



TIME CAPSULE
EDITION

STAFF SUPPLEMENT

Due to Covid-19 and the need for us to follow guidance, enter lockdown and 'stay safe' we haven't been able to meet up in our usual ways at Network events at Sandal or by us visiting services. We wanted to bring everyone a 'Time Capsule' Edition of the Network Newsletter to help us all keep in touch and keep inspired during an unusual and difficult time! Thank you to all of you who have contributed to the Newsletter, we hope it is an edition you can look back on in time and remember all the positives that shone out of the darkness.

'The staff supplement is to say a massive thank you to those who have worked tirelessly through the pandemic, you have all done an amazing job keeping forensic services staffed and safe - well done, your contribution during this unusual and difficult time is highly valued. In this supplement we will see how some thanks have been shared with teams, colleagues and community'

We hope to hear from you all again soon and meet when is safe to do so!
Take Care. Holly, Jo, Charlotte.



THANK
YOU!

MARTY, WHATEVER HAPPENS



DON'T EVER GO TO 2020

I'LL TELL YA WHO'S TO BLAME FOR COVID19



CAROL BASKIN



Zoom Meeting

Audio only

With video



EVERYBODY WANTS TO BE A HERO



APPARENTLY THIS IS HOW PEOPLE ARE PROTECTING THEMSELVES

FROM THE CORONA VIRUS

WHEN THE SQUAD LOOKS BETTER IN SCRUBS



ONE DOES NOT SIMPLY...

JOIN MICROSOFT TEAMS



HOW I FEEL COMING OUT OF

ISOLATION ROOMS



NO ONE CLEANS LIKE GASTON, QUARENTINES LIKE GASTON

NO ONE STOPS SPREADING COVID-19 LIKE GASTON

HOW TO PROPERLY GREET SOMEONE DURING THE CORONAVIRUS OUTBREAK



Me: I guess I could handle 4 weeks of quarantine

Government:



I'M NO EXPERT ON COVID-19

BUT THIS IS THE CURE

THE LOOK I GIVE



WHEN I'M COMPLETELY OVERWHELMED

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Bradley Complex Care



Elysium provided all their units with a MASSIVE CAKE 🍌 The management team made all the staff goodie bags too which included sweet cones, bath bombs, angel keyring, compact mirror, and lots of little bits and bobs. We also had a BBQ cooked by the Management team and an ice cream van came to visit!



What's your lightbulb moment from the Covid 19 lockdown?

1. What's the best thing about living through the lockdown this year?

2. What's the worst thing you feel about life so far this year, and how could it be better?

3. What will you remember most in years to come, and what key message would you like



"1. Spending more time in the house and with family. 2. Not being able to see other family, friends or colleagues and the general uncertainty about when and how this will change. 3. Playing darts in the garden and doing yoga before work -future generations nurture your outside space as it will nurture you when you really need it"

"I have enjoyed weekends in my garden and having free weekends. The thing that I struggle with is not having my niece to stay. I think I will always remember that community is so very important, much more so then I would have imagined"

"Working in healthcare has been a stressful and strange times The Important thing is we are still working as a team with a smile on our faces though it is often hidden behind our masks. It is heartening to see that the service users and their families have been very understanding of the situation and thankful for the measures that hospitals have put in place to protect them. Humbling experience."

"I've discovered music again, haven't listened to it for years &

now listening to it everyday. Forgotten how I loved music. The worse thing is having nowhere to escape to when I'm feeling stressed at work or home. My default is to sit alone in a cafe & I miss that so much, we've got to know the staff, other customers etc & love to visit each week"

"The thing I will remember most is how precious face to face conversations are - I miss the 'corridor conversations' I had every day. My message would echo William S Preston Esq and Theodore Logan - 'Be excellent to each other'."

"Spending time in the garden, time with family, exploring walks in the local area that I didn't know existed. Working on my business rather than in my business. Learning new technology and developing online courses.

1. I have realised I am sociable after all! I have done an online course in well-being and realised what is actually important to me. 2. My children observing me put on my brave face to go to work and asking me why I have to be a keyworker- not all bad though because I have been able to discuss how valuable what we do actually is, validated by the clapping and community recognition. 3. discovering local woods and nature, key message for the next generation is considering your effect on the environment; look how it improved whilst we were all in lockdown.

