



Recovery College CQUIN Bulletin 6

**Next meeting:
Thursday 28th
September 2017
2-4 Sandal**

At the last meeting of the Recovery College CQUIN group on the 6th July, we started off with a presentation on the new CQUIN guidance and the new reporting procedures. This can be found on pages 2 and 3.

We then had a presentation from Waterloo Manor about their progress so far as a service in relation to this CQUIN. There were

many service users and staff involved in the presentation including some people who had never attended one of these meetings before! Waterloo Manor's presentation can be found on pages 4 and 5.

After the break we went on to talking about the Recovery College Showcase and did some group work around this. This can all be found on pages 10 and 11. An update from each service can be found on pages 6-9.

The meeting was also one of the busiest CQUIN groups that we have had so it was great to see so many people there :-)



Recovery College CQUIN Agenda

Thursday 6th July 2017



14.00 – 16.00

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Summary of last meeting	1
Presentation—CQUIN Guidance & reporting	2 & 3
Presentation— Waterloo Manor	4 & 5
Group Work—Update	6–9
Group Work—Showcase Event Planning	10 & 11
Poster for next meeting—28th	12



1. Welcome and Introductions



2. Presentation – Holly

- New CQUIN Guidance and reporting



3. Presentation – Waterloo Manor



4. Feedback and Fun! Monopoly!



5. Group Work – Jo and Newton Lodge

- Recovery College Showcase!



Dates for 2017:

Next CQUIN Group 28th September



MH2 Recovery Colleges for Medium and Low Secure Patients

YEAR 2 (2017/18)

Regional CQUIN Groups

Service Users and services have highlighted the reporting focus has been on numbers instead of cultural change and embedding CQUINs in the spirit of collaboration, quality and innovation.

For Recovery College this is about everybody being aware of what is on offer and what they can offer.

This is also about co-production.

Collaborative presentation of achievements and ongoing strategy, sharing good practice and learning from each other are key to effecting sustainable change.

Regular attendance at the CQUIN workshops facilitated by the Involvement Network is vital and each service should give at least one collaborative presentation at the CQUIN involvement network meetings during the year.

• Quarters 1, 2 and 3

Ongoing implementation of Recovery College strategy and use of evaluation and assessment tools developed in Year 1

Ongoing engagement and collaboration of service users and staff within the set-up and development of the Recovery College

Co-production of Course Prospectus and courses

Identify service users to participate in courses, with exclusions justified.

Increase percentage of service users participating in courses or if this is already at a high level sustain numbers.

Using the evaluation and assessment tools, demonstrate improvements of patients who understand their condition and how to manage it and patients reporting positive outcome measures.

Develop and implement robust governance and evaluation within the service to ensure long term sustainability.

Review provider monitoring information, data collection and insights gained.

• Quarter 4

Continue with measures outlined for Quarters, 1, 2 and 3.

Completion and submission of the final quarterly commissioner standardised reporting template, to include a brief report which evaluates the success of the 2 year scheme including the future sustainability of the Recovery College..

Delivery of the final quarterly service user/staff collaborative presentation to commissioners. The presentation to include evidence of the evaluation of the overall 2 year scheme

• **2017/18 Reporting Process:**

Quarterly service user/staff collaborative presentation to commissioners. Presentation to be delivered at quarterly contract/service review meetings in service if possible or additional meeting to be arranged. It is expected that the collaborative presentation and interaction between commissioners and service users/staff will not exceed 30 minutes in duration. The presentation should include but is not limited to:

Detail behind the standard reporting template.

Evidence of engagement and collaboration of service users and staff within the set-up and development of the Recovery College

Evidence of co-production of Courses and Course Prospectus

Evidence of implementation of Recovery College strategy and description of evaluation and assessment tools . Including data on:.

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

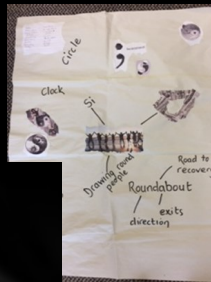
- Completion and submission of the quarterly commissioner standardised reporting template. Submitted 3-5 days prior to the collaborative presentation. This will be an A4 report which provides the audit trail/evidence to support the quarterly presentations. The report is not to include any additional documents this is the supporting evidence to the presentation
- Attendance at the CQUIN workshops with expectation of one presentation per year
- NHS England Case Managers to be more involved in monitoring delivery of the scheme in the service.
- During Q1 agree and set the dates for the collaborative presentations

'The Platinum Circle' Recovery College

'The Platinum Circle'



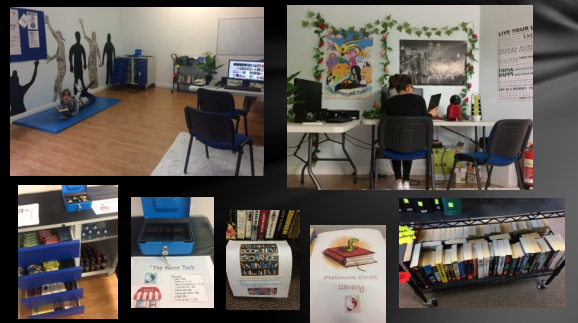
"Come to the Platinum Circle a fun and safe place, free of the stigma attached to mental health, where you can be proud of who you are and of your achievements, whilst building mastery and making friends on your journey of recovery"



