Yorkshire and Humber Involvement Network



Recovery College CQUIN Bulletin 3

At the last meeting of the Recovery College CQUIN group on the 1st November we asked everyone to come along prepared to talk about a couple of challenges that they have been facing. Everyone wrote these down on different colored paper and then swapped with other tables. They then looked at coming up with solutions for each other. You can find all of this on pages 2 and 3.

We then spent some time looking at what Outcome Measures everyone is using. There are some great measures that different services are developing for this, some services are using existing Outcome Measures and others were not sure what they will use at this stage. We discussed that it would make sense for us in Yorkshire and Humber to develop a shared Outcome Measure that everyone will use—we asked that everyone send in their measures so we can have a look at taking the best bits from them all and developing something shared. Information about the outcome measures group work can be found on pages 4 and 5.

We then had an experiential session from The Reader. More information on this can be found on page 6.

We finished the meeting by asking everyone to think about action planning for the next 3 months. This can be found on pages 8 and 9.

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Recovery College CQUIN Agenda

Tuesday 1st November 2016 14.00 – 16.00

1. Welcome and Introductions

2. Group Work - From Challenges to Solutions

Bring a couple of challenges to discuss

3. Group Work - Outcome Measures

Bring your Outcome Measures



4. Experiential Session - Amanda Brown from The Reader



5. Group work - Action Plan for the next 3 months

Next meetings 2017:

2nd February – 6th April – 6th July – 28th September

Group Work From Challenges to Solutions

Low patient confidence (too shy to facilitate sessions) Expectations

Lack of communication between OT department and ward staff (ward staff not supporting idea!)

Education for staff

Priority

Working across LD and mental illness wards
Potential issue: documentation of lessons by tutors in
patients care notes e.g. If lesson runs from 3.304.30pm - only 15 minutes to write up by end of day
How do we solve service users moving on part way

through a course e.g. Medium to low secure, York to Leeds - is this transferable?

Realistic expectations

Instead of rather than in addition to

See which courses fit with what is already offered

Short courses (up to 8weeks)

Transition planning- find out what's offered before transfer

Training courses

Experts by experience

Low key facilitation

Recovery college- need to know more about it Needing to make sure the right information is given to staff and service users

Engagement

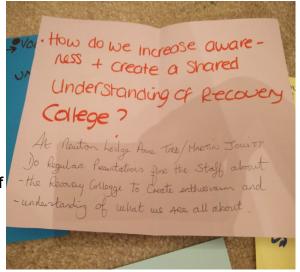
Clear information on courses, value and purpose

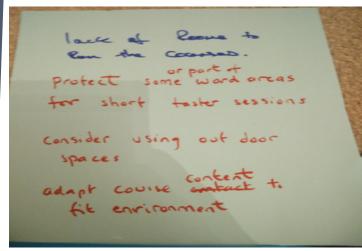
Recovery college point of contact for support

Patients- potential numbers enrolling

Staff - volunteering to run courses





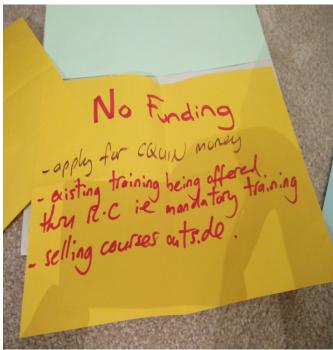


Struggling to find time in working week to invest in recovery college planning

Future workforce planning to embed rules that support recovery college

Patient only planning sub groups

Ward patient groups-patient link up



Staff expected to run courses in addition to their regular work - no extra staff

Staffing

Just start! Make something good and others will want to join!

How can we encourage other skill mixes to get involved?

