



REDUCING RESTRICTIVE PRACTICE VIRTUAL EDITION

Thank you to all who joined us for another virtual get together. In this Newsletter we will feature; all slides, Teams chat and graphics from Imagineer that rounded up the Network meeting so well and its theme of Reducing Restrictive Practice (RRP). We had a wonderful guest presentation from the Mental Health Museum about the history of restrictions and workshopped ideas around the 'hot topics' of vaping and how covid restrictions have impacted secure services. We also had a really great showcase from you all in the shape of the round robin!

Yorkshire & Humber Network Agenda

- 1
- 2
- 3
- 4
- 5

Tuesday 27th July 1.30-3pm

Microsoft Teams

Reducing Restrictive Practice

	Welcome & Introductions
	Ice breaker
	Involvement Network Update & SeQuIn Tool
	Mental Health Museum Restrictions and Restraint
	Virtual Workshop Pros and Cons of Vaping What is your service stance on Vaping? Positive experiences to share?
	Virtual Workshop Covid Restrictions– how have they impacted you? Have blanket rules returned? Any Restrictions lessened?
	Round Robin Over to you...

MEMBER CENTRES:

- AMBER LODGE
- WATHWOOD
- BRETTON CENTRE
- CHESWOLD PARK
- CYGNET BIERLEY
- CYGNET SHEFFIELD
- FOREST LODGE

Thank You!





Feel pretty good – a bit warm though!!

Hungry!

I'm really well and very happy to be here to hear more amazing things from everyone in Y&H Network!

Hi

Ice - Breaker

- Add an emoji or GIF or type a word in the comments & let us know how you are doing today...



Ready

Yorkshire and Humber Involvement Network Updates



- Website Blog – PRIDE
- Training – RRP
- Strategy Template (and strategy update)
- SeQuIn Tool – end August reporting
- Y&H Network Film! October Meeting!
- Information Requests – on website
- Ask the Network
- Service Engagement Plans – new accessible page
- Provider Collaborative work-streams



WHAT'S GOING ON?

UPDATE & SEQUIN TOOL



WEBSITE -BLOG
-PRIDE



SEQUIN TOOL
END OF AUGUST
REPORTING

TRAINING
-RRP

STRATEGY
TEMPLATE

INFO REQUEST
ARE NOW SHOWN
ONLINE

NETWORK FILM
-OCT MEETING



PROVIDER COLLAB
WORKSTREAMS

SERVICE
ENGAGEMENT
PLANS



Explore.
Empower.
Share.



NHS
South West
Yorkshire Partnership
NHS Foundation Trust

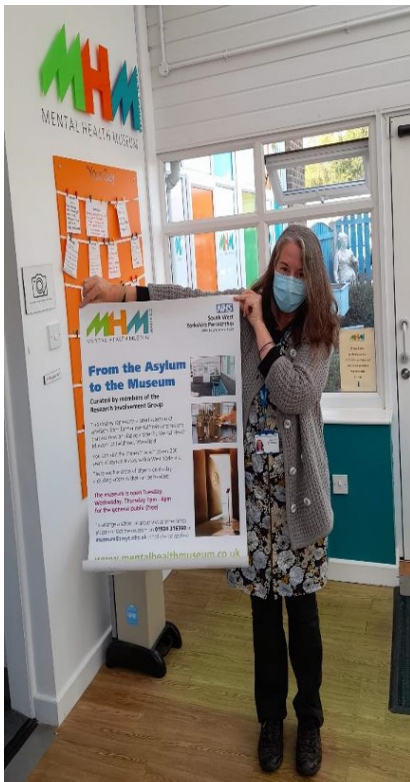


Today's session

About the museum and what we do.

How you can get involved!

Thinking about restrictive practice and restraint. If any of the objects or information discussed makes you feel in any way upset please do raise this with a member of staff who will be able to signpost you to helpful resources.



What do we do?

In the museum we like to start conversations.

Through our collection we tackle stigma and explore ways of helping recovery.

We discuss difficult subjects.

We include many different perspectives.

We co-produce our narratives.

We reflect and learn from the past to move forward.

Mental Health Museum

- The Museum is based at Fieldhead Hospital in Wakefield.
- The hospital provides a range of mental health, learning disability and community services.
- We explore the history of mental health care from the early 19th century to the present day.
- Our collection represents some of the objects from the asylums at Wakefield, Menston, Sheffield and Huddersfield as well as more recently collected items.
- We have objects, photographs, archive material and a reference library.
- We have started to collect oral histories.



Mary Frances Heaton samplers

How can you get involved?

Input into our conversation: we invite everyone to get involved in exploring and narrating the history of mental health treatment and bringing their own perspective. Let us know what you think!

Initiatives like A Day in the Life really help us share and build understanding.





Restrictions and Restraint

How was daily life in the asylum organised?

How was restraint used in the past?

How did people respond to this?