'The Platinum Circle' on Tour



Manor Tuck Platinum Circle library & Internet Café



Manor Tuck Video clip



Today I am writing to give my thanks and appreciation to all the OT and involvement and management teams who have worked on an initiative to create a Waterloo Manor tuck shop called Manor tuck. There is also an internet café where you can shop online, buy/listen to music etc. This for me is great because it lets us have some fun and "normality" and doing shopping online gives us more control and empowers us. It also gives us a sense of responsibility to budget our money and not over spend. Overall it gives us a fun safe and interactive place where we get a taste of life in the community. Again, thanks to everyone who made it possible!

Feedback

Gives me something to do

Opportunity to socialise

Meet new people, meet up with people not seen for a while, see people from different wards

Have interesting conversations

Friendly atmosphere

Supports a home grown cause

Technology and computers are good

Nice break to get off the ward

Library is open- I like to borrow books

Cheap food and drink

Enjoy service users taking charge

Gives a sense of self

Promotes independence

Helps learn new skills

Relaxing atmosphere

Good responsibility

Multi-cultural

"got a good set up going on"

"Cheaper than the vendor"

We have paid off the shop loan and can use profit to buy things we need e.g. more books- that was our goal

Wool Craft



Drama



Yoga



Laughology

Art



What Went Well/What We Learnt

Met new people

Learnt new things

Fun

Builds confidence/ self-esteem/ self-respect

'community spirit'

Collaboration

Stuck to our values and recovery college beliefs

Everything

Power imbalance – one level 'students'

Things crop up e.g. illness, facilitators not present- we club together and college life goes on

To put less pressure on ourselves- e.g. term 1 too many courses

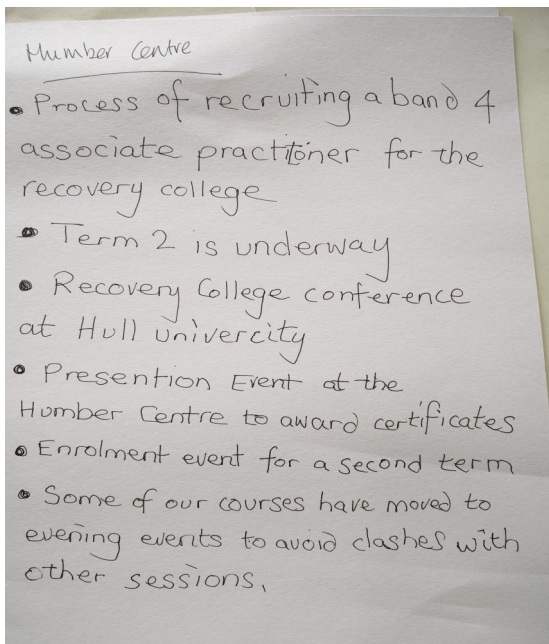
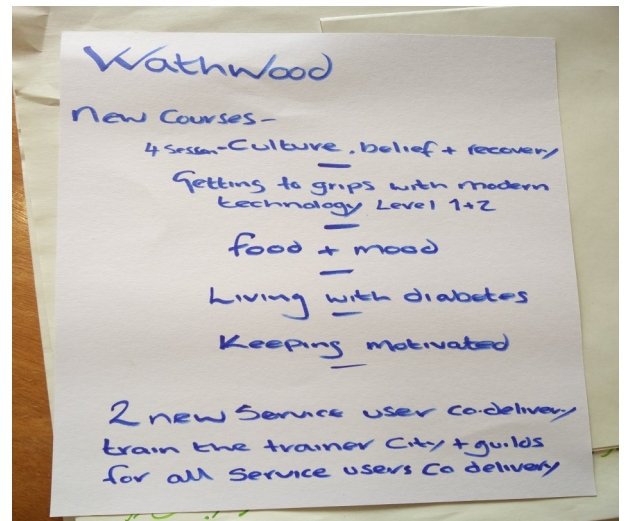
Decrease in sessions has led to an increase in session Value

To be less critical of ourselves

Update—where are we up to?