Senior managers directing other staff to be involved as they have with the OTs

Actual commitment is small i.e. 1 course per profession In this room 90% staff representatives are OT - it's an add on to all staff roles

Workshop space

Identify a room that is used for something else but free for a session a week - then use 'pop up' materials - ban stand, posters, materials to identify it as a recovery college room

Create a recovery college in a box that can be moved to any room or space

Thinking of outcome measures and how to record them No funding

Apply for CQUIN money Existing training being offered through recovery college i.e. Mandatory training Selling courses outside

Staff engagement and continuity Lack of rooms to run courses

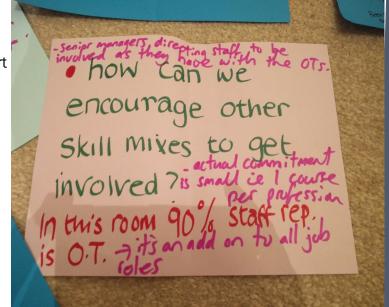
Protect some or part of ward areas for short taster sessions

Consider using outdoor spaces

Adapt course content to fit the environment

Embedded into ward culture

Achieve our planned milestones Finish the prospectus Finalise the outcome measures Roll out new achievable courses



Lack of patient uptake - low engagement

- more communication with patients to increase engagement, ask them what they would like to do Getting staff more enthusiastic about recovery college
 Freeing up staff time
- staff would have more time if it was protected time

From Challenges to Solutions cont.

Time for the recovery college leads to meet

Protected time

Lack of interest from patients

Promotion events
Survey of what should be available
Coproduction of sessions

Lack of understanding about the college

Frequently asked questions sheet to give to staff, clients and carers etc.

Recovery college courses clashing with other groups and treatment sessions

Running sessions on evenings and weekends only



Arrange meetings

Find people who are motivated

Think of end goal and break it down into aims and objectives

Involve manager and / or others with experience

SMART goals Timeline

Staffing

Workshop

Recruiting

Working across low and medium secure sites staff shortages - hard to get them to commit to courses / participate as students Some patients reluctant to work with patients they don't know

- freshers day, getting to know people, taster sessions

Challenge of coordinating 3 wards when only work on one

Canvas interest for courses
Enrolment day

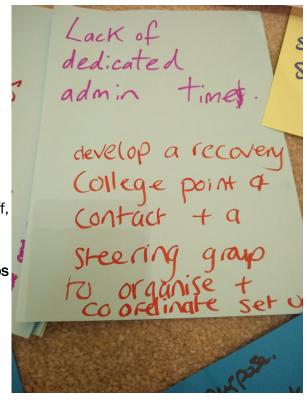
Steering group

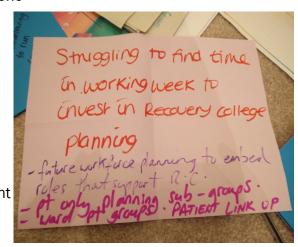
Recruiting

- one nominated coordinator

Making the courses LD friendly

- bring more community into the hospital doing different courses with experience of LD friendly courses





Example Outcome Measures

The Process of Recovery Questionnaire (QPR) [15/10/2007-Version 1]

We developed this questionnaire in order to understand more about the process of recovery; what's helpful and what's not so helpful. Everyone is different and there will be differences for everyone. The items on this questionnaire were developed through a process of interviewing service users about their recovery journeys. We hope that by filing in this questionnaire you will help us find out information that is important to you and your own recovery. Not all factors will be important to you, since everyone is different. This questionnaire is not intended to be used to impose anything against your wishes.

If you would like to fill in the questionnaire, please take a moment to consider and sum up how things stand for you at the present time, in particular over the last 7 days, with regards to your mental health and recovery. Please respond to the following statements by putting a tick in the box which best describes your experience.

