

HEALTH & WELLBEING CQUIN MEETING



Welcome to the summary newsletter from our Virtual CQUIN Meeting on the 12th October 2021—We opened with an autumn mindfulness exercise, and presented on health, wellness & wellbeing. We looked at how your hard work has helped influence CQUIN reporting for the rest of the year; to include **wellbeing** presented collaboratively, in a creative and fun way! We also heard from services about all the great wellbeing initiatives that are happening. Well done and keep going!



Health & Wellbeing CQUIN

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- 5

Microsoft Teams
12/10/21
2-3pm



Bring a Drink and Healthy Snack



Next meeting:
14.01.22
2-3pm



	Welcome — Introductions
	Icebreaker - Charlotte
	Discussion CQUIN Update—Jo
	Presentation Health, Wellness and Wellbeing - Jo
	Group Update Verbal feedback from you
	Next Steps Plan for next meeting

Thanks to everyone for the updates &



Autumn Mindfulness



Without further ado, let's start to unwind.

Wherever you are, take a few seconds to get as comfortable as possible, and focus on your breathing.

Inhale for 4 seconds.

Hold your breath for 4 seconds.

Release your breath for 4 seconds.

Repeat this 2-3 times.

Now. Take a look at the photograph and imagine yourself there:

Visualize yourself walking through a forest along a dirt trail.

The air smells like warm spices, and the sound of birds chirping fills your ears.

Leaves crunch underneath your feet and your eyes take in the bright autumn colours all around you.

As you continue on in the forest, what else do you sense?

Sit and think of this scene and focus on your breath once last time.

As you go throughout your day, think of the Autumn forest.

“Breathe: Take one minute... to change the next hour”

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

Healthy Weight CQUIN update for 2021/22

Update:

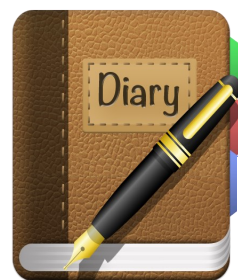
- Following on from the Forensic Catchment Group meetings held in June / August a proposal has been submitted to the regional specialised commissioning team to make the current Healthy Weight CQUIN more meaningful and focussed on wellbeing. Clearly a lot of thought from service users, clinical teams alongside the involvement team has gone into this proposal and clearly makes sense to listen and adapt this CQUIN on a local agreement if this will lead to a more holistic healthy change. With this in mind, we would like to support it.

Reporting:

- To make the reporting against achievement more co-produced the reporting will be based on each service providing a narrative on how progress is being made. Support in terms of reporting can be had from ourselves including the involvement team. Each service can be as creative as they want so don't let a template hold you back in how you want to celebrate the work you are doing.

How can we get creative with CQUIN?

- Reporting asks for *collaboration*- working together to feedback
- We know services are already doing great things, keep a diary to share
- Take photos of all the great activities that are happening that link to health or wellbeing
- Make a short film
- Ask service users and staff for quotes
- Write a newspaper article summary
- Write a poem or sing!
- Do you have any ideas?



At Amber Lodge we have a newspaper written by service users that includes photos, service user and staff quotes on all the activities we do. We hope this format can be used to capture our health and wellbeing initiatives too

Health, Wellness & Well-being



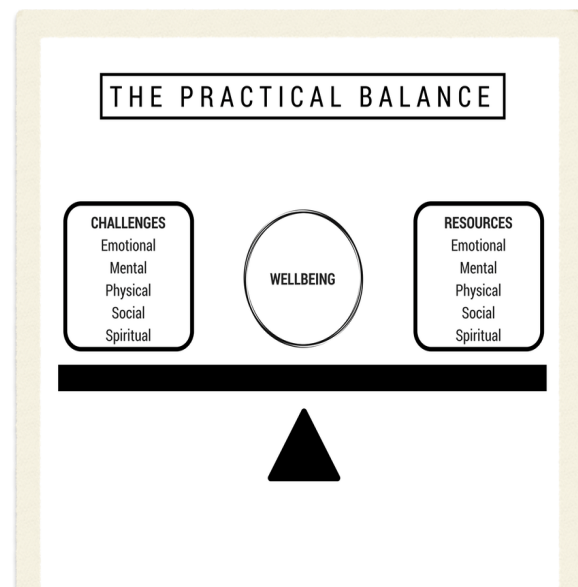
What does wellbeing mean to you?