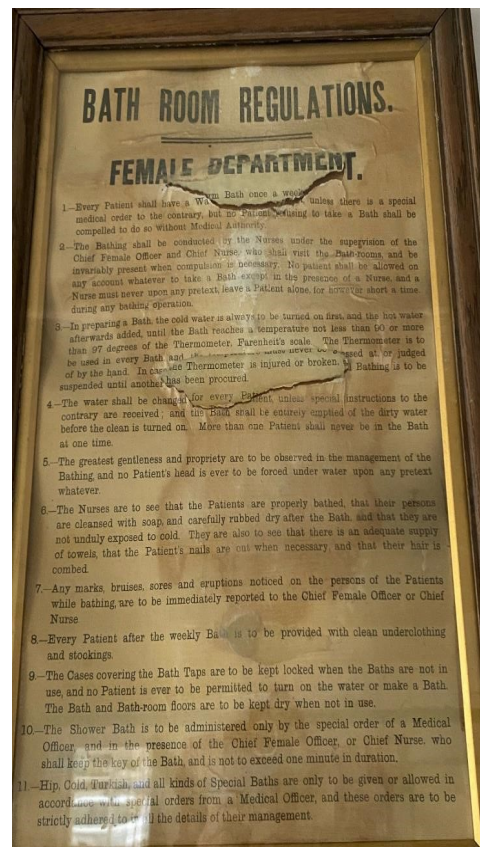
What has changed?

How life was ordered in the asylum

- In the 19th century asylum life was controlled by many rules. We have some documents which tell us more about this, including the Bathroom Regulations and the Attendants rules.
- The day ran from 6am with bedtime at 7.30pm with time allocated for different activities. Patients were observed at all times.
- Some of these rules helped the staff look after people, but there was no privacy or room for choice.
- Patients had no voice in determining what happened to them: treatment was decided by medical staff alone, service users were not consulted.



Everyday items were branded with the asylum logo. Any personal objects brought into the asylum were removed.



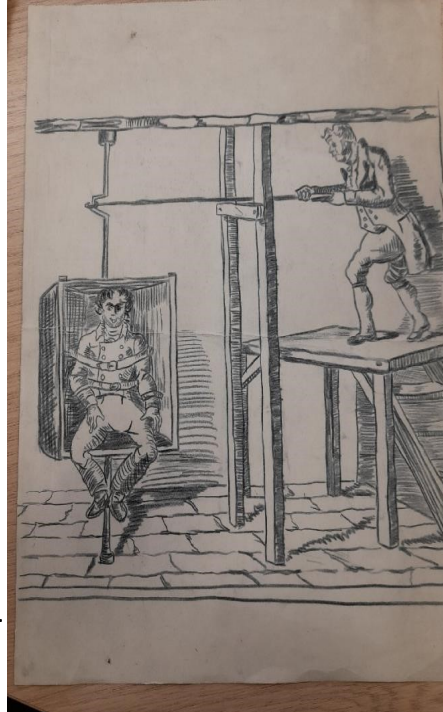
Identity

In the 1800s patients did not have their own clothes and the allocation of asylum clothing was shared by everyone on the ward.

However by 1928, patients, particularly females, were encouraged to wear their own clothing and shoes.

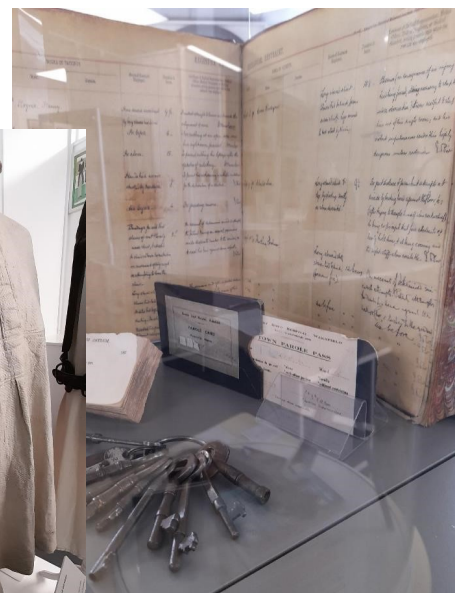
Treatment

- Treatment has always been debated, disputed and revolutionised across many centuries.
- In Medieval Britain people with mental health problems were often subjected to very cruel and barbaric practices including mechanical restraint.
- New ideas around 'moral therapy' in the 18th century emphasised different approaches: a rural environment, work routines and physical activity instead of harsh and abusive regimes.
- The asylum in Wakefield was influenced by practice at the Retreat in York.
- Some patients regarded as incurable were still treated with great cruelty. Leather, iron and heavy fabrics were used to control and restrain patients. Particularly brutal treatments included the circular swing.



Using restraint

- Even though attitudes were changing, the first director William Ellis approved of using mechanical restraint as a way of restoring sanity and liberty.
- 'the evil was not in the use of restraints but in the abuse of such remedies.' Sir John Laws, 1841.
- 1840s non restraint movement began.
- 1858: Dr Cleaton Medical Director: recreation, work and good staffing levels meant restraint 'never employed.'
- Register of mechanical restraint c.1890-1959 authorised under the Lunacy Act, 1890. Includes name of patient, means and duration of restraint and grounds upon which it was employed, including use of isolation or seclusion.

