



**YUMBER NETWORK VIRTUAL EDITION**

**Thank you** to everyone who joined us for our biggest virtual get together yet! In this Newsletter we will feature all the slides from the event and any feedback captured. It was lovely to see so many of you and hear about all the fantastic things people have been up to in lockdown! Until next time...




	<b>Welcome</b>
	<b>Network Update</b>
	<b>Cheswold Park– Recovery College Presentation</b>
	<b>Recovery &amp; Outcomes</b>
	<b>Update—NHS England</b>
	<b>Provider Collaborative Animation</b>
	<b>Humber Coast &amp; Vale Provider Collaborative</b>
	<b>West Yorkshire Provider Collaborative</b>
	<b>West Yorkshire SCFT</b>
	<b>Round Robin – Your Update</b>
	<b>Q&amp;A– Next Steps</b>



Virtual Yorkshire and Humber Network

20<sup>th</sup> November 2020  
1.30-3pm





## What have we been up to?

- The Yorkshire and Humber Network have been working behind the scenes helping the Provider Collaborative's (more about these later) by joining working groups and ensuring that all the hard work you have been doing over the last few years has helped shape the future of your area and that your voices have been heard in any decisions and documents.
- The Yorkshire and Humber Network have been working on improving communication in a new technological age! We have been testing virtual platforms, updating our distribution list and ensuring we can join you, hear from you, and talk to you in new ways as unfortunately due to covid we cannot visit in person just yet or meet at sandal!
- We have been having regular contact with your service and will continue to do so and hopefully we can see you in smaller virtual ward groups too soon.
- Unfortunately we have recently had to take the decision to move the conference for a 2nd time- we are hoping for October 2021 at the Coal Mine, in the spring we will share some of our favourite memories of previous conferences. Thankyou to the planning team who have helped us get ready so far!
- We have also been carrying on with the SeQuIn Tool work, services have trialled it this year so we could see how it works in practice. The SeQuIn Tool was also shortlisted as a finalist at the NSUA's 2020 and a video of all your conference competition entries were played to support it. Thank you for your hard work, the recognition would not have been possible without you all- you have all had a finalist project- yay!! Go Yorkshire and Humber.
- We have also been updating the website and sent out a Covid capsule Newsletter earlier in the year.



## The Journey So Far...



### How have we got to where we are now...?

- **November 2019:** Hospital-wide Ideas Forum
- **January 2020:** Education & Skills Department formed. First Courses Launched – “Introduction to Sign Language” and “Fakeaway Vs. Takeaway”
- **March 2020:** New Recovery College Lead appointed, First Patient Steering Group Meeting held
- **April 2020:** Covid-19 Lockdown – Activities became ward based and remote
- **August 2020:** New Prospectus released and Formal Relaunch Event held







## STEERING GROUP

The Steering Group is a patient-led committee that makes all of the decisions on how Recovery College runs

- Individual Roles
- Fortnightly Meetings
- Curriculum Design
- Promotions
- Ward Reps
- Expert By Experience
- Expert By Profession

## Prospectus



- Professionally produced by a team of graphic designers, our prospectus contains our range of courses as well as loads of information about the Recovery College.



- Co-Produced
- Easy read included
- Other formats available on requests
- (Audio, Braille, Large print and online)
- Fluid: Occasional pop ups
- Eye Catching Branding





# Some of our more popular courses...



Photography



Fakeaway vs. Takeaway

Sign Language



Origami Mindfulness Class

Urbantopia Urban Farming



recovery College BELIEVE & ACHIEVE

## What the future holds ...

recovery College BELIEVE & ACHIEVE

2020 Quality Survey

2021 Curriculum

Drop-in Sessions

More involvement with & from Family & Friends

Online learning platform & Website development

Expert By Experience & Peer Support

Term Dates & Award

FOR MORE INFORMATION OR ANY FURTHER QUESTIONS PLEASE GET IN TOUCH;



[www.cheswoldparkhospital.co.uk/recovery-college](http://www.cheswoldparkhospital.co.uk/recovery-college)

Or email us on

[recoverycollege@cheswoldparkho](mailto:recoverycollege@cheswoldparkho)





Hey, we're **Recovery and Outcomes** as many of you know.

We're Ian, Gaby and Kristen. We've missed you!