30-DAY SONG CHALLENGE

DAY 1 A song you like with a color in the title	DAY 2 A song you like with a number in the title	DAY 3 A song that reminds you of summertime	DAY 4 A song that reminds you of someone you'd rather forget	DAY 5 A song that needs to be played loud	DAY 6 A song that makes you want to dance
DAY 7 A song to drive to	DAY 8 A song about drugs or alcohol	DAY 9 A song that makes you happy	DAY 10 A song that makes you sad	DAY 11 A song you never get tired of	DAY 12 A song from your preteen years
DAY 13 A song you like from the 70s	DAY 14 A song you'd love to be played at your wedding	DAY 15 A song you like that's a cover by another artist	DAY 16 A song that's a classic favorite	DAY 17 A song you'd sing a duet with someone on karaoke	DAY 18 A song from the year you were born
DAY 19 A song that makes you think about life	DAY 20 A song that has many meanings to you	DAY 21 A song you like with a person's name in the title	DAY 22 A song that moves you forward	DAY 23 A song you think everybody should listen to	DAY 24 A song by a band you wish were still together
DAY 25 A song you like by an artist no longer living	DAY 26 A song that makes you want to fall in love	DAY 27 A song that breaks your heart	DAY 28 A song by an artist whose voice you love	DAY 29 A song you remember from your childhood	DAY 30 A song that reminds you of yourself

Wathwood



Wathwood - Positive News Bulletin - June 2020



Today a little helpless bird was trapped for some time in reception up in the fan.

It was clearly distressed and looked thirsty.

It was obvious it wouldn't survive for long in the heat and it was really not looking good for the poor little birdy.

After a few failed attempts by mere mortals - **Dave Nettleton** arrived with a genius invention - a fishing net and a carrier bag attached !! He wasted no time and perfectly executed the rescue mission and the bird was seen flying away to the safety of the woods.

Dave has a heart of gold and reminds us indeed that not all heroes wear capes!



Dear Morrison's Store Manager

The reason I'm writing this letter is to express my gratitude to your company, you and your staff.

On Sunday 5th of April one of our employees entered your store to make use of your gracious offer to NHS staff for priority shopping.

On entering the store our employee was greeted by one of your staff and presented with a cake in celebration of the NHS.

This cake was brought to Wathwood hospital to be shared amongst the staff. The cake was greatly received and enjoyed by many.

Wathwood hospital is a provider of jobs near to your store, with many of our staff living locally, and many make use of your store for their usual weekly shopping.

As a direct result the staff feel greatly supported by your actions, and I'm sure this will help build a healthy relationship in the future.

Therefore I would be grateful if you could pass our thanks and gratitude onto all your employees

Kind regards



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Moving on in a Pandemic

I have been in services for 9 years in various hospitals around the country and it has been very challenging at times for me and my family. I didn't think until now, that the challenges we face as a family would test us any further, until Covid-19 came. It came and shook everyone up as a nation, for me I didn't expect to go through anymore heartache but the challenges that coincided with the virus were unexpected for everyone, especially me.

In January 2020 I was assessed to move on into the community, back to my home town where all my family live, and they were all excited and looking forward to having me back 'home' around them. I was accepted for 24 hour supported living. I was so excited to be back with my family at last and having some independence. All the details would be finalised in my CPA due in March 2020- this couldn't come soon enough for me!

Then the Government announced a complete Lockdown, this was so hard to get my head around, what was going to happen? Was I still moving? When would I see my family? Unescorted leave stopped, only escorted grounds leave remained, no community leave, no visitors to the hospital. No family and no professionals. My CPA concluded over the phone, I was present but felt so emotional, it felt impersonal; I couldn't hug my family, they were on the end of a phone. Hugging my family is something I will never take for granted again.

