GeT INVOlVeD!
Yorkshire and Humber Network

Yorkshire and Humber Involvement Network

Recovery College CQUIN Bulletin 9

Next meeting:
Thursday 31st May 2018
1.30 - 3.30 Sandal

At the last meeting of the Recovery College CQUIN meeting we started off with a presentation from Forest Lodge about their Recovery College, a few slides from this can be found on pages 2 We then heard from Cygnet Sheffield. They spoke about their Recovery College and photos of their flip chart presentation can be found on pages 4 and 5 They also facilitated a short session making Pompoms that had been devised by one of their service users, everyone had fun making the colorful pompoms and some pictures of these are also included with the presentation. We then did some very brief group work looking at the new CQUIN guidance, this has not yet been finalised but we thought about a few areas for development and everyone wrote down their thoughts and ideas for this. This is on page 6 and 7. Finally we had a presentation from Wathwood and some information from this is on page 3 **The full presentations can all be accessed through the original email or on request :-)**

Contents

GeT INVOlVeD!
Yorkshire and Humber Network

Recovery › College Just Ahead

Recovery College CQUIN Agenda

Sandal Rugby Club

Thursday 22nd March 2018   13.30 – 15.30

WELCOME 1. Welcome and Introductions

Sheffield Health and Social Care NHS Foundation Trust

2. Presentation – Forest Lodge

Cygnet Hospital SHEFFIELD

3. Presentation – Cygnet Sheffield

4. Group Work – New CQUIN Guidance

5. Presentation – Wathwood

Forest Lodge Presentation

* Courses are offered to service users, professionals and carers, equally. This is currently limited to those involved with Forest Lodge, Forest Close, CERT (and SORT)...

* Course prospectus and easy-read guides for in-patient areas have been produced

* The College operates from in-patient and community campuses

* The courses vary in length – some may be a single one hour session, whereas other courses may be weekly for set period and others on-going. Each course would not usually be run more than once a week

*What Does Ours Look Like

Dr Thakur

FIRST AID

"Being part of the Recovery College as both a participant and a tutor has made me feel more confident"

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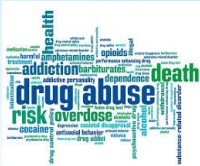"It's made me realise that recovery that is meaningful to me is possible"

"The class I attend is a mixture of staff and service users and the tutor has us all working together as one team which is good as it doesn't single anyone out and we all help each other if someone is struggling"

"Having a service user deliver the course makes it real and inspiring to others"

*What do people think?

Full presentation available on request.

Presentation - Wathwood Hospital

positive
about integrated healthcare

Nottinghamshire Healthcare NHS
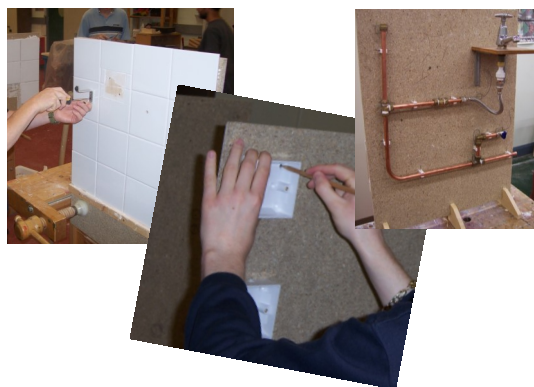NHS Foundation Trust