- “The state of being comfortable, healthy or happy” Oxford Dictionary
- “The condition of being contented, healthy or successful” Collins Dictionary
- How do you define wellbeing, and how do you think wellbeing can be improved in your life?



Bringing Balance in your Life

- What does balance look and feel like for you?
- Give some examples where your life isn't in balance at the moment
- How could you become more centered?



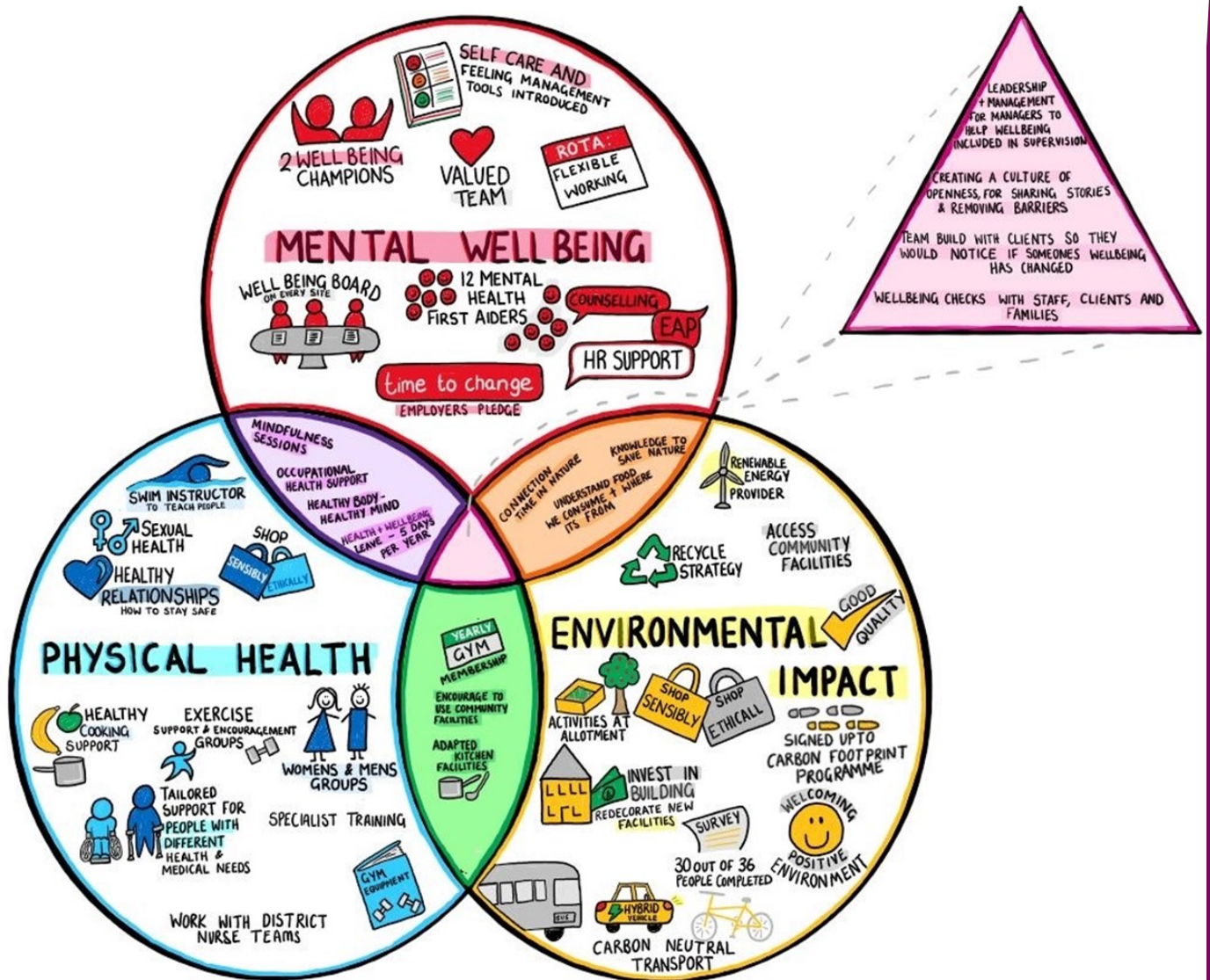
You can make your own well-being wheel or look up lots of options on the net. You score each triangle wedge 1 to 10