After this the pandemic hit us, myself and other service users started to show symptoms and became ill and we had to self-isolate in our bedrooms. When staff entered they were head to toe in PPE, I must admit when I first saw staff slowly enter my room in aprons, goggles, masks, shoe protectors, gloves- I was scared and the reality of the seriousness of the virus hit home. From this moment I had admiration for all staff involved in my care, doing their best to keep us all safe and well, even though they were very worried about their own families and health. This was not just a job; this was the whole staff at the hospital putting

our welfare at the forefront of their mind; not only providing care, they did essential shop runs, carried out activities to keep spirits up and keep us positive. They were our listeners and symbolic 'shoulders to cry on' (as they had to maintain social distancing). I found it hard to have my plans for moving on put on hold, I didn't know how long this would take. It was frustrating because no one could give me a date of when I could move.

I have 3 children and 7 grandchildren who I was missing so much, 2 of the grandchildren are babies and I realised during lockdown they were getting bigger and I was missing milestones. Would they be shy with me as I haven't seen them often? I was worried for the others home-schooling missing friends. Birthdays celebrated without a party, no friends or family invited. I was helping my children the best I could listening and keeping some positivity over the phone. It was hard to hear them struggle when I should have been there.

Staff made sure our mental health didn't dip and helped us cope with these worries. They kept me busy; I joined activities I wouldn't normally have done before the pandemic and enjoyed them. We had food shopping delivered by online ordering and the tuck shop ran for us twice a week, we had more use of electronics whenever we required. At the virus's peak in the hospital we had to be confined to the ward, ground leave had to be stopped to prevent spread to other wards. Without the staff support at this time we would have lost hope. They kept us distracted from the worldwide pandemic and were angels in disguise, other service users agree too. A few other service users are at the same point in their journey as me and we should have moved on together; instead we supported each other and kept ourselves positive and ready for when the moves could actually happen.

I feel very lucky and honoured to have spent such an awful experience with people who are so kind, caring, respectful and to be in an environment where service users and staff have worked together to help me and my family conquer one of our biggest challenges. I have started packing again and am about to go on the most amazing journey with my family; things do get better with time!

Service User – Waterloo Manor

Waterloo Manor

All the Staff at Waterloo Manor were hand delivered a cake and a bottle of gin/non-alcohol alternative with a note from Head Office Thanking everyone for their hard work and dedication through a very tough few weeks.