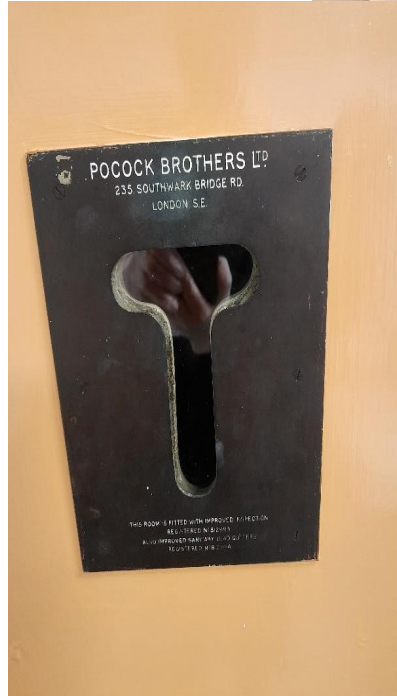


Locked boots in the museum collection

Care or control?

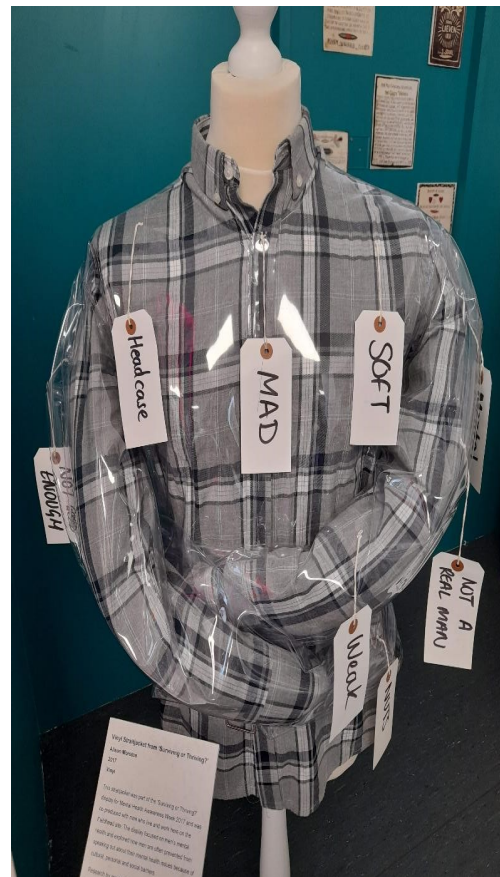
Calming spaces?

- 1840s use of padded rooms begins at the asylum.
- Continued until the 1940s, although regulated.
- De-escalation rooms are now used.
- 'If we can develop a different way of protecting people who are suffering dangerous, confusing, severe psychotic episodes then we will use it. Until then I believe in using de-escalation rooms – they are far from perfect, but I know they have saved lives.' Anon.
- Medicines began increasingly to be used to control behaviour.
- Some people believe this medication is no better than mechanical restraint, others that it has saved their lives.



Bringing about change

- Practices in asylums and hospitals were increasingly monitored as new ways to manage patient care were adopted.
- Many practices were completely banned.
- Personal clothing and objects were allowed.
- Service users became involved in their treatment pathway.
- Environments became more homely with private facilities.
- What are your views?



Thank you!



NHS
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Yorkshire Partnership
NHS Foundation Trust

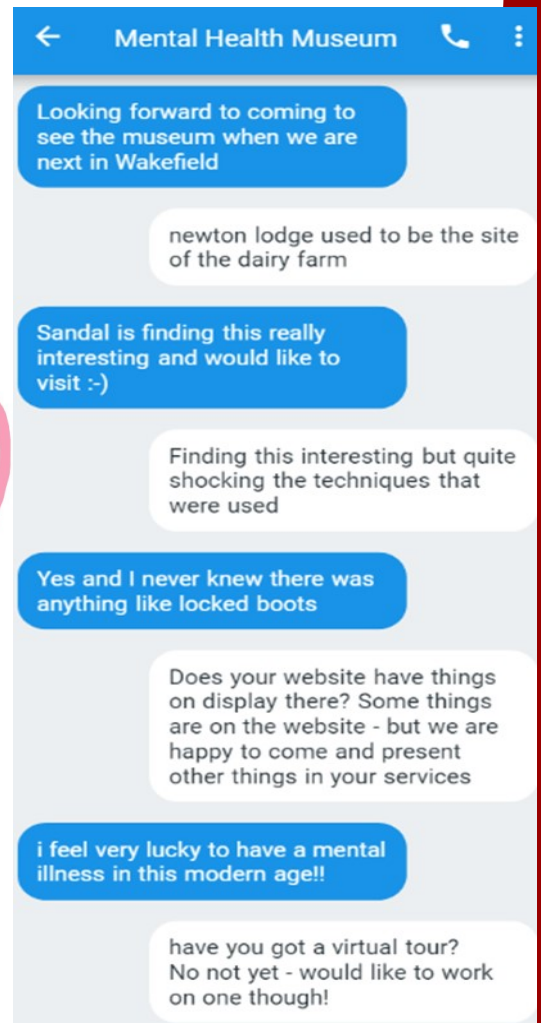


MHM WAKEFIELD
MENTAL HEALTH MUSEUM



With **all of us** in mind.

www.southwestyorkshire.nhs.uk/mental-health-museum/home/



Virtual workshop



What are the Pros and cons of Vaping in secure services?