1-3 you have work to do for this wedge to find balance

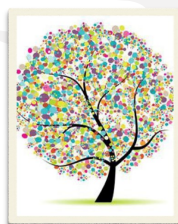
4-6 you are on your way to wellbeing balance

7-10 you are thriving in this area, balanced and are upkeeping wellbeing

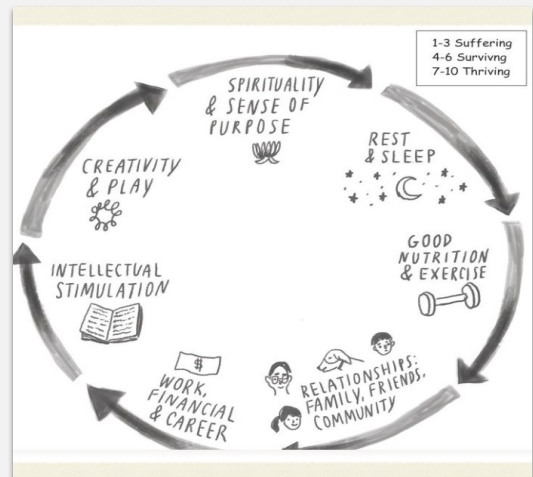
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The Wellbeing Wheel – and the GROWTH model



- **Goal** - What do you want?
- **Reality** - Where are you now?
- **Options** - What could you do?
- **Will** - What will you do?
- **Tactics** – How will you take action to achieve your goal?
- **Habits** – How will you ensure you keep on achieving your goals?



The GROWTH model can help you achieve your SMART goals



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Finding Your Wellbeing Solutions

- Your values and what is important to you
- Making new and more helpful habits
- Reframing your emotions to become more positive for you
- Reduce stress and find your right balance
- Coping and food relationship - FAB cycle
- Meditation and breath - Starting with a minute
- Self care and Self love



A Simple Self-Care Recipe

a spoonful
of rest

abundance of loving
connections

a sprinkle of
meditation

a handful of
affirmations

an ounce of
fresh air



a dollop of
movement

Feedback from you!



What are the issues currently for you in your service to implementing the CQUIN?



Are there any feedback, questions, comments, concerns about the new direction/reporting - and how this will impact your work?

Cheswold Park:

The CQUIN needs to be about what is important to the individual, its not just about weight and exercise, that is important, but its about the overall picture

Bretton Centre:

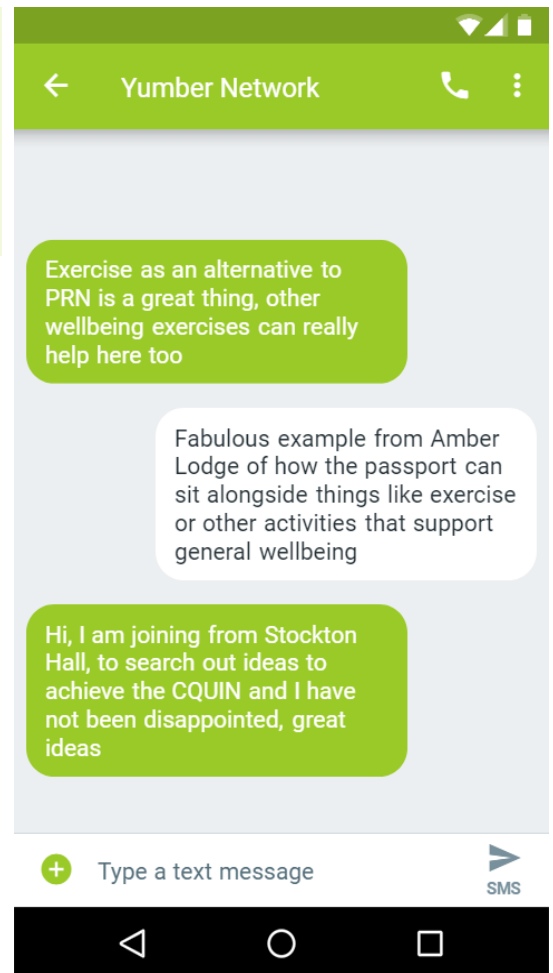
Medications can put weight on, even when you are trying hard

Jo:

Everything in moderation, it is all about 'balance'
Wellbeing is also for staff too- doing things together helps commitment

Amber Lodge:

A service user has joined us and completed a health passport and found it helpful, never completed one before "I enjoy jogging" "going to the gym makes me feel confident"



“Small things make people feel good, remember the physical, mental & environmental options. Be innovative!”