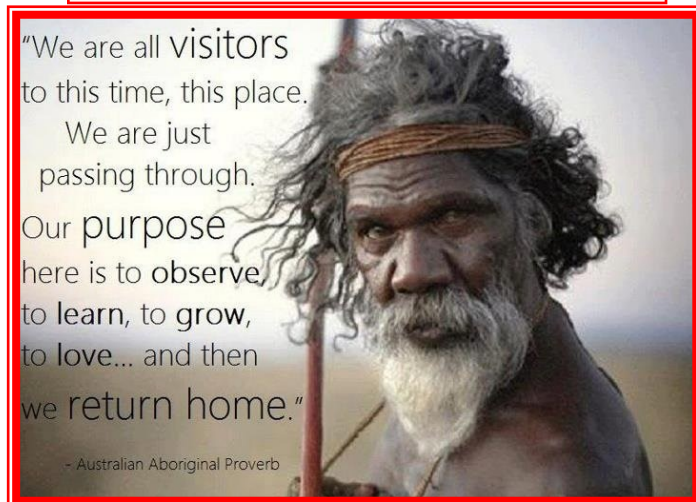
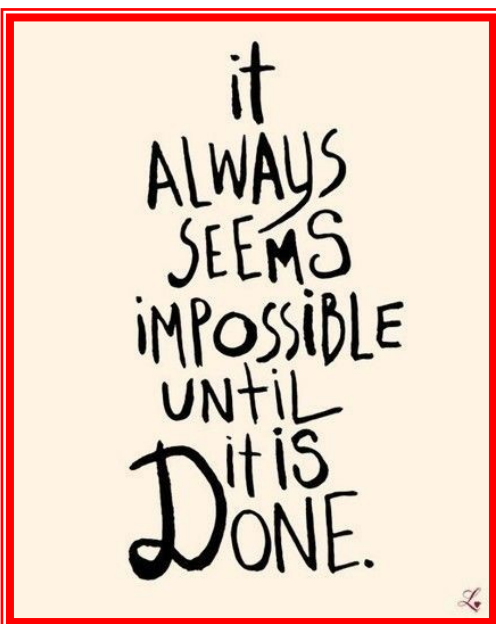
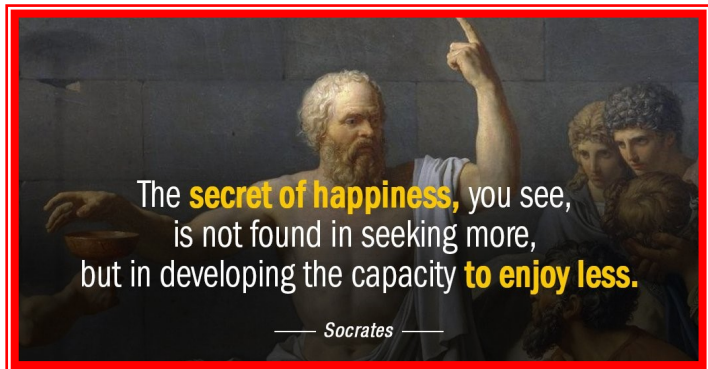
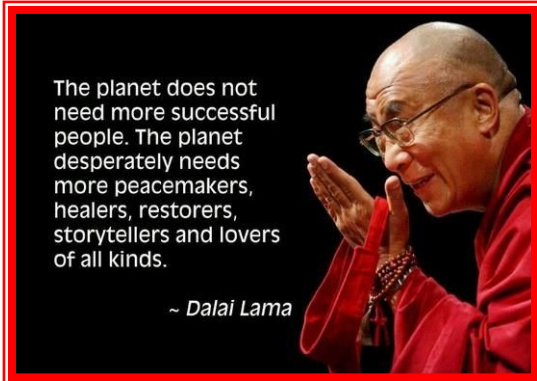
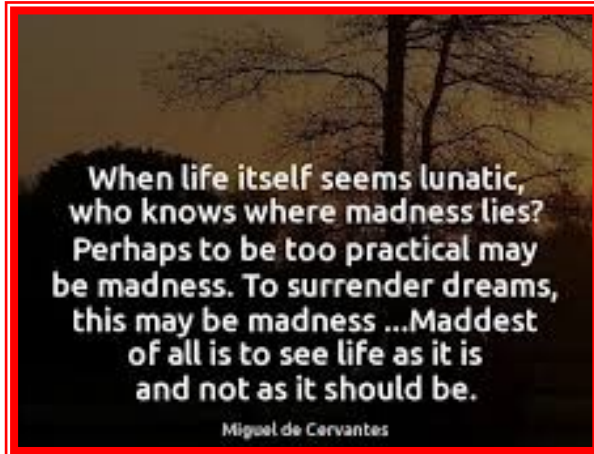
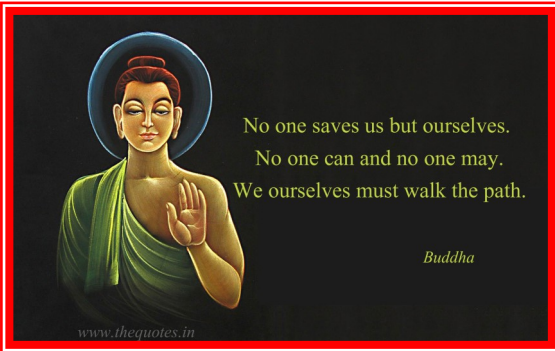
We also got to share some goodies with our local community to give our thanks for their support, our local hardware store had provided PPE when it was in short supply, some local ladies on the high street had knitted and sewn headbands for our masks and our local police station had visited one Thursday to join us in a clap for Carers with sirens of support – we also built relationships with our neighbours, who also deliver care, to support each other- they all received a massive thanks from us and some cake too!



Special thanks to Paul who set up a collection run for staff – public transport had made it impossible for people to get to work or home again, he started a system to ensure that everyone could be picked up and dropped off using hospital transport.

Special thanks to Karl who has ensured that all e-cigarettes have remained fully functional – buying in parts and doing repairs and liquids have been available to service users and staff via the tuck shop.





Wellbeing Rainbow

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In their book, *Words Can Change Your Brain*, Andrew Newberg, M.D., and Mark Robert Waldman write that “a single word has the power to influence the expression of genes that regulate physical and emotional stress.”

Positive talk does not change the situation, but it can put things into a healthier perspective and increase your resilience.