What are services current stance on Vaping?

Any experiences of introducing Vaping to share?



SWYFT - we have e-cig but limited to 1 per day and limited to only 1 type which doesn't need a charger as our fire officer wouldn't approve any chargers sue to the fire risk

On one of our wards, service users can vape freely. On our other ward, service users have to be with a staff member in the garden. This can be quite challenging for people when staffing is low. We do have e-burns that people can use in doors. Forest Lodge

At Newhaven we have E Cigs which are bought from a vending machine. This can be a problem if people can't get off the unit : (

At Forest Lodge we have e burns up to 3 a day. (People can used their own cigarettes outside

I'm not smoker a smoker but i can see the appeal. But is too expensive and cause trouble

Humber has a vending machine but the level of nicotine is high and there is no choice about the level. Many problems currently. Humber will not allow chargeable e cigs due to the incidents of them setting on fire.

Newsam centre-we have vapes and they are free for use, up to 2 a day

At Cygnet we have e-cigs but they are limited to 2 per day and we are currently attempting to introduce an alternative e-cigarette so the service users have choice to wean off smoking using the alternative e-cigs

Notts trust is maintaining smoke free sites, however vapes are permitted on unescorted leave, until more research is done on the effects of passive vaping. Also fire risk when charging

Newsam -cons-our service users would like to have these available to them at all times, they are currently given out at set times throughout the day, they are used in bedrooms and outside

Sheffield have just recruited a "Quit team" who will go into words to support people to Quit. NRT is readily available and used well but as well as e-burns and e cigarettes

Stockton have just approved the use of vapes and will hopefully be introducing them in the next few weeks via a vending machine.



PRO'S

- HAVE CHOICE
- HAVE ACCESS IN CERTAIN PLACES (ROOMS)
- LOOKING FOR ALTERNATIVES

CON'S

- SETTING ON FIRE
- CAN BE EXPENSIVE
- BOUGHT FROM VENDING MACHINE - SOMETIME AN ISSUE
- NOT ACCESSIBLE EVERYWHERE (SERVICES)
- QUALITY PRODUCTS NEEDED
- NEED TO PUT LIMITS ON

People choose to smoke on leave but have to return to vaping in hospital
 A Quality Vape brand will last longer
 Main stream vapes are cheaper and better quality, not needed as frequently
 Vending machines can be in areas that are off ward and not accessible
 Single use vapes are expensive and there is no choice e.g. flavour and nicotine strength
 Newsam Centre– Up to 2 vapes given each day for free
 Newton Lodge– 1 E-burn per day (=30 cigarettes)
 Cheswold– can be used in communal gardens and bedrooms, choice of single use or tank battery reusable
 Waterloo– tank battery options, charge in office, use in courtyards
 Other chargers can be kept in rooms e.g. phone, why not Vape charger?



Virtual workshop

Covid Restrictions- how have they impacted you?

Any Restrictions lessened during covid?

Any blanket rules returned?



The restrictions have impacted on when our service users can go out. It has created more challenges when thinking about organising groups and ensuring we are socially distanced. It is hard to integrate with the community when the community is closed.

No family visits during lockdown was really tough

Meeting people virtually has been good. Difficult to see placements. WE did an Olympics at Newhaven which was good but not getting out to community things like allotments, foodbank, farm etc really difficult.

on the plus side when we were in full lock down a lot of SU lost weight as they couldn't walk to the shop to buy crisps and chocolate!

IPC rules mean staff have more restriction upon them and delivering group activities still very difficult meaning they have to be replaced by 1:1 sessions but that means that we cannot deliver as much to as many

No group, mixing wards, really impacting on staff resource and restricting activities/sessions



COVID-19 restrictions



COVID RESTRICTIONS



Service Users find the rules around isolation very difficult to stick to.

It was difficult to find the right balance between ensuring safety but being as least restrictive as possible

Newsam service users now have access on the ward which they didn't .

Restrictions on leave have affected me. but allowed me to use technology better and improved my IT skills

Not mixing between wards is tough and i know only allowing 1 visitor at a time is tough when a visit from family groups is wanted

Our ecig policy changed during lockdown. We used to have 15 mins per hour in the ward garden prior to lockdown, now it's free roam in bedrooms and ward garden

Cross pathway/ mixed ward groups- not yet returned- would be beneficial for service users with shared interests/intervention requirements

really improved re IT however patients are now saying they do not like the virtual meetings and find it very difficult to feel involved. Unfortunately we are still not mixing wards and have restrictions in place re how many people are allowed in one room in order to meet.