Simon Balmer – Wathwood Campus Lead
Tim Wright – Peer Trainer

Nottinghamshire Healthcare NHS
NHS Foundation Trust

Life cycle of a recovery college course

- Steering group meeting
- Course design
- Session plans
- Scheme of work
- Validation
- Preperation
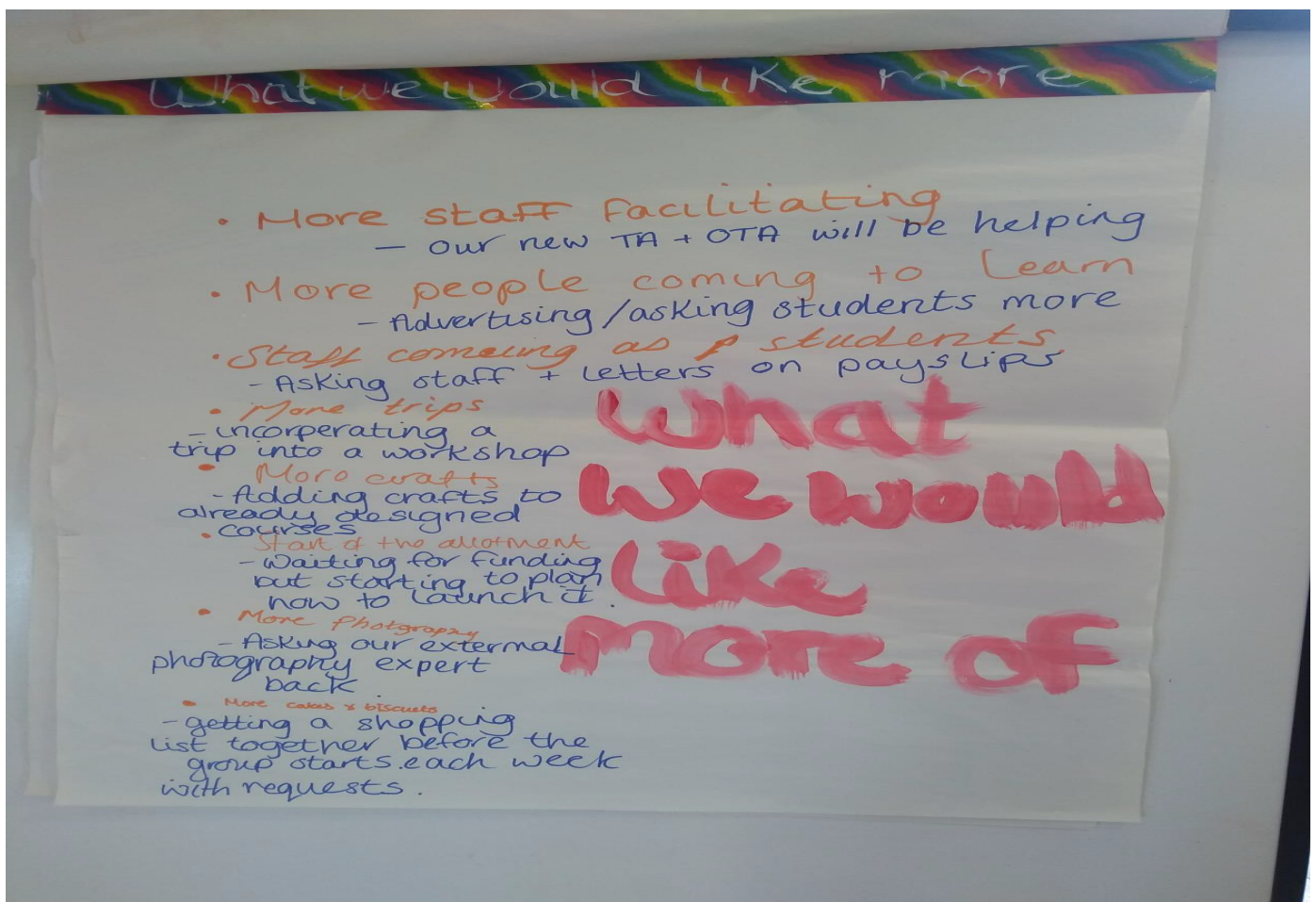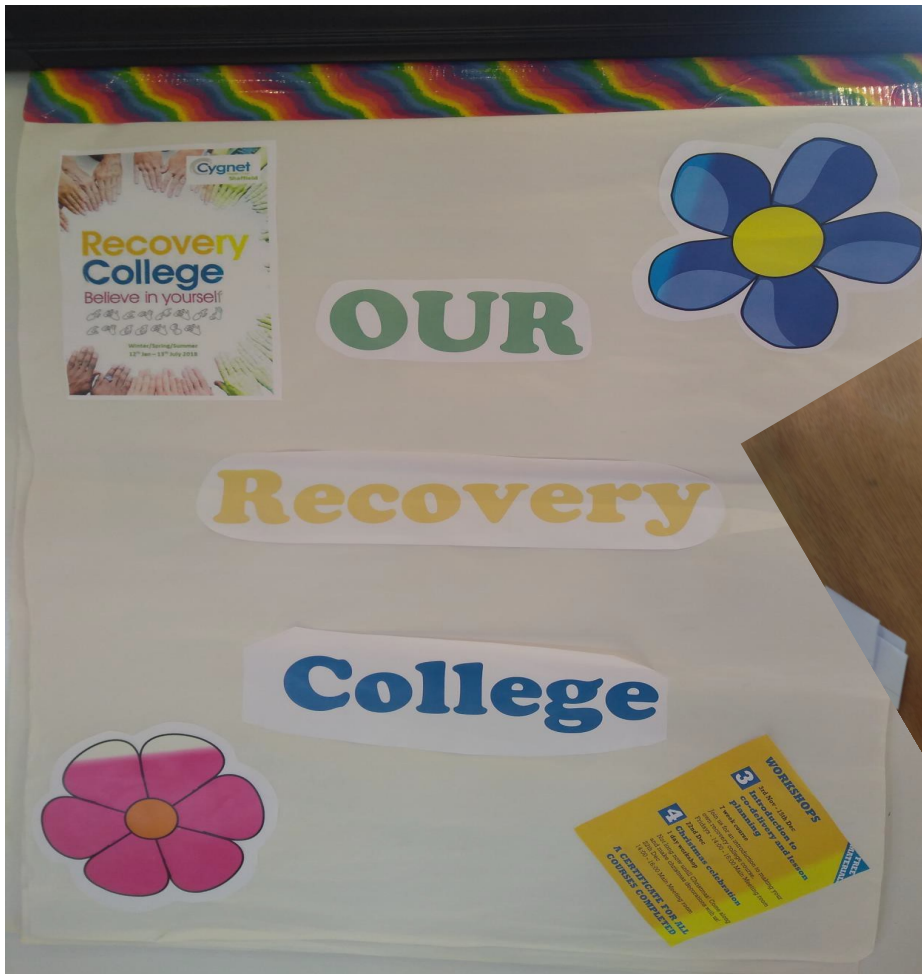- Delivery
- Evaluation
- Steering group

