver courses which are suggested by them. All students have the ability to champion the recovery college and inspire others to BELIEVE & ACHIEVE.



**recovery College**  
BELIEVE & ACHIEVE

I was appointed Recovery College manager and started on the 1st October 2018

## HISTORY OF CHESWOLD PARK HOSPITAL RECOVERY COLLEGE



In April 2018 the Recovery college was struggling to meet targets and objectives due to staff leaving and having the main focus being on community sessions and not hospital based. This limited our student involvement.



Our OT team continued to work with the recovery college, and carried on the "FIT ROVERS" course with Doncaster rovers football team. However by not having an identified manager to manage and run the process which is required, it began to have an impact on the courses being delivered to our students, their attendance and their interest.

Cheswold Park Hospital advertised the role of Recovery College lead both internally and externally.

## WHAT HAVE WE DONE TO RE-BUILD THE RECOVERY COLLEGE ?



Using our communications and design team we created a new identity with the students input



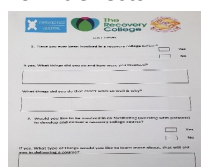
We created ward representative and champion roles for each ward creating a steering group



### WE VISITED OTHER RECOVERY COLLEGES



We attended carers events and discussed what the RC was and how it effects patient care. We sent out a survey to patients, families, carers, and staff.



We collected all the data and created an evidence chart for future courses



# Quarter 3 Group work - "Cracking On"

## 1. What was good and what was difficult about collaborating?

Time to get together

Met up but no clear plans/ideas. No lead.

Good eye opener, nice meeting others/ seeing other venues—started the momentum/pathway

Good - Identify service similar to ourselves so issues were same and have similar resources.

Difficult - getting it up and running. Going through group recap with facilitators.

Collaboration is great because it is a great way of experiencing and learning new ideas, as well as meeting new people. Whilst we haven't collaborated with other hospitals on a project, but we have attended involvement meetings where we have heard of ideas and work that other service users are doing.

Staff changes - new points of view, difficult to have continued input.

Identifying appropriate services to collaborate with.

CQUIN meetings useful for networking.

Difficult - clashing appointments. Distance/travel. Leave status (across campus'). Sizes and numbers. Staff shortages impacts time.

Good - networking, sharing ideas. Learning from others. Not reinventing the wheel. Sharing resources. Meeting new people. Extra support for all involved.

Good - Making new contacts/networking. Sharing ideas for new courses. Future planning - new lead in Trust. Information sharing on what worked and what did not - stops time being wasted.

Difficult - Time scales - CQUIN out of synch with semesters

Capacity to do things difficult. Trust lead leaving so hard to collaborate

Staffing levels.

## 2 - Who have you collaborated with and why?

Stockton Hall - idea sharing

Future - other RCs - taking patients into other unit services

Within the Trust

Community Colleges

Bradford forensics, Leeds Uni, Cloth Cats, Waterloo Manor, the Leeds Recovery College

We would like to collaborate with others to work on projects such as African drumming, football, piano and beauty get-togethers.

Cheswold Park and Cygnet Sheffield - both nearby, similar service provision

Giroscope - existing accredited building, etc. courses

Own trust RC - on doorstep - progression into community

ER Leisure and Library Services - push towards partnership working across the whole trust.

Stockton Hall—it is nearby

Waterloo Manor. They identified something what Amber offers eg hand hygiene, similar service to Amber Lodge, eg Forensic, small unit.

### 3 - What is next? How will you embed Recovery College after the CQUIN ends?

Keeping in touch with Waterloo Manor and other services.  
Identified staff to lead on Recovery College activities. Leads to be identified with staff and patients.  
Keep conversations  
Eco Therapy - Present at Stockton Hall?  
Share resources.  
Other things - engage with community  
Link it up to the community-based service CQUIN to maintain momentum.  
Would like financial reward for it!

#### Timetable

Funding? Recovery College co-ordinator? - Newsam have one already  
Dedicated post. Keeping Recovery College on the agenda.

#### Anger management course is next

To embed - need more funding and more involvement from ward staff and service users.

Embedded in recovery work stream - reported on bi-monthly business meeting, maintain action plan from Project Management Office.

We would like to work with patients to find out what they would like to learn through Recovery College, and look at integrating new ideas and methods into our groups.

Maintain network contacts so can carry on sharing ideas for future courses.





## National Sports!!

### Canada

1. Lacrosse ←
2. Mountain
3. Climbing Rowing

### Czech Republic

1. Bog Snorkelling
2. Weightlifting
3. Ice Hockey ←

### Guyana

1. Toe Wrestling
2. Water Polo ←
3. Rodeo

### Iran

1. Wrestling ←
2. Horse Racing
3. Sailing

### Russia

1. Randy
2. Sandy
3. Bandy ←

### Latvia

1. Ice Hockey ←
2. Car Racing
3. Speed Walking

### Turkey

1. Wife Carrying
2. Cheese Rolling
3. Oil Wrestling ←

### Sri Lanka

1. Cricket
2. Volleyball
3. Quidditch ←

# Group Work - Planning the next Recovery College Showcase

Amber Lodge Feedback  
Needs to be longer time.  
Potting plants – education around this.  
Kitchen – looking at keeping healthy over the winter. Eating what is planted.  
What length of time do we have?

1) each service have a crib sheet. What you have done, how did it go, how did you do it?  
Can we have a share point for this “showcase”

Benchmarking standards  
Questionnaires etc  
Up to date user involvement agendas

2) Quilling – something practical with quick results, and making paper flowers – Easter related?  
Boxercise warm up – see if community organisations will join us.  
Environmental one – plastics? Woodwork?  
T-shirt printing? Graffiti wall

Wathwood – TBC after discussion with patients.

Quilling – joint table with Clifton House  
Something food related – unsure yet.

Cygnets Sheffield –  
beauty workshop – face masks, hand massage

Humber Centre  
Health improvement course – mini fitness circuit  
DIY – wiring?  
Painting and decorating  
Biscuit/cake decorating  
Craig/Blaze – joint presentation  
CP  
BW course – self-harm  
Tai Chi  
Design a t-shirt competition  
Length of time for each session to be confirmed  
Crib sheet – evaluation sheet

Art – painting, drawing  
Crafts – card making, canvas selling  
Zumba classes  
Hair and beauty  
Yoga and meditation – sound therapy  
T-shirt printing



**Tuesday 19th March 2019**  
**Sandal Rugby Club 11 – 3**

**SOOO**  
**WHAT'S IT**  
**ALL ABOUT?**

- **ARE** you part of a Recovery College as a facilitator or a student?
- **WOULD** you be interested in finding out about all the Recovery College courses that other hospitals offer, and trying them out?
- **WOULD** you like to tell other people about your Recovery College?
- **WELL** this Showcase event will give you the opportunity to do all of this!
- **WE** are looking for people to run short drop in taster sessions of their Recovery College courses—to Showcase all the great work you are doing!
- **IF** you just want to come along and experience the sessions instead of delivering one of your own—that's absolutely fine too.

Please contact Holly on [holly.cade@nhs.net](mailto:holly.cade@nhs.net) by the end of January to register your interest in showcasing one of your courses!