Newsam are not mixing between wards, trying to arrange service user council meeting shared between wards outside, we are working on it but still not able

Newsam wards had to go out at different times on their grounds leaves, this was restricting service users and was lifted last week

And the PAT dogs are back :)

We have been impacted via Covid due to restrictions on room capacity as well as wards being unable to mix. No visits for quite while. More access to skype machines to help service users keep in touch with family and friends. Weight loss has been evident but less or no gym permitted at times.

patients and staff can no longer able to enjoy social activities on the ward involving eating and drinking. Our patients love to cook for themselves and staff and share a meal together, or home baking treats when doing quizzes etc. Staff not allowed to take off masks in front of patients inside. only to briefly drink or have ice lollies !Patients complaining about this, when they say weve all been double jabbed and have regular covid tests.

Covid is having a big impact on our staffing shortages currently and this is restricting leaves, therapeutic activities - Newsam

dave ogden - they are now called 'pet befrienders' it says on their ID badges & scarves!

wathwood have a peacock befriender!

That is fabulous!!



Ceramic Crockery

Clifton House restrictive practice issues....big thank you to all service users who gave us feedback on the use of ceramic crockery on wards. This gives us evidence to challenge why as low secure rehab ward are not allowed these.

Holly fantastic response for that Ask the Network question! think it was our best ever thanks all!

'Ask The Network' now has its own section on the Yorkshire and Humber Website- please go have a look at all the previous questions asked here:

[Network Resources - Yorkshire And Humber Involvement Network](#)

If you have a question to ask the network, email Holly Jo or Charlotte and we will circulate around the network and share all answers received

<i>Potential Covid Restriction</i>	<i>Newton Lodge MSU</i>	<i>Humber Centre MSU</i>	<i>Newhaven LSU</i>
Mixing Wards Indoors?	No	Not currently	We are a standalone unit
Mixed Group Therapy? (e.g. Recovery College)	No	Not currently	As above
Mixing Wards Outdoors? (e.g. Football)	No	Yes for football	As above
Gym open?	Yes – 1:1	yes	Yes
Shop open?	Yes – Staff attend on behalf of SU's/Ward Area	yes	No shop but access to facilities on the site (Café and Restaurant, vending machine out of hours.)
Smoking/ Vaping?	Yes - No changes	yes	E cigs
Hairdresser available?	No	Not currently	No
Section 17 happening?	Yes - but some limitations remain (i.e., leaves further afield only allowed if part of active discharge plan)	yes	Yes
Access to hospital vehicle?	Yes – PPE requirements remain in place	yes	Yes
Public transport access?	Yes – advisory note to SU's to avoid if/where possible	yes	Yes
Visitors and precautions?	Yes – precautionary approach remains (1 visitor at a time with time limits and pre-arranged socially distanced seating areas)	Yes with restrictions	Yes
Home Leave?	No – But has been raised with Senior Management through One Voice	Not currently	Yes
Mobile phone access?	Yes – no changes	yes	Yes
WiFi/ Internet access?	Yes – Limitations to accessing internet suite due to extra demands on the facility (through S17 leave limitations). This is easing off as time is progressing however	yes	Yes
Online ordering?	Yes – Through internet suite as previous	yes	Yes

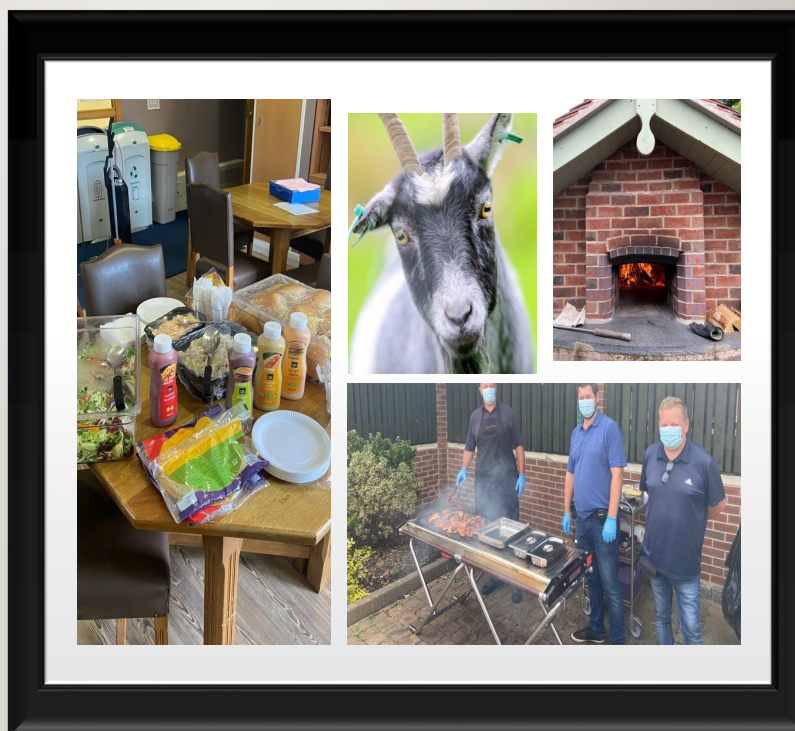
Potential Covid Restriction	Bretton Centre LSU	Waterloo Manor LSU	Clifton House LSU	Moorlands View LSU
Mixing Wards Indoors?	No	Yes	Not mixing	no
Mixed Group Therapy? (e.g. Recovery College)	No	Yes (limited numbers due to social distancing)	No	outdoors
Mixing Wards Outdoors? (e.g. Football)	No	Yes	No	yes
Gym open?	Yes	Yes (External Personal Trainer not yet returned due to risk assessment)	Yes	yes
Shop open?	N/A	Yes	Not applicable	n/a
Smoking/ Vaping?	Yes	Yes- any style vapes, courtyard	Yes	yes
Hairdresser available?	No	Community only	Not applicable	no
Section 17 happening?	Yes	Yes	Yes	yes
Access to hospital vehicle?	Emergency or aiding discharge only. Not for leisure.	Yes- allocated to wards for group leave	Yes	yes
Public transport access?	Yes	Yes	Yes	yes
Visitors and precautions?	Professional visitors are virtual only; SU Family visits are 1 person only.	Yes, social distancing & PPE	Yes	yes
Home Leave?	Yes	Yes- unescorted	Yes	yes
Mobile phone access?	Smart phones on Ryburn, non-smart phones on Thornhill & Sandal	Yes- Smart tech individually care planned	Yes	yes
WiFi/ Internet access?	In the IT suite only – no phones allowed in IT suite, can only use computers	Yes- Tablets for visits available	Yes	Smart phones & tablets
Online ordering?	Yes	Yes	Yes	yes