Wathwood

New Courses-4 session-culture, belief + recovery
 Getting to grips with modern technology Level 1+2
 Food +Mood
 Living with Diabetes
 Keeping Motivated
 2 new service user co-delivery train the trainer City and Guilds for all service users co-delivery



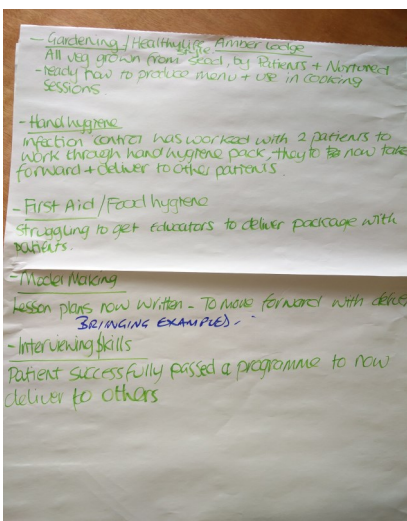
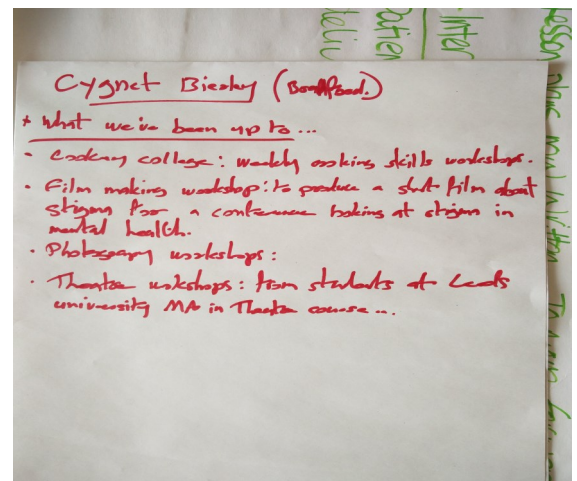
Humber Centre

Process of recruiting a band 4 associate practitioner for the recovery college
 Term 2 is underway
 Recovery college conference at Hull University
 Presentation event at the Humber Centre to award certificates
 Enrolment event for the second term
 Some of the courses have moved to evening events to avoid clashes with other sessions.

Cygnets Bierley

What we've been up to...

Cooking college: weekly cooking skills workshops
 Film making workshop: to produce a short film about stigma for a conference looking at stigma in mental health.
 Photography workshop
 Theatre workshops from students at Leeds University MA

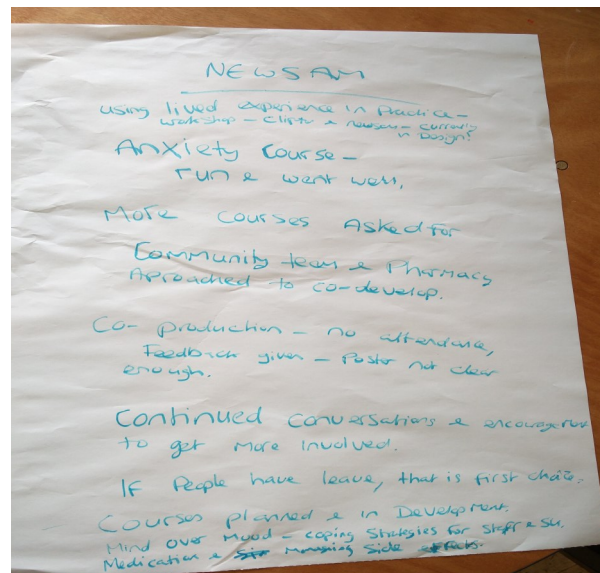


Amber Lodge

Gardening /healthy life style :- All veg grown from seed by patients + nurtured
 Ready now to produce menu +use in cooking sessions.
Hand hygiene – infection control has worked with 2 patients to work through hand hygiene pack, they are now to take forwards and deliver to other patients
First aid/food hygiene – struggling to get educators to deliver package with patients
Model making – lesson plans now written –to move forward with delivering bringing examples
Interviewing skills- patient successfully passed a programme to now deliver to others.

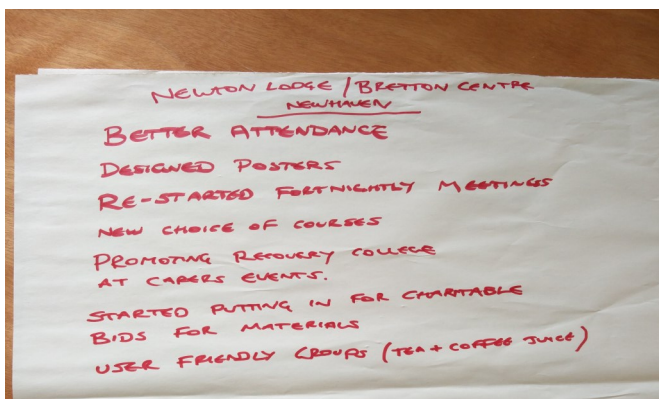
Newsam Centre

Using lived experience in practice –workshop- Clifton + Newsam –currently in design
 Anxiety course – run and went well
 More community leave +pharmacy approached to co-develop
 Co-production – no attendance , feedback given, poster not clear enough
 Continued conversations to encourage to get more involved
 If people have leave, that is first choice.
 Courses planned and in development
 Mind over mood-coping strategies for staff and service users
 Medication and managing side effects