| | | Disagree strongly | Disagree | Neither agree nor disagree | Agree | Agree Strongly | |
|-----|---|----------------------|----------|----------------------------------|--------------|-------------------|-------------------------------|
| 1. | I feel better about myself | | | | | | |
| 2. | I feel able to take chances in life | | | | | | |
| 3. | I am able to develop positive relationships with other people | | | | | | |
| 4. | I feel part of society rather than isolated | | | | | | |
| 5. | I am able to assert myself | | | | | | |
| 6. | I feel that my life has a purpose | | | | | | ₩ |
| 7. | My experiences have changed me for the better | | | | | | |
| 8. | I have been able to come to terms with things that have happened to me in the past and move on with my life | | What Co | urse did you | | | ollege Course Evaluation Form |
| 9. | I am basically strongly motivated to get better | | | | | | |
| 10. | I can recognise the positive things I have done | | Was the | session inter | | 20 | 20 40 50 60 70 00 00 100 |
| 11. | I am able to understand myself better | _ | 4 | 0 7 | 10 | 20 > 3 | 30 40 50 60 70 80 90 100 |
| 12. | I can take charge of my life | | Did you | enjoy the ses | sion? | | |
| 13. | I am able to access independent support | | | 0 > | 10 | 20 > 3 | 30 40 50 60 70 80 90 100 |
| 14. | I can weigh up the pros and cons of psychiatric treatment | | | | | | |
| 15. | I feel my experiences have made me more sensitive towards others | _ | | 0 > | 10 | 20 > 3 | 30 40 50 60 70 80 90 100 |
| 16. | Meeting people who have had similar experiences makes me feel better | | Was the | session well | led? | | |
| 17. | My recovery has helped challenge other peoples views about getting better | | | 0 | 10 > | 20 > 3 | 30 40 50 60 70 80 90 100 |
| 18. | I am able to make sense of my distressing experiences | | Would y | ou recomme | nd to a frie | nd? | |
| 19. | I can actively engage with life | | • | 0 > | 10 | | 30 40 50 60 70 80 90 100 |
| 20. | I realise that the views of some mental health professionals is not the only way of looking at things | | Addition | al Comments | | | |
| 21. | I can take control of aspects of my life | | | | | | |
| 22. | I can find the time to do the things I enjoy | | | | | | |

Thank you for completing this questionnaire Before and After - Course Feedback - To be completed with Recovery College Worker @Neil et al, 2007 (Not to be reproduced without the permission of the authors) Before the Course: After the Course: Individual Learning Plan - Completed by Recovery College Worker: (Please Print) Your Confidence Name: Date: **Courses and Goals** Have I achieved my recovery goals? Your Self Esteem (to be completed at the end of each course) (to be completed at enrolment) Partially Your Social Skills Achieved Not Achieved Achieved **Recovery Goals** Course What do I hope to learn from Your Living Skills selected the course Is there anything else you think has improved after completing the course?



RECOVERY COLLEGE NEWSLETTER

Welcome... to the first edition of this newsletter where we will keep you up to date on the latest progress on Amber Lodges New Recovery College! In this issue:

- What is a Recovery College?
 What's been happening with Amber Lodge Recovery College so far?
- What does Recovery mean to
- . What courses will be on offer?



CONFIDENCE | SKILLS | INTERACTION | COMMUNICATION | EXPERIENCE

What is Recovery College?

A Recovery College is a range of different courses, designed for people with different needs, helping to educate and learn new skills that might help with confidence, independent and knowledge to return and participate in community living and possibly working.

What's been happening with Amber Lodge Recovery College so far?

So far we have had discussions in the community meetings and put an ideas board on the unit so patients can write down what recovery means to them.

We have explored ideas for courses and been identifying leads for delivering these.

We have also been out to Scunthorpe to visit the Recovery College there to see how they set their college up and what worked well and not so well.





What Courses will be on Offer?

Course 1: Peer Support Worker Training Course

Course 2: Gardening Course

Course 3: Part a) Interview Skills Course

Part b) Meeting co-ordination, minute planning and chairing a meeting training

Course 4: Model Making

Course 5: First Aid training for Patients

All courses will be reviewed 6 monthly and new courses will be added.



What's next?

- Our course detail will be decided and we will publish a Recovery College Prospectus to go with a college pack.
- An enrolment form and details of how to join a course will be developed and published.
- An individual learning plan will be developed to capture goals from the courses and patient feedback before, during and after the course.
- . We will arrange certificates and a Graduation Ceremony for the end of the college year.

Next edition due: October 2016

Amber Lodge Recovery College Newsletters

What does Recovery Mean to Us?

The results from our 'ideas board' and discussions on Recovery in Amber.