“ A good laugh is like a work-out”

Newton Lodge:

It feels like we are playing catch up...

Restrictions on people getting out (longer walks)

Restrictions on internal facilities like the Gym (one at a time)

Restrictions on people mixing from different wards (no team sports)

We have missed out, due to covid, for the last 2 years on our 'Lodge Fest' which was a big event around physical and mental agility and good for 'wellbeing'

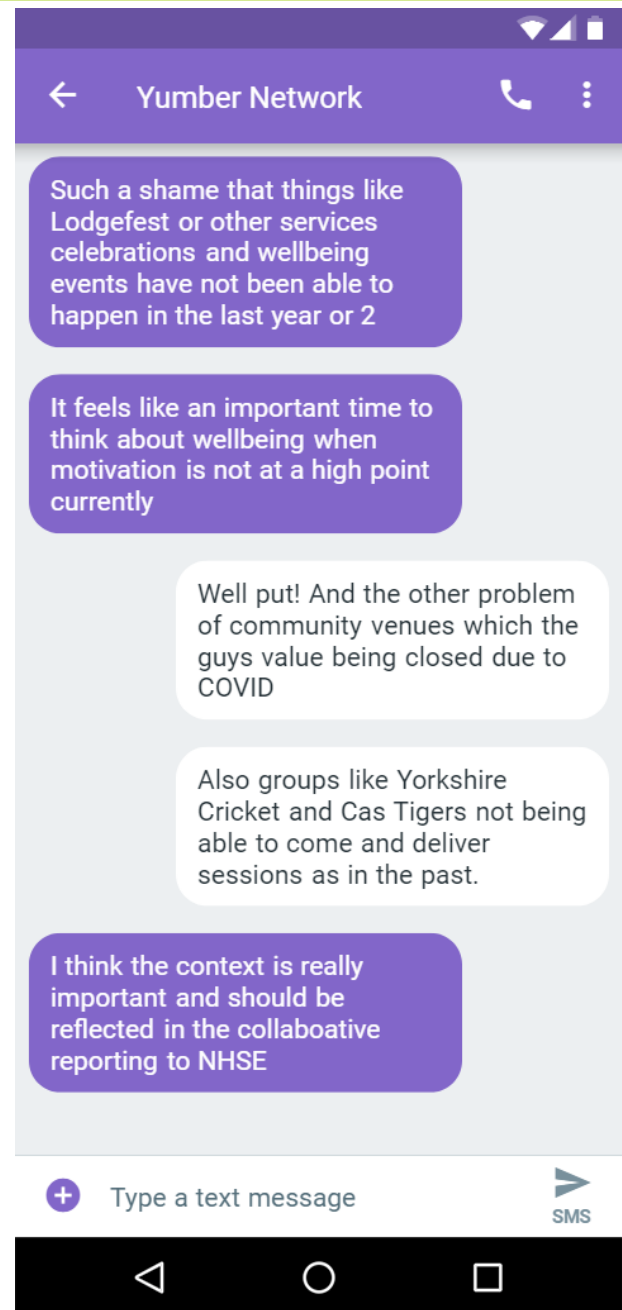
The mood still feels different, mental states are different, there are lots of barriers. It is hard to regain motivation, we took for granted what we had previously

Amber Lodge:

We held an Olympics in the compound, it helped service users and staff with their wellbeing—especially the space hoppers!

Wathwood:

Walking group through the summer was a priority, people had been cooped up for so long we had to make sure it happened. We have a healthy lifestyles group set up too and had a 'non-singing' harvest festival (no singing due to covid restrictions) with fruit platters and celebrated our 25th Birthday with ward BBQ's. We have done covid with a twist trying to make making healthy more fun; 'be silly and raise your heart rate'