Round Robin



WATHWOOD HOSPITAL HEADLINES

- **HEADLINES**
- BBQ Time across all four wards.
- Pizza oven fired up for the lodges.
- Sports Day.
- Recovery College courses.
- Patients interview panel
- New hairdresser employed cheaper and all types of hair.
- **CHALLENGES**
- Getting outside areas up and running following building work.





SPENCER WARD!!



CYGNET SHEFFIELD

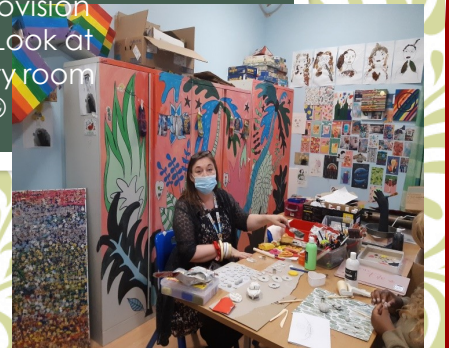
Smart phones are now individually risk assessed for service users ☺

Service users felt that staff were always busy when they needed them. Additional staffing from the MDT has now been provided and these staff wear the rainbow lanyard to show they are available to help and support ☺

Reducing Restrictive Practice!

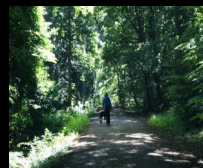
Whilst we continue to promote smoking cessation we appreciate it can be difficult for service users and we now facilitate an early morning group for people to smoke ☺

We now have a full time Activity Coordinator to increase activity provision on Spencer Ward. Look at the amazing activity room she has created!! ☺



We have been planning for our Olympic event in which we have planned a three week active and creative timetable with patients. At the end the event, we will hold a careers event for patients family and friends to come and celebrate their accomplishments.

AMBER LODGE



We have continued to increase access to the community through shop runs, work placements, walking group, family visits, planned trips. We are planning trips further a field as restrictions ease more.

We celebrated the NHS 73rd Birthday and raised over £130 for cancer research. On the day we had games, competitions and patients who volunteered to have their hair and beards shaved, for charity.



We have colour coded our menus to help our patients to make a more informed choice around their diets. This runs alongside the subjects in the healthy lifestyles group and information provided about food groups and balanced diet.

Newton Lodge

- Beyond Barriers Group – A small group for Priestley Ward SU's has commenced, aimed at those with no leave and/or limited access to outside world due to their MHA section (e.g. 47/49) to explore impact/feelings of this position and promote positive coping strategies ☺!?
- Courtyard Project – Courtyards in Bloom – Unit wide project to improve and promote Courtyard areas through horticultural advice/ assistance for Horti Therapist (prize for best space!) Individual courtyard project is being designed/worked out for Priestley Ward to include raised beds and planters from upcycled materials. 🌸🌿🌱
- Priestley Ward BBQ (risk assessments pending to accommodate extra Covid restrictive measures) 🍷🍷
- Cinema Group (Priestley Ward) – Names currently being taken for recommencement of this group (previously halted due to Covid) 🎬
- Euro 2020 – Priestley Ward sweepstake and social evening throughout as requested (not coming home unfortunately!) 😊

- **Yorkshire Day Event – 31.07.21*** – Priestley Ward event celebrating everything Yorkshire 'sithi (see attached poster) to include Yorkshire themed blind eating competition, sporting activities such as flat cap throwing & welly wanging, Yorkshire dialect deciphering comp, ferret racing (no animals will be harmed during these events), to be finished off wi & a neet at' dogs (DVD). Teas provided by Catering Dept. will of course all be a Yorkshire themed menu (everything with Yorkshire puds basically 😊) (*disclaimer: Due to God's Own County Day dropping on a Sunday this year, we are having to hold it on 31st July in case anyone highlights!) 🌸

Priestley Yorkshire & Sport Event
Friday 30th July

GODS OWN COUNTY
Famous for its
DIALECT and YORKSHIRE PUDDING

Wi'll be reyt chuffed t'sithi

Welly wanging Flat cap frizby
Be a sport and join in!