Recovery and Outcomes Groups haven't been taking place due to COVID-19



- ✓ Instead, we've been finding out how people have been getting on during COVID-19, which has been such a difficult time for everyone
- ✓ We've done a survey and had 370 responses from service users and families and carers – amazing!
- ✓ We produced a report, which we can share with you. It outlines 9 themes:

- Activities
- Outdoor access
- Leave and progress
- Digital access
- Contact with family and friends
- Communication
- Keeping everyone safe from the virus (Infection control measures)
- Physical health
- Staff – mainly people's gratitude!

**Happy 10 Year Yorkshire and Humber Anniversary to Ian**



<https://www.yorkshireandhumberinvolvementnetwork.nhs.uk/adult-secure-service-user-family-and-carer-feedback-survey-during-the-coronavirus-covid-19-pandemic/>

**Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun**

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## RECOVERY AND OUTCOMES



- ✓ We're now doing a big piece of work with all 15 Adult Secure Provider Collaboratives – check out the video!
- ✓ Looking at involvement and co-production for service users, families and carers and (this time) staff
- ✓ How involved is everyone – in care planning, on the ward, in their service, in their Provider Collaborative and nationally
- ✓ We've had over 1,500 responses! And lots from people in Y&H – thank you!
- ✓ We're now going to hold groups with people in services and their families and carers to find out more.
- ✓ We want to make the involvement and co-production for people in services and their families and carers the best it can be!



## Yorkshire Mental Health Commissioning Team

**The National Mental Health Specialised Commissioning Team work with the Regional Teams on the consistent delivery of good quality Adult Secure Services. Areas include:**

- Bed-planning with Provider Collaboratives
- Repatriation (Bringing people closer to home for treatment)
- Covid Guidance
- Healthy Weight Guidance
- Creating more specialist services

**Local Mental Health Specialised Commissioning are working closely with Lead Providers in developing their plans;**

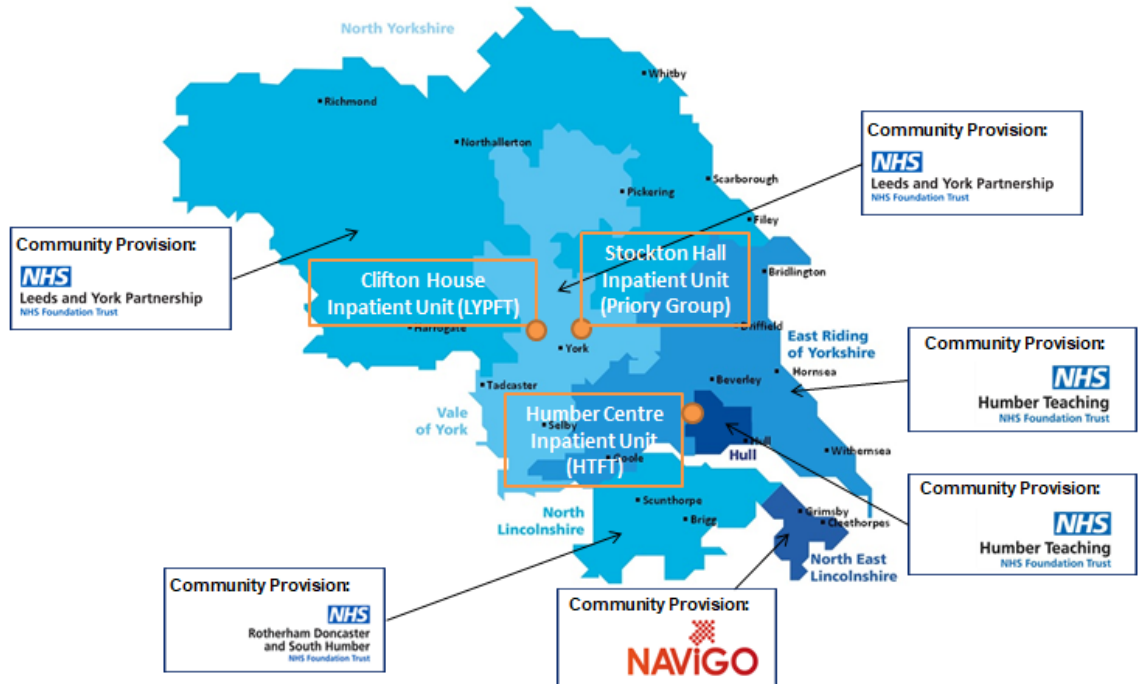
- 'Main Track' Provider Collaborative submissions were received from Lead Providers by the region's cut off date of 06/11/20.
- Assurance Panel process for these PC's to take place late Nov/ Dec
- A meeting is with the National Programme Leads and the Lead Provider for the South Yorkshire and Bassetlaw footprint will take place in Dec
- Case Managers will transfer to Lead Provider Collaboratives in October 2021
- Proposal accepted by Regional Leadership Group that Tier 4 PD could be considered for early adoption by Provider Collaboratives following the closure in Yorkshire and Humber of Garrow House Tier 4 PD Service provided by Turning Point.