- Meeting new people Grow your own food Self-esteem
- Confidence
- Cooperation
- Living Skills
- Being nice
- Getting good staff
 Understanding emotions
- Understanding what's important
- Professionalism
- **Business Skills**
- Learn a variety of skills Chill Out!
- Sharing skills
- Interacting with others
- Communication Skills Having the right network team
- Looking after myself out of care
- Treatment programmes Education qualifications
- Work experience
- Money skills
- Listening skills
- Coping skills
- Experience
- Working towards getting help to get a job



COURSE CHOICE & INDIVIDUAL LEARNING PLAN

| Your Course Choices | | |
|---|-------|----------------|
| Name: | | |
| Your Course Choices | • | Date of Course |
| Course 1: Gardening Course | | |
| Course 2: Buddy Training | | |
| Course 3: Part a) Interview Skills Course | | |
| Part b) Charing a Meeting and Presentation Skills | | |
| Course 4: Model Making | | |
| Course 5: Food Hygiene | | |
| Completed by: | Date: | |

RECOVERY COLLEGE NEWSLETTER

Welcome... to the second edition of this newsletter on the latest progress on Amber Lodges New Recovery College! In this issue:

- Recovery College Courses
- Recovery College Pack
- Patient Recovery Leads
- Graduation
- What's Next?



CONFIDENCE | SKILLS | INTERACTION | COMMUNICATION | EXPERIENCE

Recovery College Courses

We have now agreed our Recovery College courses, with the help of our Occupational Therapists Kieran and Clare. Our Prospectus is nearly ready which provides details on all of the courses:

Course 1: Buddy Training

Course 2: Gardening Course

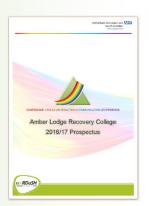
Course 3: Part a) Interview Skills Course, Part b) Chairing a Meeting & Presentation Skills.

Course 4: Model Making

Course 5: Food Hygiene Course



The team are also exploring the following courses already for next year: Personal Safety Course, Decision making Course, Bullying Course.



Graduation

Once you have completed your courses we will hold an end of term Graduation Ceremony where you will receive your Certificate and an end of term report.





What's Next?

The Gardening Course has already started - Thank you Martin.





The Food Hygiene course will start next.



Next edition due: January 2017

Recovery College Pack

Once you have completed your enrolment form and filled in the Individual Learning Plan with the Recovery Leads, you will receive and Amber Lodge Recovery College Pen, Notebook and Folder to keep all of your work together.



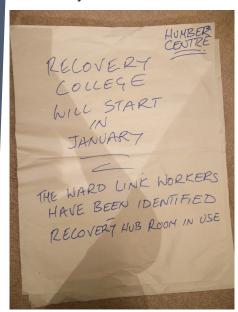


| | Befo | Before the Course: | | | After the Course: | | |
|--------------------------|----------------|--------------------|-----------|------------|-------------------|-----|--|
| | \odot | | | \odot | | (c) | |
| Your Confidence | | | | | | | |
| Your Self Esteem | | | | | | | |
| Your Social Skills | | | | | | | |
| Your Living Skills | | | | | | | |
| Is there anything else y | ou think has i | mproved | after com | leting the | course? | | |

| lan | ne: | | Date: | | | |
|--|--------------------|--|---|-----------------------|-------------|--|
| Courses and Goals (to be completed at enrolment) | | | Have I achieved my recovery goals? (to be completed at the end of each course) | | | |
| | Course selected | Recovery Goals What do I hope to learn from the course | Achieved | Partially Achieved | Not Achieve | |
| | | | | | | |
| | | | | | | |

Reflections and action planning for the next quarter

Recovery College will start in January
The ward link workers have been identified
Recovery Hub room in use



Progress against our set of milestones per quarter

Continue with Recovery College — established enrolment

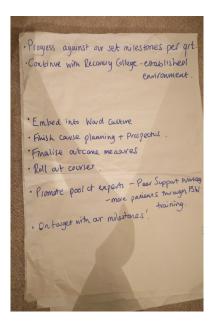
Embed into ward culture

Finish course planning and prospectus Finalise outcome measures

Roll out courses

Promote pool of experts—peer support working, more patients through Peer Support Worker training

On target with our milestones



4 x 6 week programmes / workshops per week launched in January

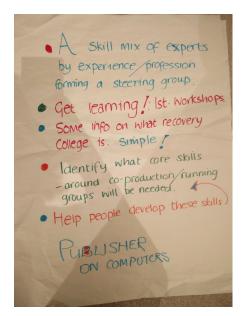
To be up and running by January Need a prospectus