- **National Service User Awards Ceremony 2021** – We had one of our Service Users (JF) nominated for an award at this years ceremony! Unfortunately he was not shortlisted as a finalist this time but the Judges feedback was that they were very impressed with his extremely positive and supportive contribution to the Ward (Staff & SU's). This included areas such as Artwork, Recruitment, Volunteering (Kitchen Work), and Peer & Involvement Network Support (see previous poster of examples attached) 😊



- **Canine Befriender Group** –We have provisionally requested a date (12th August) for the reintroduction of the PAT Dog into our area! It is hoped that individuals can access the Dog for petting or even walk around internal ground where individual access permits (get down Shep!) 🐾
- **Covid Restrictions** – We are working closely with Senior Management to liaise, discuss and communicate any possible forthcoming Unit wide changes post National Guidance announcements (expected 19th July 2021). This will include addressing SU Community Meeting questions around personal access to Unit Shop, more than 1 visitor per person at a time, increases in escorted S17 leave e.g. Home Visits. ☐
- **One Voice** – Mentioned previously for the opener back in May, but we have the next event scheduled for 23rd July 😊



Bretton Centre

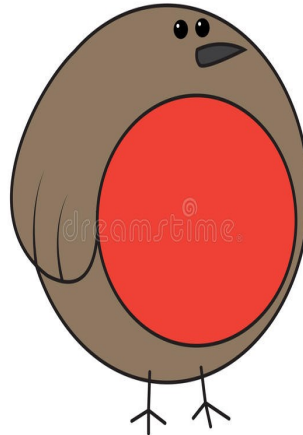
Round Robin

Visits to local allotments

More gym trained staff to provide gym sessions

Increased S17 Leave

Smart phones allowed on Ryburn



Repainted Pride bench

Introduced walking groups twice a week

Digital Inclusivity

Improved gym equipment

Allocated time
In the court yard for
E-cigs to prevent e-cig
ban

NEWSAM CENTRE

- Your Views meetings-weekly feedback from the service users, restrictive practice is regularly discussed. These are held on the ward by staff and sometimes ward managers attend. The feedback goes back to team meeting and issues are then escalated to monthly clinical governance. The most common themes raised by service users are around smart phone access and vape access, these are currently allowed but at specific times and in certain areas.
- We also discuss changes in our daily safety huddle if this is relevant-for example due to risks on the ward currently the kettle is under locked access however we are reviewing this risk daily to reduce restrictive practice and allow ward access as soon as possible.
- Monthly 'restrictive practice' meeting on the ward where all restrictive practices are reviewed with service users and suggestions go to clinical governance.
- Monthly 'service user council' meeting is restarting on Tuesday, restrictive practice is a category for feedback and discussion as an agenda topic.
- Monthly clinical governance meetings-service users issues are then raised amongst ward managers and leaders to discuss and feedback.



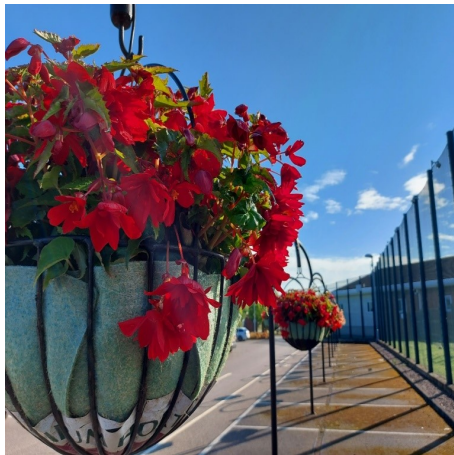
Clifton House



HUMBER CENTRE ROUND ROBIN

- First involvement strategy group meeting- July 28th
 - Health stars and wishes
 - RRP group to re start in Sept
 - National CTR policy review.



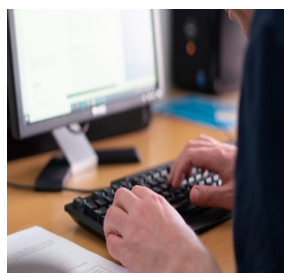


- Recovery College students have co-produced staff training, around Reducing Restrictive Practice
- Our OT team can offer more vocational patient jobs now that lockdown restrictions are easing, such as Chesbucks training Café & Gym Assistant.
- Our Education students have been busy replanting all our hanging baskets at the front of the hospital.
- ...And our Recovery College employ a team of students to water and maintain all of them!



 Cheswold Park

- Many of our community groups have now restarted, such as:- Cycling Group, Green Gym and Walking Group



- We are re-forming our Patient Engagement Council and are currently looking for reps from each pathway.
- Speech and Language Therapy now run Construction Therapy Sessions on a number of wards.
- Our Education students have been busy planting all sorts of fruit & veg in our polytunnel.