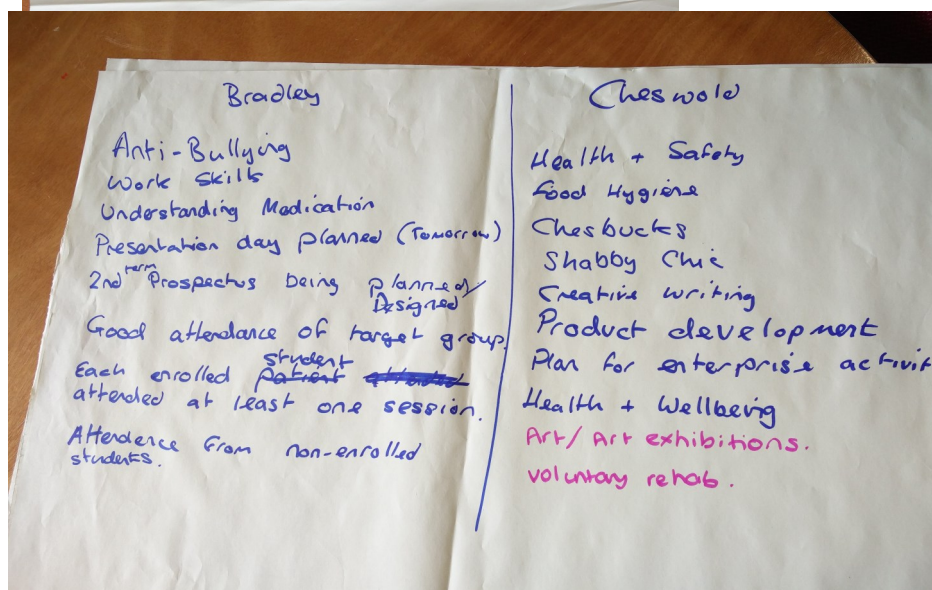
Newton lodge /Bretton Centre Newhaven

Better attendance
 Designed posters
 Restarted fortnightly meetings
 New choice of courses
 Promoting recovery college at carers events
 Started putting in for charitable bids for materials
 User friendly groups (tea and coffee , juice)



Cheswold Park

Health and safety
 Food hygiene
 Chesbucks
 Shabby chic
 Creative writing
 Product development
 Plan for enterprise activities
 Health and wellbeing
 Art /art exhibitions
 Voluntary rehab



Bradley Woodlands

Anti- bullying
 Work skills
 Understanding medication
 Presentation day planned (tomorrow)
 2nd term prospectus being planned / designed
 Good attendance of target group
 Each enrolled student attended at least one session
 Attendance from non –enrolled students

Update—where are we up to?

Stockton Hall

Some courses adapted to involve more students (e.g. sharps / non sharps cooking related courses)

Attendance remains good

Fitness instructor course going from strength to strength (!!)

leads on to qualification. Students doing well in tests

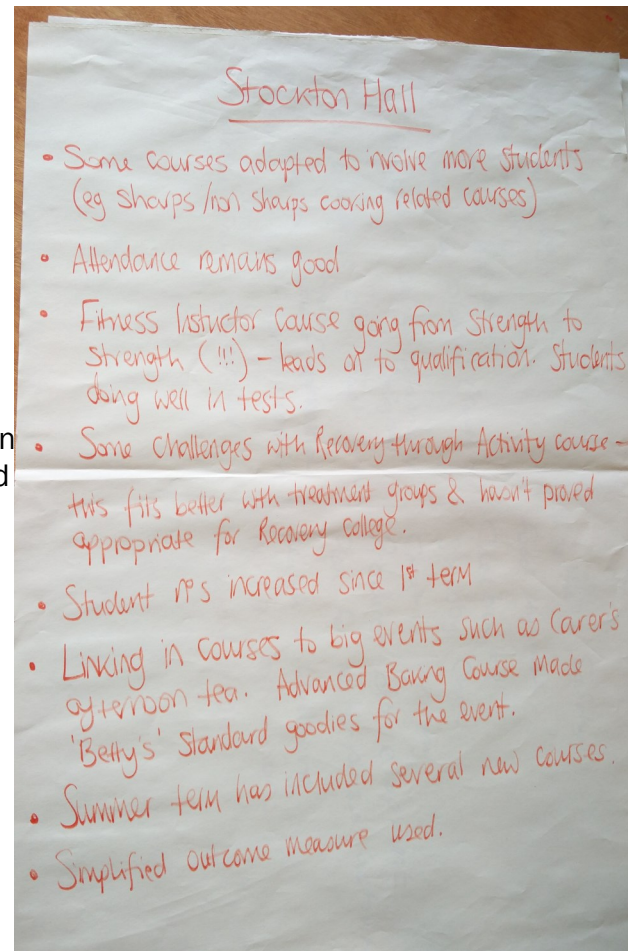
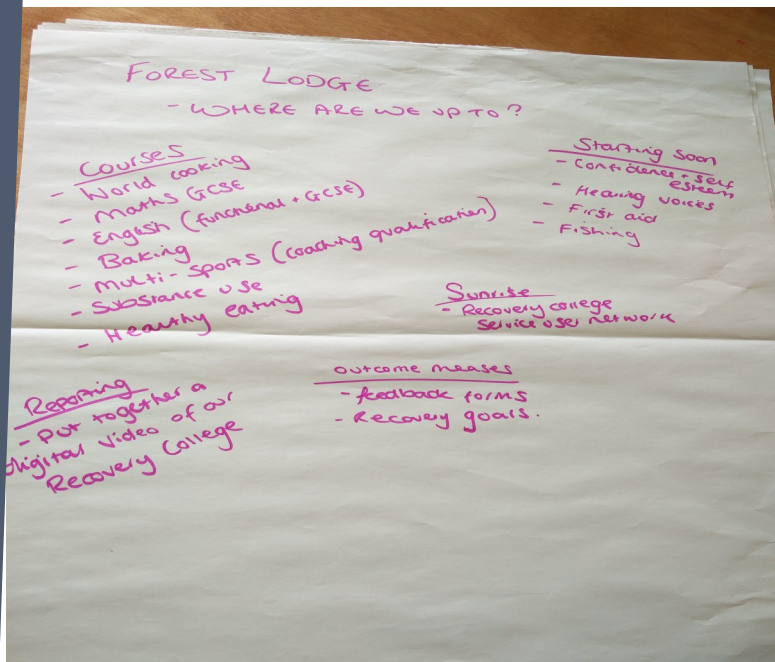
Some challenges with recovery through activity course- this fits better with treatment groups and hasn't proved appropriate for recovery college