We need outcome measures Get mini planning groups

Prospectus

Trial outcome measures Links with community

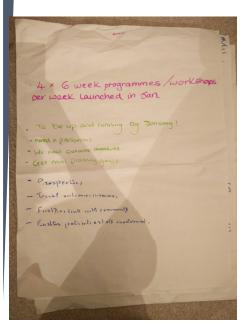
Patient and staff involvement



A skill mix of experts by experience/profession forming a steering group Get learning! 1st workshop Some info on what recovery college is. Simple! Identify what core skills—around co production/running groups will be needed.

Help people develop these skills

Publisher on computers



Action Plan

Outcome measures to be confirmed Peer support worker training

Evaluating prospectus—finalisation

Enrolment

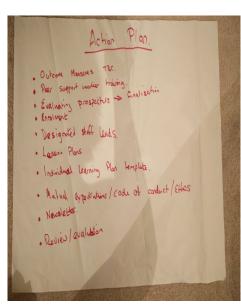
Designated staff leads

Lesson plans

Individual learning plan template Mutual expectations/ code of conduct/ ethos

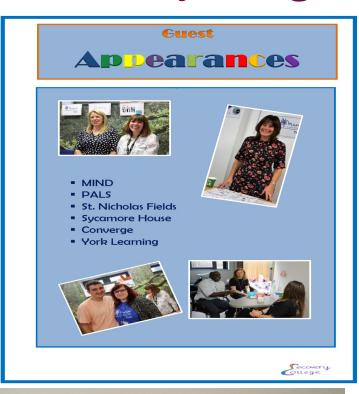
Newsletter

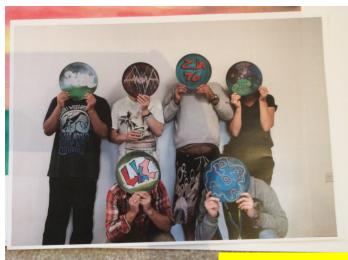
Review/ evaluation



LYPFT—Clifton House and Newsam Centre "Bit of a do" launch for Recovery College









GRAFFITI WALL







somebody else may pick up on something that you haven't and they'll voice that and I think
'Oh yes, I didn't see that before but now I do'.

I was a resident here last year and I've left now, but I still come to the reading group. It takes me about an hour and a half to get here on the bus, but I come every week. I've only missed one session and that was when I was in hospital.

The social aspect is a big thing for me. Coming to the group maintains ties should I need any support moving forward - I know I can always ring or pop down, I'm not a complete stranger walking through the door. It's about maintaining that little network and connection.

I thoroughly enjoy it. We read things from the anthology - A Little, Aloud and

some poetry and now we've started a novel. I've always read but never as part of a group so it's a completely new experience.

I've only recently become interested in poetry but now I'm writing quite a bit. I entered a collection into the Koestler Award scheme and won the bronze award, so there must be something they liked in there.

I enjoy the interaction, all the different points of view from people and different takes on a passage or a poem. It's good to feed your feelings and opinions into the group. You may see something that they haven't and it's a two-way thing - somebody else may pick up on something that you haven't and they'll voice that and I think 'Oh yes, I didn't see that before but now I do'. And then it becomes part of a discussion. You don't get any of that if you are reading on your own, do you?

It gives more balance – I mean, you may have a fixed and rigid opinion of something but in a group you have to be open to other opinions which may not necessarily agree with yours, because everyone's entitled to voice their opinion.

Listening to all the other views gives a greater depth, like adding an extra layer so you end up with a much richer picture.

Get in touch and be part of the story 0151 729 2200 info@thereader.org.uk thereader.org.uk @thereaderorg

Time for me, Time for all

At a meeting on 1st November, Amanda Brown and Shaun Lawrence from The Reader joined us to introduce their work and give us a little taste of Shared Reading.

The Reader runs more than 350 Shared Reading groups each week across the UK in a variety of places, including: hospitals, care homes, prisons, GP surgeries, libraries, supermarkets, homeless shelters, community centres, corporate board rooms, probation hostels, schools and mental health day centres

What happens in a Shared Reading Group?