4

Nottinghamshire Healthcare NHS
NHS Foundation Trust

Student Feedback-

• The recovery college courses have given me better insight into maintaining my mental health and recovery

• Hearing from people who have actually been where I am inspires me to get involved with the college.

• My involvement co delivering courses has boosted my self confidence and self esteem, I actually feel valued.

Cygnet Sheffield Presentation

DRAGONS' DEN

Our

Allotment

Links with AQA qualifications

About

How does UAS work?

AQA
Realising potential

Unit Award Scheme

WE LOVE

- Meeting new people !
- Learning new skills
- Making people gifts
- Something to do
- Takes your mind off things
- Tea, coffee + cakes

THANK YOU

Presentation skills

Healthy eating

Eat right!

Jewellery making

Lego

French

Meeting new people

Learn a new language

Photography

Dream catchers

Group Work - New CQUIN Guidance

Link in to college in the community via the internet quite easily! (register externally may be?).

More resources – difficult to sustain and to develop.

Share a course – travel to a service to impart course

Who is in our STP?

* collaboration with services within our STP

* increasing co-facilitation to 100%

* establishing community links
- police are coming to deliver a workshop on being safe on-line
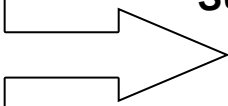- potential of accessing job centres

More involvement of doctors.

Aspirations:
- co-facilitation is not necessarily realistic (co-production is).
- range of opportunities: expansion.
- use locked facilities as exe roles (next stage down in pathway).
- do service users want to come back? – Hope/inspiration
- Paid experts?
- West Yorkshire STP: Wakefield Recovery College

* input from carers

*Co-delivery and access from ex-service users

Supporting transitions from hospital

Time tabling for service us-

Peer trainer

To encourage attendance include results and benefits in prospectuses.

Carer culture – change, be involved (short staff, not my job).

Own web site – recov/college

Ideas for Triggers

1 – Fully co-produced courses.
Train the trainer courses for ex-service users
Outcomes – qualitative, not quantitative - self-worth, confidence, values, - service users in rehab

2 – Carers Event planning for own service, eg forum and deliver course
Pop up weekends
Peer support meeting with STP

3 - ?Filming courses eg Youtube style - virtual
Catalogue of course to exchange – standardise courses ?help with accreditation
Course exchange within STP

4 – STP Workshop – develop model of 6 production "bank" EXE for STP
eg Recovery College showcase for West Yorkshire
Work towards accreditation
Plan for next 12 months: embedded? Sustainability

Recovery College CQUIN Group Dates 2018

Thursday 31st May

Thursday 27th September

Thursday 13th December

Sandal Rugby Club Wakefield

1.30-3.30 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