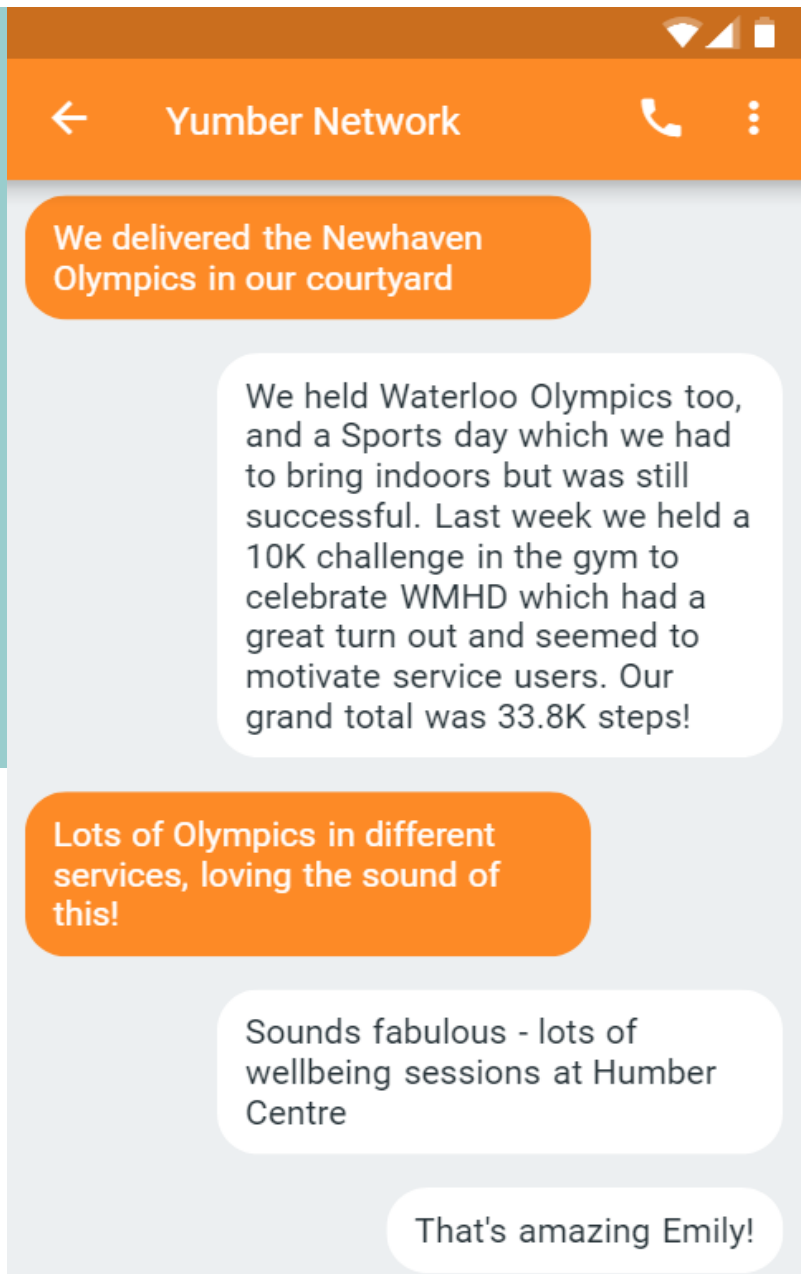
Humber Centre:

Lots of changes happening at Humber for the better! We now have some 'health improvement practitioners' and a 12 week healthy program with patients that involves 1:1's and groups and gives people opportunity for up to 5 health sessions per week. We are looking at measuring outcomes in different ways too not just inches and pounds. We are lucky our management team have a real focus on health and wellbeing.

Cheswold:

Not sure about other services, but we have found staff shortages to be one of the key barriers. Trying to implement the CQUIN has been difficult due to this

Lots of nods and agreements on screen.