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# The Humber Coast and Vale Provider Collaborative



## Developments so far & those most proud of

### Developments

1. Business case is complete and with NHSE.
2. We have identified key workstream areas;
  - Our of Area repatriation
  - Community provision
  - Single point of access

Next 6 months

  - Inpatient Configuration
  - Prison Interface
  - LD/Autism
  - Women's Pathway

From April 21

What are we most proud of  
Our business case was developed by you.

For positive change to happen people need to be involved

## Challenges overcome & how

- **Time/Engagement and Covid** – Ensuring we had a business case that reflected your views in a short amount of time.
- Thanks needs to be given involvement leads, providers, staff and patients.



Steve Shaw, Commissioning Lead – Adult Secure  
David Harvey – Clinical Commissioning Lead – Adult Secure



### Partners in the WY Provider Collaborative

- South West Yorkshire Partnership NHS Foundation Trust
- Leeds and York Partnership NHS Foundation Trust
- Bradford District Care NHS Foundation Trust
- Cygnet Healthcare Ltd
- In Mind Healthcare Ltd
- Service users, carers and their families



### Developments to date

- Engaged with Service Users and carers to understand what they would like to see from a PC, supported by the Involvement Network
- Put structures in place to support working in partnership e.g. meetings, partnership agreements etc
- Established a Commissioning Team for the Collaborative to oversee quality of services
- Developed a Specialist Community Forensic Team
- Worked with Niche to understand inequalities within our patient population and ways we can address them
- Developed greater understanding of pathways e.g. Women's Pathway and PD pathway and how these can be improved

# WEST YORKSHIRE

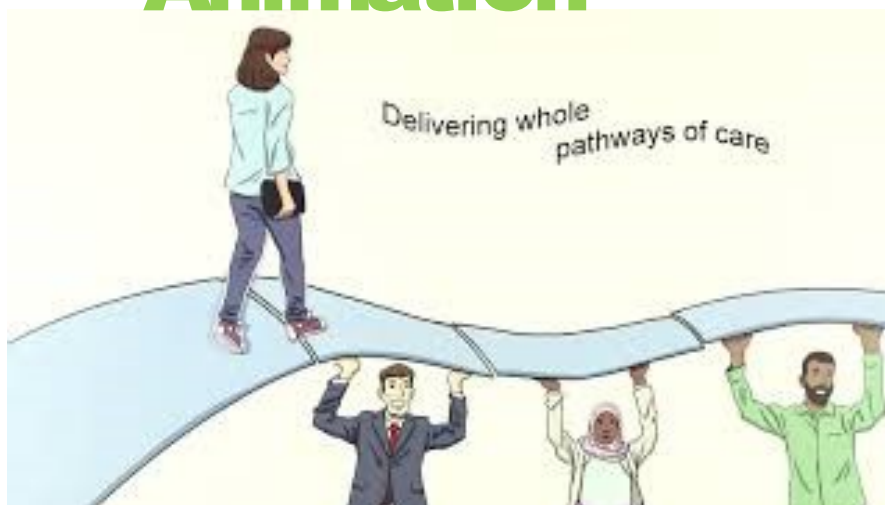


### Challenges

- Staying connected during Covid-19
- Reaching consensus on clinical pathways
- Finances

## Provider Collaborative Animation

We need your help to understand inequalities



<https://www.youtube.com/watch?v=keBn3IvhELA&feature=youtu.be>

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WEST YORKSHIRE –  
SPECIALIST  
COMMUNITY  
FORENSIC TEAM  
(SCFT)



### Who we are?

The SCFT are a multidisciplinary team promoting early discharges from secure care. We are part of the West Yorkshire Provider Collaborative. We will provide high intensity support and interventions to help service users in a community setting.