Instead of “I’m stuck at home,” say, “I’m safe at home.” Even one negative word triggers fear.

Hope is a belief — a knowing — that things *will* get better. It’s not a wish, it’s not flimsy. It’s linked to the power of our mind, and as such, hope plays a potent role in giving you an advantage in emerging from adversity. Hope Theory: Rainbows in the Mind C. R. Snyder (2002)

- Draw on Adversity
- Do something that gives you purpose
- Focus on what is working
- Envision the future you want to create
- Share your hopes with others

Hope

21 days gratitude

#1 WHAT PEOPLE ARE YOU GRATEFUL FOR?	#2 WHAT PLACE ARE YOU GRATEFUL FOR?	#3 WHAT ABILITIES ARE YOU GRATEFUL FOR?
#4 WHO IN YOUR LIFE ARE YOU GRATEFUL FOR?	#5 WHAT BOOK ARE YOU GRATEFUL FOR?	#6 WHAT MOMENT THIS WEEK ARE YOU GRATEFUL FOR?
#7 WHAT SEASON ARE YOU GRATEFUL FOR?	#8 WHAT IN NATURE ARE YOU GRATEFUL FOR?	#9 WHAT TECHNOLOGY ARE YOU MOST GRATEFUL FOR?
#10 WHAT EXPERIENCE ARE YOU GRATEFUL FOR?	#11 WHAT FRIEND ARE YOU GRATEFUL FOR?	#12 WHICH OF YOUR SENSES ARE YOU GRATEFUL FOR?
#13 WHAT HOLIDAY ARE YOU GRATEFUL FOR?	#14 WHAT MEMORY ARE YOU GRATEFUL FOR?	#15 WHAT TALENT OR SKILL ARE YOU GRATEFUL FOR?
#16 WHAT PART OF YOUR JOB ARE YOU GRATEFUL FOR?	#17 WHAT TYPE OF MUSIC ARE YOU GRATEFUL FOR?	#18 WHAT ABOUT YOUR BODY ARE YOU GRATEFUL FOR?
#19 WHAT PIECE OF ART ARE YOU GRATEFUL FOR?	#20 WHAT FOOD ARE YOU GRATEFUL FOR?	#21 WHAT DAILY HABIT ARE YOU GRATEFUL FOR?

“regularly expressing gratitude (the quality of being thankful and the readiness to show appreciation) literally changes the molecular structure of the brain, keeps the gray matter functioning, and makes us healthier and happier.”

Jennifer Garmen; Flourish: 7 Ways Gratitude Can Transform Your Life

10 practical ways to look after your mental health:

Prioritise

Talk about your feelings

Keep active

Eat well

Rest

Self-care

Keep in touch

Do something that brings you joy

Accept who you are

Ask for help



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Annual Leave

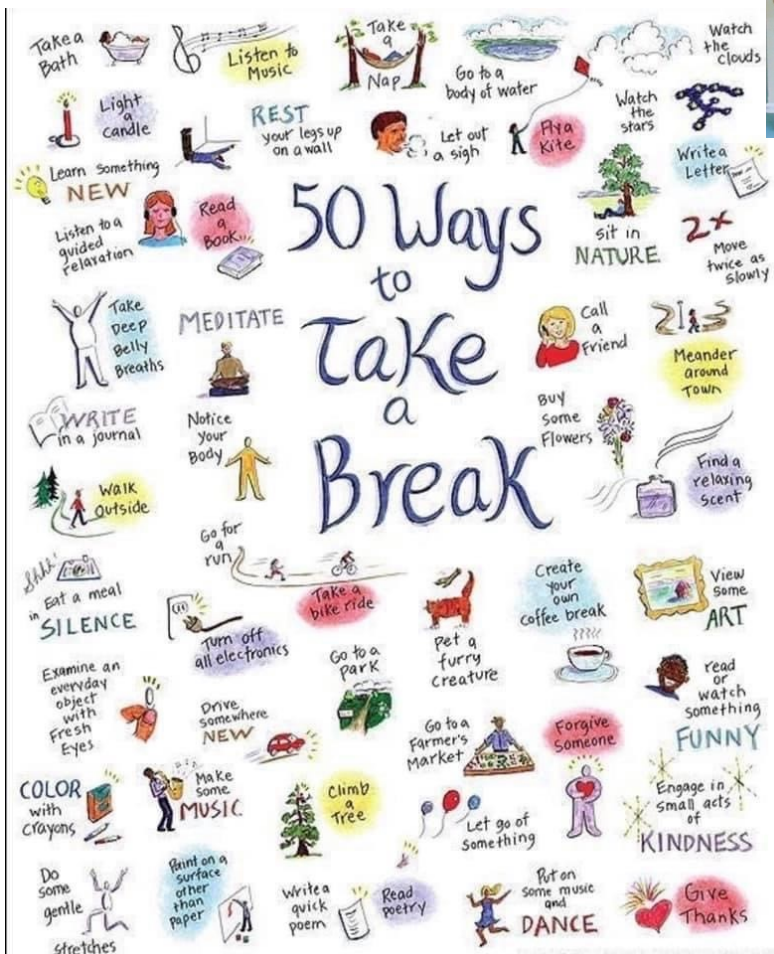
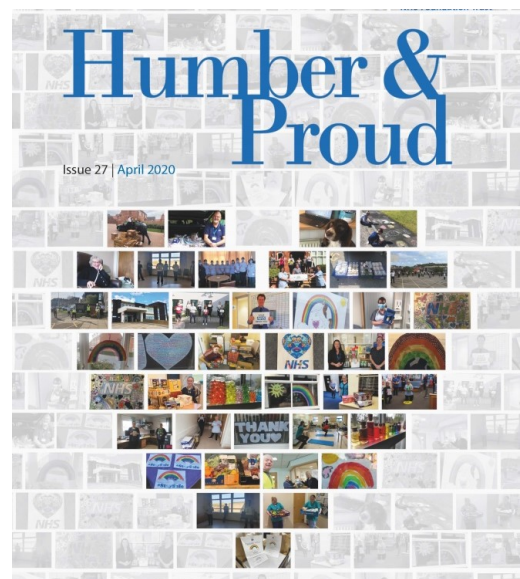
We all know a holiday is so important because it is a chance for us to relax, reconnect with what we care about, and escape our daily routine, something which would benefit most of us at the moment.!

Although a holiday to foreign sands, exotic locations or even a caravan overlooking the North Sea might be difficult at the moment, we would like to encourage you to take some time for yourself, relax and revitalise yourself and others.

Stay Cation Ideas: to inspire you to take a well-deserved break. And if you aren't living with those you would usually share your time with, try using

the suggestions below and connect virtually to share your experiences, face time during dinner or maybe watch a concert at the same time, just use your imagination!

- ⇒ Front Room Festival
- ⇒ Bathroom Spa
- ⇒ Food Tour of the Kitchen
- ⇒ Back Garden Camping
- ⇒ Virtual Tours
- ⇒ Be a Tourist in your local area



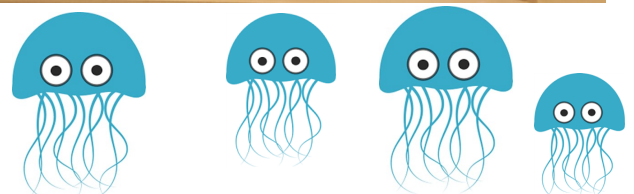


The Wobble Room was launched at Cygnet Bierley for Staff's Wellbeing on International Nurses Day- 12th May

The Catering Team at Bierley have been providing treats for service users and staff including ice lollies or ice cream during the hot weather and delicious hot chocolates and brunch too.

What's a wobble room?

A room to support staff's mental wellbeing during the COVID-19 pandemic. A safe space for staff to go and have a 'time out'. Go and grab a bite to eat, or reboot your energy with a fizzy drink of pop. Pick up a few goodies and donate a few. Everything in the room is for grabs all we ask is that you take things sparingly and also bring some things back to donate (this can be absolutely anything you think staff might like).



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Remembering those Health Professionals who were lost to Covid-19 R.I.P



Yorkshire and Humber Newsletter



WE NEED YOU!



We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we want to produce a newsletter so everyone can share ideas with each other – it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal. This newsletter is a great way to find out what is happening in other hospitals and shout about all the good things you do!!