Shared Reading is an opportunity for people to get together once a week in a relaxed and friendly environment. These are small groups where we listen to a story and a poem and we stop from time to time so that those who want to can share their thoughts and feelings about what's been read.

Whether you're a big reader or whether you've done very little reading, you can still enjoy *Shared Reading*. The Reader Leader reads aloud, so you can just listen. There's no pressure on anyone to read aloud or even speak if you don't want to.

In the group you will get a chance to

Have your say

Reflect

Listen to what others have to say

In Shared Reading, everyone's views are listened to, respected and valued. Everyone in the group helps to build up this safe, supportive atmosphere and contributes to the mutual respect that enables the group can work.

How is Shared Reading different to a book club? Everything is read *in* the group, *not* on your own before the session. The experience is shared - together, we reflect on the story or poem – what it makes us think about, what it means to each of us.

What do we read? To begin with, a short story and a poem are read aloud by the Reader Leader. We stop every so often to talk about the people and situations in the stories and our reactions to them. Sometimes, once the group has been established for a while we choose a novel and read it together over several weeks or sometimes longer.

Why read with others? We find this adds to the enjoyment because we can consider each other's thoughts and perspectives. People listen to each other. "I hadn't seen that before but, thanks to you, now I can," is a typical response. The group becomes a familiar, encouraging community.

Who is it for?

Everybody can be part of a *Shared Reading* group: it doesn't matter how much or how little education you've had, or where you're from.

What if someone doesn't want to read aloud? None of the *Shared Reading* group members have to read aloud unless they choose to. There's no pressure. Those who choose to read always find it confidence-boosting and surprisingly enjoyable!

If you would like to find out about groups in your area or establish a group in your setting, get in touch and be part of the story! Please contact Amanda Brown, Head of Criminal Justice Projects, The Reader, 0151 7292200 amandabrown@thereader.org.uk

MH2 Recovery Colleges for Medium and Low Secure Patients

| Scheme Name | MH2 Recovery Colleges for Medium and Low Secure Patients |
|----------------------------------|---|
| Eligible Providers | All providers of medium and low secure mental health services |
| Duration | April 2016 to March 2018. |
| Scheme Payment | CQUIN payment proportion [Locally Determined] |
| (% of CQUIN-applicable contract | Target Value: 1% |
| value available for this scheme) | CQŪIN %: 2.5% |
| Cohomo Donovintion | • |

The establishment of co-developed and co-delivered programmes of education and training to complement other treatment approaches in adult secure services. This approach supports transformation and is central to driving recovery focused change across these services.

Recovery Colleges deliver peer-led education & training programmes within mental health services. Courses are co-devised and co-delivered by people with lived experience of mental illness and by mental health professionals, and are based on recovery principles.

In mental health the term recovery is used to describe the personal lived experiences and journeys of people as they work towards living a meaningful and satisfying life. Recovery does not only equate to cure or to *clinical* recovery, which is defined by the absence of symptoms. Recovery principles focus on the whole person in the context of their life, considering what makes that person thrive. Positive relationships, a sense of achievement and control over one's life, feeling valued, and having hope for the future are some of the factors we know contribute to personal wellbeing.

Most secure services will have access to an appropriate base from which the college will run. Staffing costs are incurred as re-profiling roles and job plans of individuals displaces other activity. Service user involvement is crucial but voluntary. There are some costs associated with printing and publicity.

It is expected that after one year of this CQUIN, a needs analysis and patient engagement programme would have produced a prospectus, and the means to deliver the programme identified, and by quarter four course will have commenced. In year two, the college will have begun to establish itself and begin delivering courses and the expected outcomes in terms of patient engagement and satisfaction.

Measures & Payment Triggers

Year 1 (2016/17) Trigger 1:

- Evidence of engagement of staff and patients in developing the Recovery College.
- Minutes of planning groups
- Course Prospectus
- Outcome Measures
- Agree standardise measures of intervention to allow evaluation of impact.
- Agree groups of patients to be targeted for courses by Q4, with exclusions justified
- Q1: agree plan of milestones for process measures for rest of year.