Student numbers increased since 1st term

Linking in courses to big events such as carer's afternoon tea. Advanced Baking course made "Bettys" standard goodies for the event.

Summer term has included several new courses

Simplified outcome measure used



Forest Lodge

Where are we up to?

Courses

World cooking

Maths GCSE

English (functional + GCSE)

Baking

Multi-sports (Coaching qualification)

Substance abuse

Healthy eating

Reporting - put together a digital video of our Recovery College

Starting soon-

Confidence and self esteem

Hearing voices

First aid

Fishing

Sunrise recovery college service users' network

Outcome Measures

Cygnets Sheffield

Photography

100% compliance

Collaboration with AQA

Every Friday

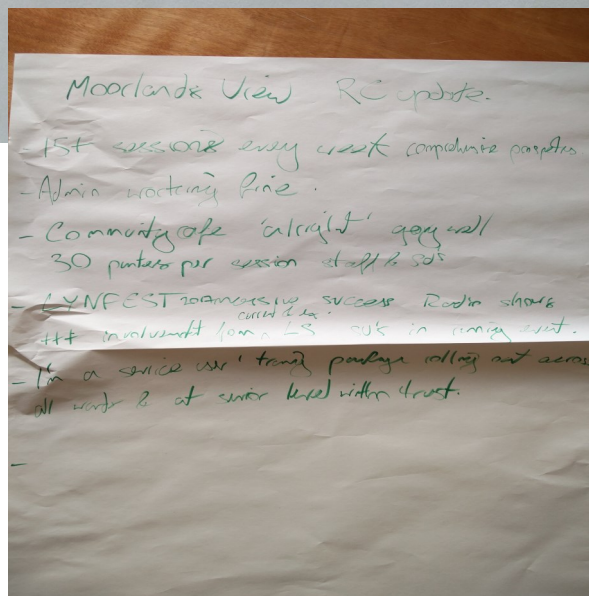
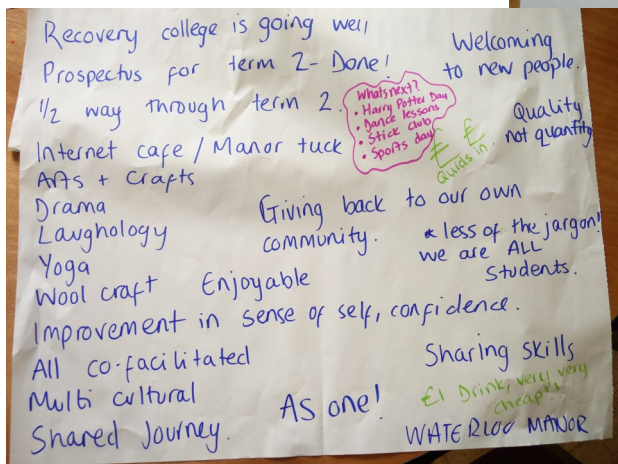
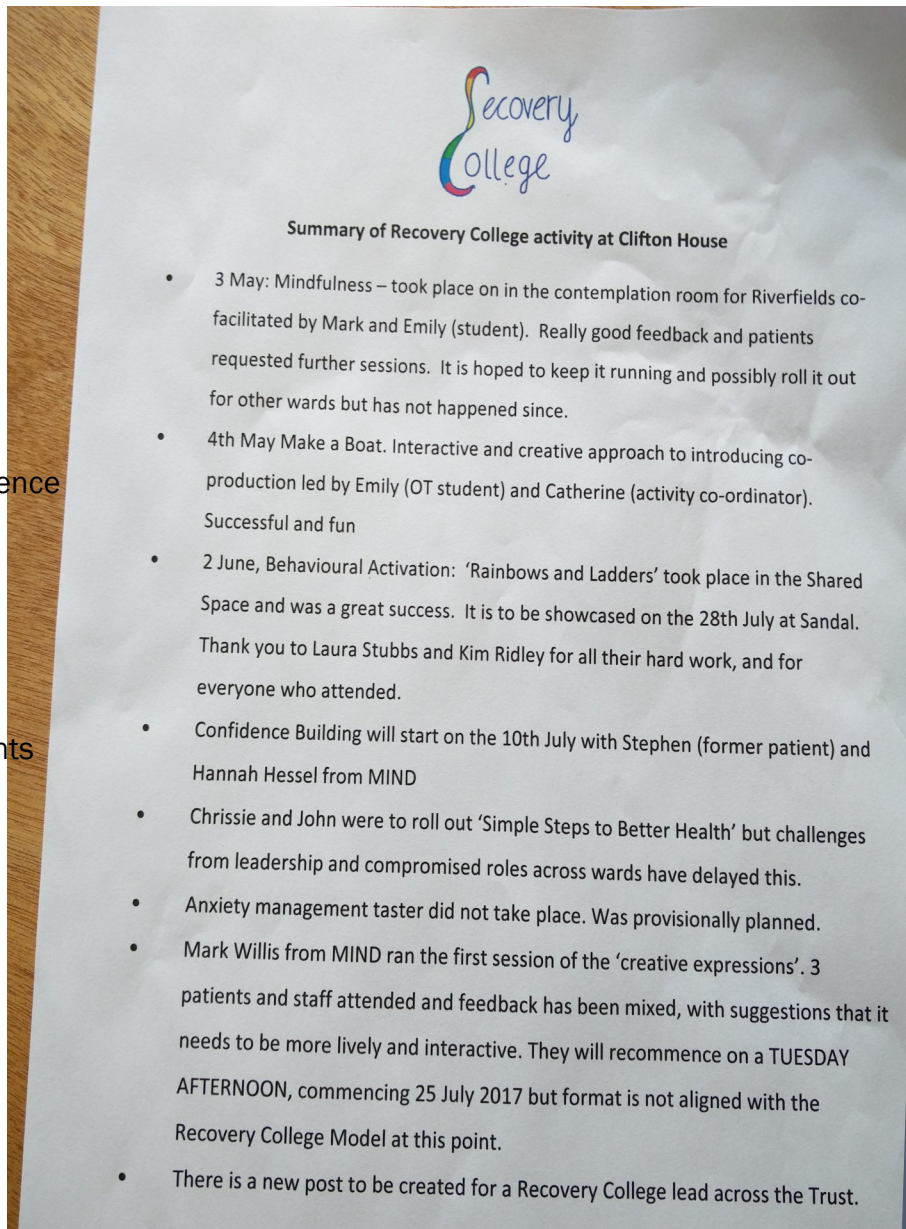
What is health?