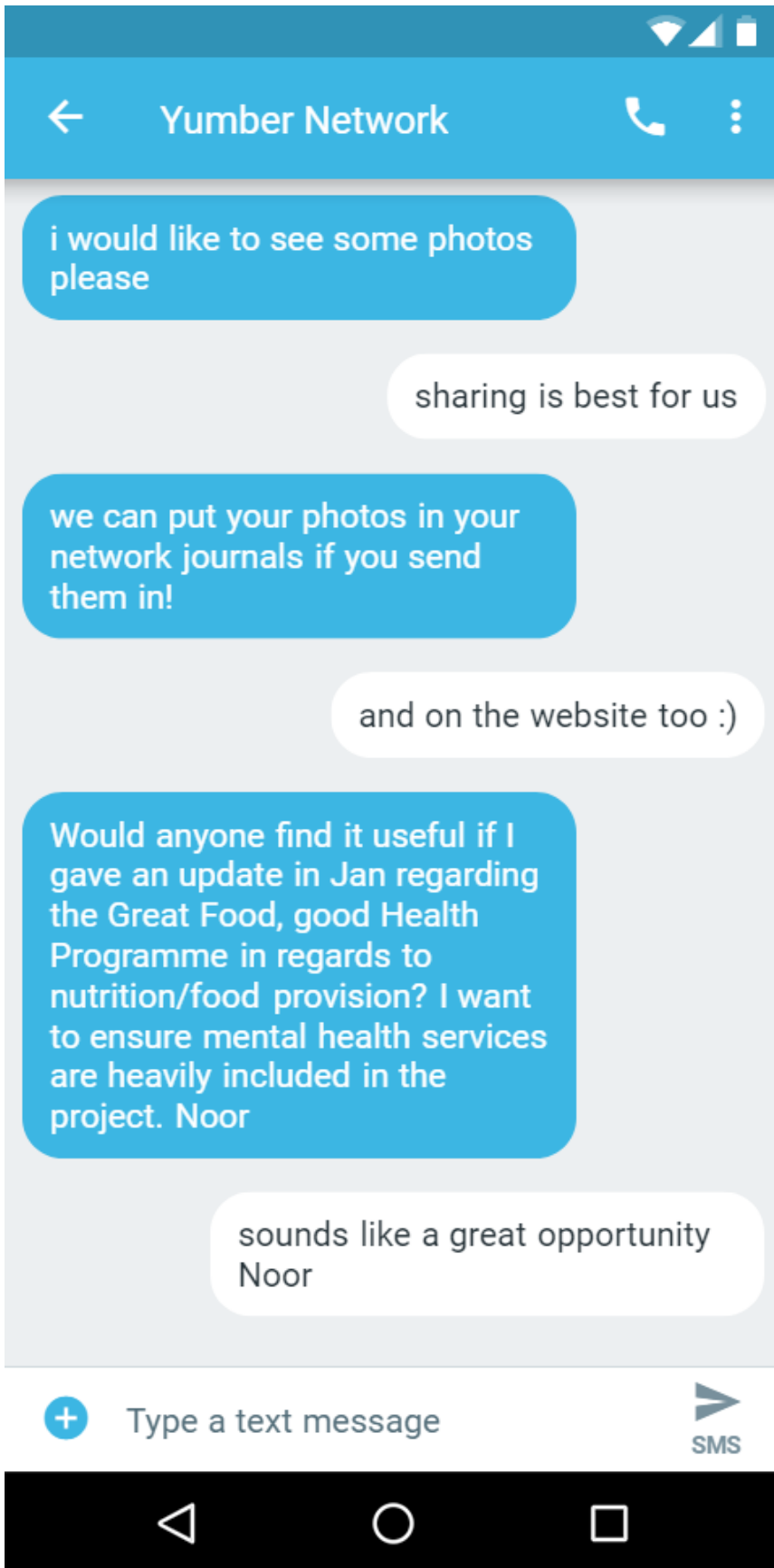
**Noor:****'Great Food, Good Health Programme by NHSE'**

- Mental Health services represented
- Visits offered to hospitals to support ongoing commitments to health and wellbeing
- Sharing good practice to help improve health for all

Get in touch with Noor n.alrefae@nhs.net for more information or to take part



What would you feel useful to concentrate the next, and last, CQUIN meeting about in January?





We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we like to produce a newsletter after we have met virtually so everyone can share in ideas and conversations– 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 around the healthy weight CQUIN–If you want to tell us anything about all the good things you and your service are doing please get in touch!!

Next Meeting:



Health and Wellbeing CQUIN Virtual Drop in Session

🕒 January 14, 2022 @ 2:00 pm - 3:00 pm

The healthy weight CQUIN has become much wider than about physical health, and in Yorkshire and Humber, we are incorporating whole health lifestyle around improving health and wellbeing for both our service users and staff. Together our collective learning around trying to support improvements around physical health has led us to a more holistic position. We are aiming to link wellbeing in with the health passports. We have also found that it's very difficult to keep motivation and engagement alive...

Contact Jo, Holly or Charlotte for more information:

Hnf-tr.involvement.network@nhs.net www.yorkshireandhumberinvolvementnetwork.nhs.uk

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