Trigger 2:

Proportion of target patient group enrolled and participating in courses in Q4.

Note that the purpose of linking payment to enrolment and participation is to ensure courses are designed in such a way that patients find them valuable: that aim would of course be subverted were engagement with patients to encourage participation coercive.

Year Two (2017/18) scheme to be developed in course of 2016, but to include:

- 1. Evidence of implementation of Recovery College strategy and description of evaluation and assessment tools:
 - Quarterly Report
 - Course Prospectus
 - % of patients participating in courses
- 2. Development Plan to Improve:

% of patients who understand their condition and how to manage it % of patients reporting positive outcome measures

Definitions

Patient eligibility:

- Excluded, patients expected to stay less than three months
- Other restrictions of scope (if any) as agreed at contract between provider

In both cases, groups of patients who are excluded from the scope of the CQUIN scheme are not being judged ineligible for the Recovery College per se, or unable to benefit. Eligibility for the scheme is rather determined on the basis of prioritisation:

- nationally priority is given to patients with expected length of stay > 3 months;
- locally priority may be given to particular groups of patients according to the commissioner's and provider's judgment of the best value roll-out of the Recovery College service.

Partial achievement rules

Year 1 payment: 80% process (Trigger 1) and 20% outcome (Trigger 2)

Payment trigger 2: % targeted population enrolled and participating in courses in Q4 determines payment: Enrolment percentage plus one ninth i.e. 100% payment at 90%+ enrolment and participation, 50% payment at 45% enrolment and participation. Proportionately lower payment for lower achievement.

"Participation" is to be defined locally and reasonably – the intention is to count those patients who are likely to be deriving benefit from the College.

In Year Payment Phasing & Profiling

Q1 – 20% (Trigger 1 – Process) Q2 – 20% (Trigger 1 – Process) Q3 – 20% (Trigger 1 – Process)

Q4 – 20% (Trigger 1 – Process) and 20% (Trigger 2 – Outcome)

The Government's Mental Health Strategy 'No Health without Mental Health' sets an objective for more people with mental health problems to achieve recovery. This builds upon the objectives in the Health and Social Care Act to allow service users to be partners in their care, to have clear involvement in planning at both individual and service level and have genuine treatment choices made available to them. Embedding a recovery-based approach will play a central role in achieving positive patient reported outcomes and improving patient experience. This in turn leads to improved clinical outcomes, reduced lengths of stay and fewer readmissions.

Data Sources, Frequency and responsibility for collection and reporting

Reports of achievement of payment triggers should be made available to commissioners on a standard report form.

Baseline period/date & Value | N/A

| N/A |
|---|
| As above. |
| |
| Month 12 Contract Flex reporting date as per contract |
| The start-up costs of a Recovery College relate to the |
| initial scoping, identification of need, developing courses |
| and securing an appropriate base to operate from. A |
| temporary financial incentive will allow providers to |
| prioritise the development of a recovery college which will |
| yield longer term benefits. Once established, it is |
| expected that the running of Recovery College should be |
| met within the general operating costs of a service. |
| |

Supporting Guidance and References

"Service user experience in adult mental health: improving the experience of care for people using adult NHS mental health services, NICE clinical guideline 136" National Institute for Health and Clinical Excellence (2011) www.nice.org.uk/cg136

'No Health Without Mental Health' DH (2011) 'Recovery Colleges briefing', Centre for Mental Health (2012)

This scheme is relevant to all adult medium and low secure providers nationally. Benefits from this CQUIN scheme are service-user focused and include:

- Improved Patient Experience
- Improvement in recovery related outcomes
- Improvement in self-awareness and self-management
- Reduced length of stay
- · Fewer readmissions

Secure services represent high cost low volume services, with lengths of stay running into many years and an annual bed price of between £150,000 and £200,000. Costs of establishing and running a Recovery College centre are estimated to be modest in relation to the outcome gains expected.

Recovery College

CQUIN Group

2017 Dates



Thursday 2nd February

Thursday 6th April

Thursday 6th July

Thursday 28th September

Sandal Rugby Club Wakefield

2 – 4 pm - Refreshments Provided

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