Cake decorating



Waterloo Manor

Recovery College is going well
 Prospectus for term2 -done
 ½ way through term 2
 Internet café/manor tuck
 Arts and crafts
 Drama
 Laughology
 Yoga
 Wool craft
 Improvement in sense of self confidence
 All co-facilitated
 Multi cultural
 Shared journey
 As one
 Giving back to our own community
 Less of the jargon we are ALL students
 Sharing skills
 £1 drink very very cheap
 Waterloo manor
 Welcoming to new people
 Quality not quantity
 What next
 Harry potter day
 Dance lessons
 Stick club
 Sports day

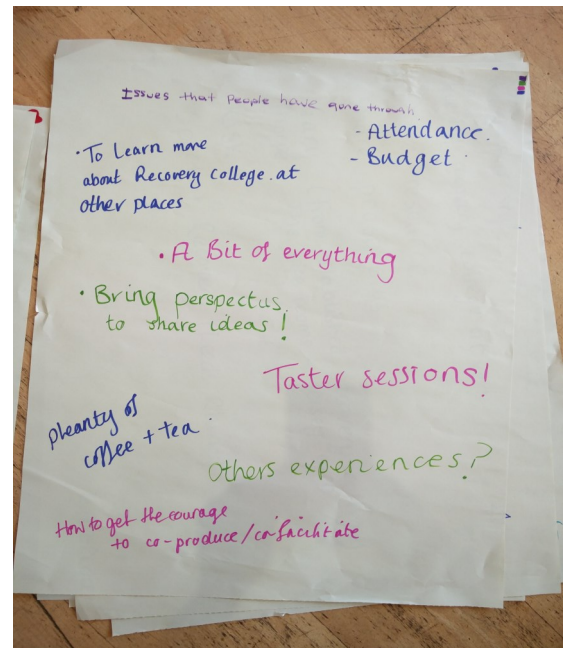
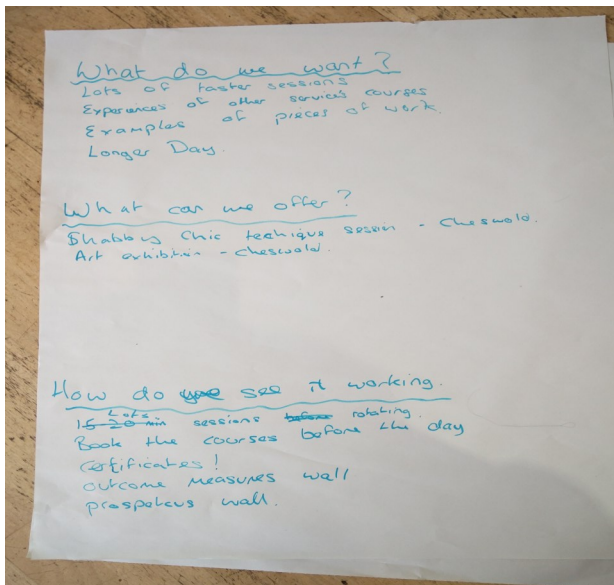