### What we hope to do?

- 1) Care pathway management
- 2) Specialist forensic assessments
- 3) Therapeutic interventions
- 4) Peer mentorship opportunities
- 5) Skills and competencies
- 6) Carer's support
- 7) Specialist case management
- 8) Crisis response
- 9) Psychological interventions
- 10) Substance misuse support
- 11) Education and employment support
- 12) Maintain positive relationships with providers

With all of us in mind.

**Update:** The Team have been impacted by Covid with recruitment and being able to meet people in person, technology has helped to some extent and we have been getting to know services virtually. The team will 'go live' in the next few weeks and will enable us to meet service users and identify possible pathways put of hospital.

**Discussion:** A New kind of community team is needed, with more support to help people move out of hospital whilst keeping care and interventions at a higher level– working together.

Current social structures and housing need to match what is trying to be achieved to aid smoother transition including personal budgets.

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# West Yorkshire Peer Support

Thank you to everyone who took part in the 'West Yorkshire Peer Support Worker Strategy'

either via Virtual Workshop, small groups in your service or 1:1 interview.

All your suggestions and Feedback will help West Yorkshire Provider Collaborative create a future pathway for peer support in our region and could offer you the chance to evidencing your skill set and work towards becoming a peer support worker whilst on your recovery journey, help create a training package of 'what good should look like' in terms of peer support and benefit from having someone in that lived experience role to support you during your pathway into the community.

## Why do we need peer support?

**WORKSHOP 1:**

Discuss any experiences of Peer Support

What qualities does a Peer Support Worker have?

Why would peer based support be beneficial to you?

- o Gives Hope & Meaning for the future- a purpose
- o Recovery is seen as possible- you are talking to someone who has been through the experience
- o The person is able to understand the position you are in and listen
- o Shared coping strategies and advice on how to stay positive and recovery focussed
- o The Role is an opportunity to give back
- o In the support giving role you can see how far you have come yourself- it helps you stay healthy

"they have also been in hospital".

"Empathy, Non-judgemental. Good listener"

**WORKSHOP 2**

What support would you need to achieve pledges?

What pledges do you think you would need to move on to the next stage?

### Example of a Pledge Pack:

Completion of an approved Recovery College Course in Co-Production	Ward Representative Role e.g. Buddy	Written a contribution to a Newsletter	Taken minutes at a Community Meeting
Chaired your own CPA	Attended a Network Meeting at Sandal	Created a Poster for an event	Experienced presenting 'my journey'

"Its good they are individual everyone has different skills"

"It shows Commitment"



Stay Safe!

WHAT HAVE WE BEEN UP TO?

HOW DID WE SPEND LOCKDOWN?

Forest Lodge



ALLOTMENT

Making Birdboxes



Co-production workshops



- ▶ Collaborative Care Planning
- ▶ Safety
- ▶ Physical Health Passport
- ▶ Psych-education







## Walking Groups







# Sports Day 2020



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## WATHWOOD HOSPITAL

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- Patients forum and least restrictive practice monthly meetings in ward bubbles (included involvement volunteers via video link)
- Carers visits prior to lockdown maintaining social distancing and ward bubbles
- Carers links using skype on ipads to maintain contact
- OT staff assigned to each ward during lockdown
- Keeping Covid Safe training prior to community leaves (all patients)
- Increased Storybook Dads for patients who have contact with their children



## WATHWOOD HOSPITAL

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- Increased uptake for patients accessing horticulture and farmshop whilst closed to the public
- Education materials printed off for patients self isolating, also included quizzes and mindfulness art .
- More coffee mornings/smoothies on the wards to encourage getting people to share their feelings and open discussions.