 Cheswold Park

- We have revised our Mobile Phone Policy which allows patients access to a Smart Phone on ward with certain conditions.
- Our Recovery College is currently undertaking their 6 monthly survey around what our students want to see from our Recovery College



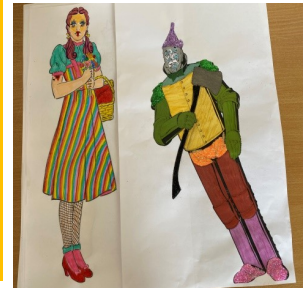
Waterloo Euro's 2021

Anti- Bullying Posters- Recovery & the Arts
 Jungle Mural- Recovery & the Arts
 NSUA
 Service User Judging in Breaking Down Barriers Category for NSUA's

Waterloo Manor



A day in the life of a service user now comparison to a day in the life of a Stanley Royd Patient in the 1830's – Twitter & Mental Health Museum



Pride Artwork & Party
 Recovery College Term 11

CYGNET BIERLEY'S PRIDE DAY

Mocktails!

Courtyard Sports!

Bake Sale!

£38 raised!

WE AT CYGNET BIERLEY CELEBRATED PRIDE DAY BY HOLDING AN ALL-DAY COURTYARD SPECTACULAR! FILLED WITH MOCKTAIL MAKING, COURTYARD SPORTS, A BAKE SALE, FACE PAINTING AND COURTYARD DECORATING. RAISING £38 IN THE PROCESS! THIS WAS DONATED TO MINDOUT!, A LGBTQ+ CHARITY THAT WORKS WITH MENTAL HEALTH.



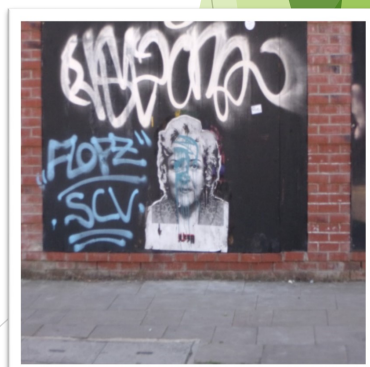
Forest Lodge Round Robin



Service User Photographs June 2021

Photography - Exploring Urban and Rural Sheffield...

These amazing photographs were taken by one of our service users whilst out on a walking group exploring the local countryside in Sheffield.





For Pride Month in June Forest Lodge celebrated with a beautiful home made rainbow cake, drinks and a group discussion about common flags, what Pride is, where it came from and why it is important.



Psychology at Forest Lodge



We have continue to offer groups at Forest Lodge:



We have the 'Walk of Fame'. This group encourages staff and service users to think about famous people who have experienced mental health challenges and to put a deeper understanding to their experiences.

We have the 'Chill out Zone'. In this group, staff and service users can practise relaxation techniques.

We are starting to introduce 'Safewards' to Forest Lodge to help people feel safe and supported.

We also invited an expert by experience to talk to staff about the importance of trauma informed care.



Safewards





Humber Coast and Vale Provider Collaborative Commissioning team perspective



- Expectation for mental health services and commissioners to commit to reducing restrictive interventions
- We want to
 - Help services reduce restrictive practices as much as possible
- We ask services about
 - Physical restraints
 - Seclusion and long term segregation
 - Rapid tranquillisation – use of sedative medication by injection
 - Blanket rules or bans
- We visit wards and hospitals and get reports from CQC and quality review networks



Reducing Restrictive Practice

- **All services within the Provider Collaborative have approached RRP in different ways, and in each of the area SU's have 'preferred' different things and approaches.**
- **Going forward the Provider Collaborative will need to:**
 - Create opportunities for services to share learning and best practice across the Collaborative to jointly determine best practice which could be adopted universally.
 - Utilise data from SEQUIN to determine key areas of focus
 - Use data from the various initiatives to determine what might work best e.g. have incidents reduced.
 - Ensure service users are involved in RRP at all levels across West Yorkshire. Commitment to reduce restrictive practices.
 - Ensure all services implement a recovery-based strategy to minimise restrictive practice.
 - Focus on positive behaviour support for service users.
 - Identify what is and is not considered restrictive practice.
 - Have policies, guidelines and plans to support staff.
 - Provide support and training for staff.
 - Improved systems to collect data and then use the data to inform change.

Challenges

- Always difficult to impose a 'restriction' for example upon the whole ward for safety or security reasons when the 'risk' does not apply to everyone
- Service Users having to isolate during the Covid outbreak on Hepworth ward, they have felt restricted not being able to leave their bedroom. Also the new admissions having to isolate as per IPC policies. Something Hepworth Ward have done to improve on this challenge is we have worked with the OT on the ward and provided activities for the Service Users to do in their bedroom such as building aircraft models, painting canvases, providing books from the library etc.
- The main challenge facing OT is the current restrictions on groups and ward mixing. This has led to more 1:1 sessions, which stretches the staffing resources and reduces how many sessions/activities can be offered to Services Users. When these lift, capacity will increase.

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 WANT TO
HEAR FROM 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!!



Ask a member of staff to send us things via email or you

Contact Holly, Jo or Charlotte for more information hnf-tr.involvement.network@nhs.net

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