Moorlands view RC Update

15 + sessions every week comprehensive prospectus
 Admin working fine
 Community café "alright" going well 30 punters per session staff and service users.
 LYNFEST massive success radio show involvement from Is in running event
 I'm a service user, rolling out across all wards and at senior level within trust

What do we want to get out of the Recovery College Showcase?

Floral Art Demo with Martin from Bretton Centre
 Card Craft with Mark Bullock (+canvas art)
 What is OT and what is Recovery College
 Examples /sharing lesson plans and schemes of work
 Testimonials
 Experiences of staff and students.
 Photographs of the units- inside and outside.
 Photographs of projects (e.g. gardening, murals, shops)



Workshop style

Keeping recovery college alive

Share resources

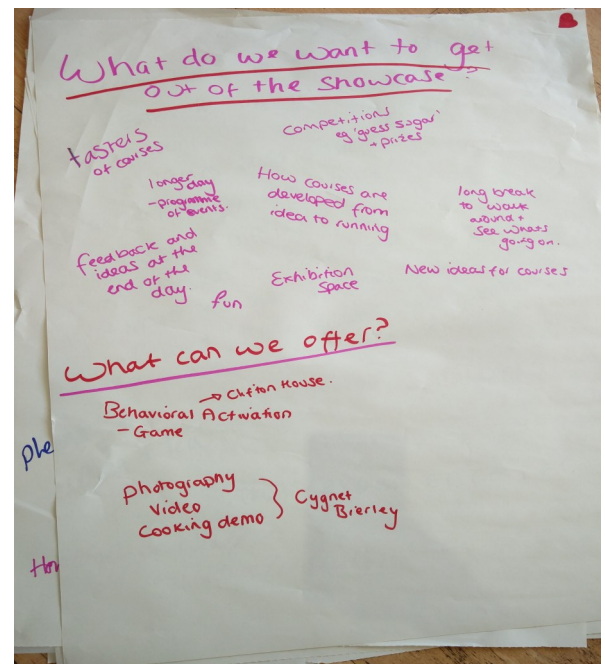
Share prospectus

Gary Thorpe (from established recovery college)

Risk

Sport and Recovery (Leeds Rhino)

Waterloo



What do you want to get out of the Showcase?

Taster of courses

Longer day - programmes of events

Feedback and ideas at the end of the day

How courses are developed from ideas to running

Exhibition space

New ideas for courses

Competitions e.g. guess sugar + prizes

Long break to walk around and see what is going on

What can we offer?

Behavioural activation - Game (Clifton House)

Photography, Video, Cooking demonstrations (Cygnet Bierley)

Group work 15 minute sessions all day events can do what they want experiencing other activities

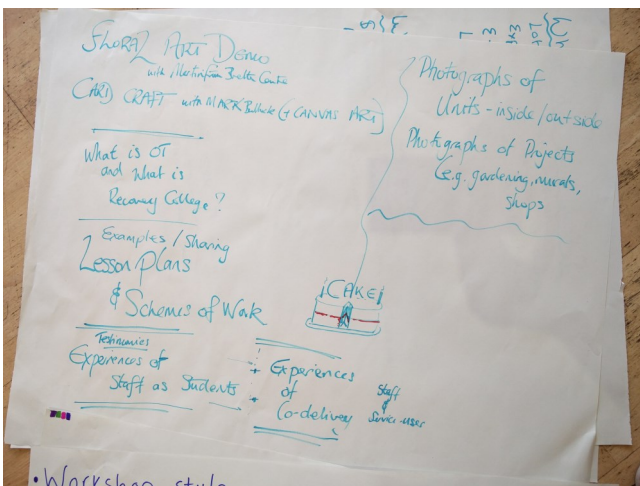
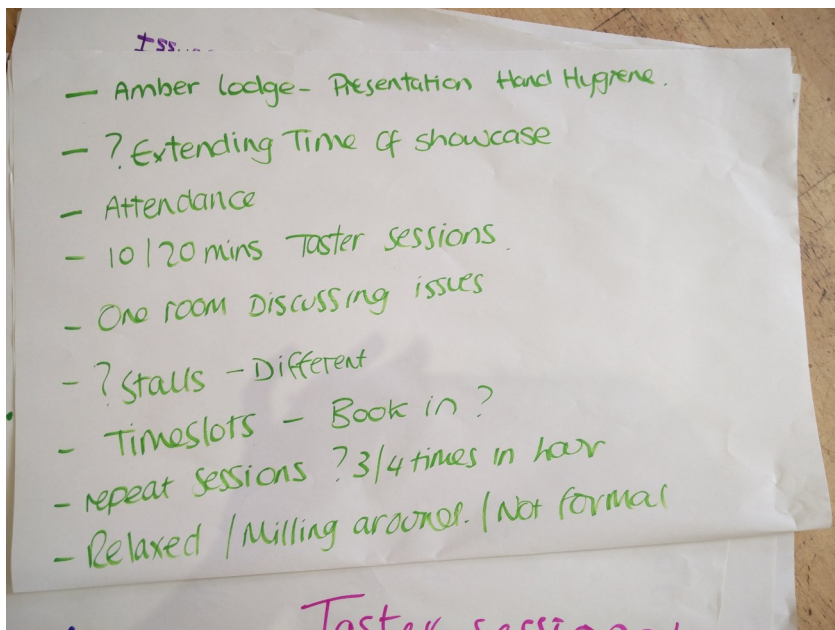
Materials to take away. Waterloo