## Newton Lodge



**Sir Tom Moore  
Commemorative Art**



**Priestley  
Mosaic**



**FEBRUARY** Irish Theme Leaving Party

**MARCH** brought lock down & stress! Quizzes bingo to alleviate

**APRIL** no section 17 leave so focus= ward based activities

**MAY** mosaic project

**JUNE** Queen's birthday; we celebrated with a royal buffet activities.

**JULY** Scarecrow competition

**AUGUST** Priestley's TV game show bonanza. The price is right, Catchphrase, Bullseye, Play your cards right, The generation game ending with It's a knockout

**SEPTEMBER** has seen a small amount of 'normality' as some section 17 leave and visits were up and running again

**OCTOBER** Halloween event, this again will be several activities, competitions and a buffet

**NOVEMBER** Bonfire night themed activities

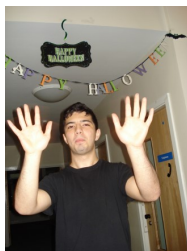
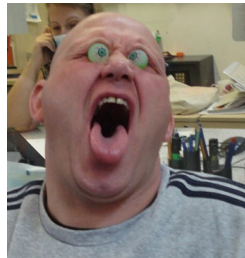




# Scarecrow competition



# Halloween





# Bretton & Newhaven



## Positive and Negative Impact of COVID-19



Gardening Sessions



Couch to 5K



Video Calling



Shed Clearing & Painting Project



Relaxation Sessions



No group cooking sessions



Restricted S17 Leave



Restricted Family Visits



Restrictions on student placements



Unfamiliar Staffing



# Stockton Hall

**THE LOCKDOWN**

**HALLOWEEN**

**CHRISTMAS SONG**

**Painting & Decorating**

**ART & GARDEN PROJECTS**

**Recovery College**

Plus  
 an Easter Hunt around the Hospital  
 Charity Car Wash  
 Sugar Week & Healthy Baking  
 Ward Cooks  
 Children In Need Bacon Butties -  
 £180 Raised!!

WELCOME TO STOCKTON HALL

OPEN SPACE  
 DUMBY & WALKER  
 BILE BEANS  
 FRESH STARTS  
 FAMILY TIME

*The Ideas that it inspires  
Floating and boating  
On a lake of thoughts  
And of much heartfelt desires*

*So float in the day  
And into star filled nights  
You will also note  
And find ways*

*Of taking your car  
Shining in chrome  
Up to the hilt  
Past red on the traffic lights*

*One day I will take my girl  
We shall be gone  
And I will take her out  
Too see the world*

*But sometimes  
Like me  
You shall see  
Adorning each and every front page*



*What is gone from unrest  
At least into teenage rampage  
But sometimes  
It's a pretty world*

*So what a lovely girl  
Can turn ugly to me  
But when I got  
A terrible lot or I am skint*

*I lay tonight  
With an old bint  
Or should it be someone  
Or a wonderment of someone or  
somebody  
Of a wonderment could ever be said*

*Into my arm  
In a loving way  
Every single day  
Of my life*

*By Simon, Stockton Hall 2020*





# Humber Centre:

- ⇒ Virtual Patients Councils have been taking place using the TV's in ward areas
- ⇒ We are taking place in a National Project for Learning Disability and Autism
- ⇒ Lands end to Jon O' Groats Challenge
- ⇒ Trust Recovery College is open- everyone is welcome- link can be found on the Yorkshire and Humber Website
- ⇒ Carer information booklet was created specifically detailing what's happening in Covid
- ⇒ Primary Care Team have started 'my health' booklets, designed a PowerPoint for the local university, coached the Board and offered educational afternoons for staff

# Newsam Centre

- ◆ **Patient experience survey all about lockdown with some lessons learned**
- ◆ **Bootcamp challenge- tasks are set each month to give you a full body workout over a month**
- ◆ **Walk around Europe Challenge**
- ◆ **Creating our own Christmas Song**



# Clifton House

- \* Bluebell Ward had a virtual fireworks display for Bonfire Night
- \* Riverfields raised £55 for Macmillan with a coffee morning
- \* Friday takeaway is now sorted by service users completely

## Waterloo Manor

Health & Wellbeing Award

Winner 2020



## DBT Roadshow



- Service user made and led PowerPoint presentation
- Stalls of interactive practical skills made by service users
- Demonstrations by service users
- Staff having a go- one of our doctors can be seen trying TIPP skills above
- **“helping you to help us”**



#nsua2020

# Yorkshire and Humber Newsletter

Do You like.....  
Writing Articles?  
Writing Poetry?  
Arts and Crafts?  
Then we need you!



Please note we will say in the newsletter who sent it in (first name and service) so if you would rather it was put anonymously then please let us know



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!!



Ask a member of staff to send us things via email or you can send them direct with access to our website below on the 'contact us' tab.