What do we want?

- Lots of taster sessions
- Experiences of other services courses
- Examples of pieces of work
- Longer days

What can we offer?

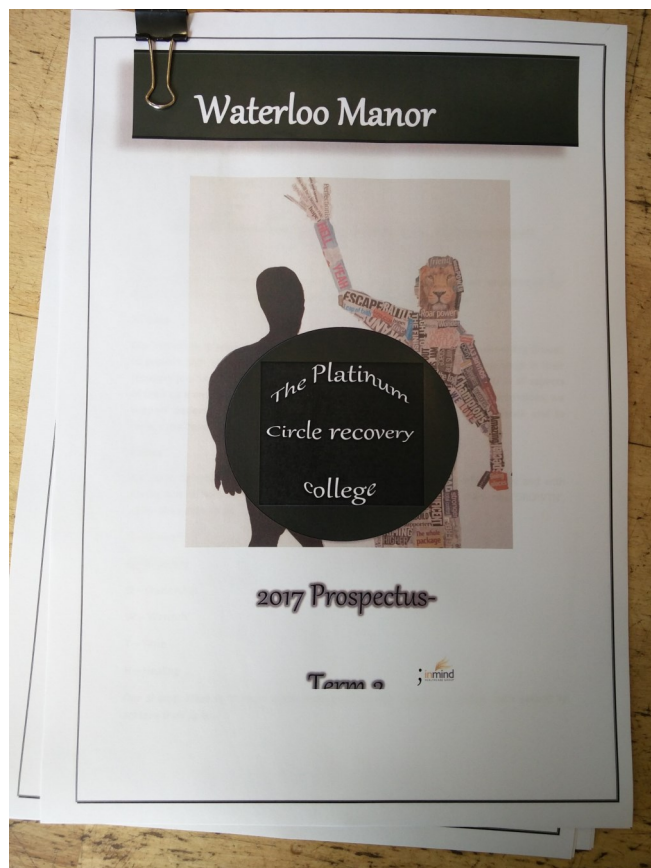
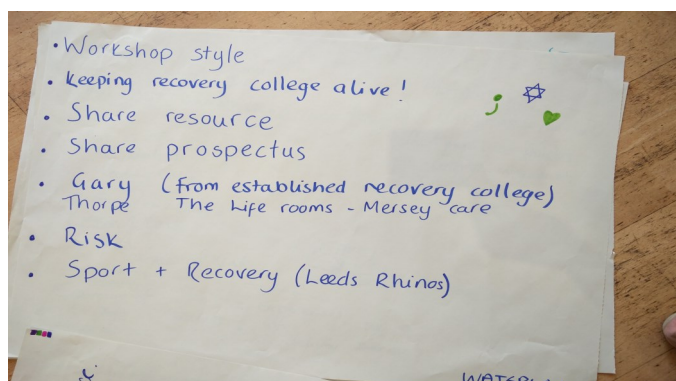
- Shabby chic technique session-Cheswold
- Art exhibition - Cheswold
- How do we see it working?
- Lots of sessions rotating
- Book the courses before the day
- Certificates
- Outcome measures wall
- Prospectus wall



Issues that people have gone through

- To learn more about recovery college at other places
- Attendance
- Budget
- A bit of everything
- Bring perspective to share ideas
- Taster sessions
- Plenty of coffee and tea
- Others experiences
- How to get the courage to co-produce/co-facilitate

- Amber lodge - presentation hand hygiene
- Extending time of the showcase
- Attendance
- 10/20 minutes taster sessions
- One room discussing issues
- Stalls-different
- Timeslots - book in
- Repeat sessions? 3 / 4 times per hour
- Relaxed / milling around/not formal
- Workshop - lesson plans
- Stalls + timeslots together for taster sessions



Recovery College

CQUIN Group

2017 Dates



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

