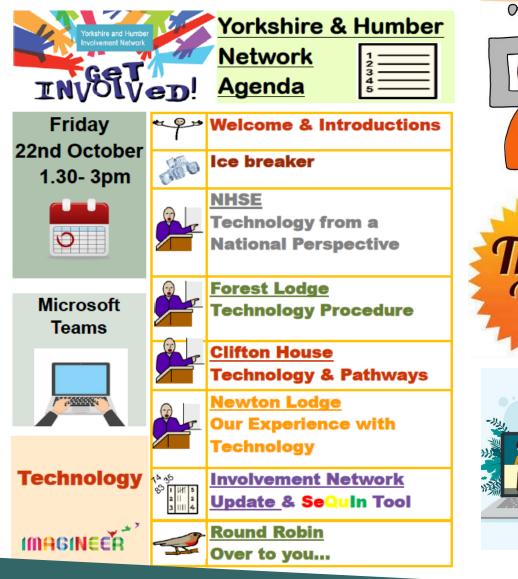


## TECHNOLOGY VIRTUAL EDITION

Thank you to all who joined us for another virtual get together. In this Newsletter we include all slides from the event, the chat on the side and graphics from Imagineer. We had a guest presentation from NHS England all about technology from a National Perspective. Forest Lodge discussed policy and procedure, Clifton house talked about how technology has enhanced pathways and Newton Lodge brought back Tech Technolo- Guy! The round Robin was packed with amazing activities and exciting events- it is fabulous to see what you are up to!

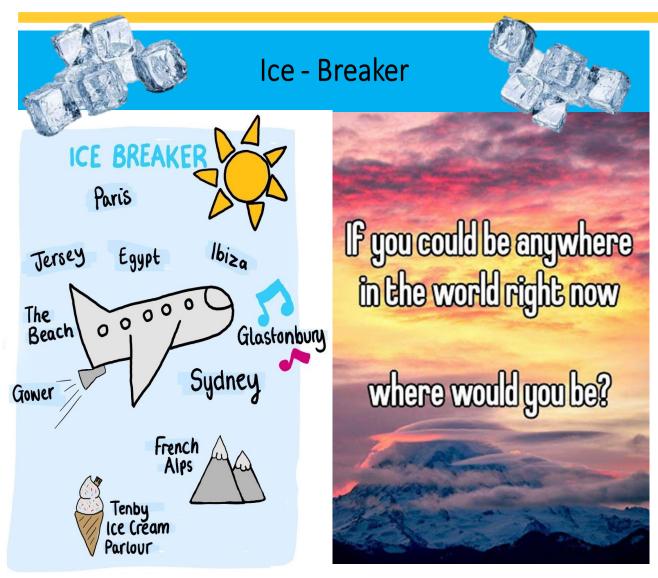








PAGE 2 TECHNOLOGY VIRTUAL EDITION





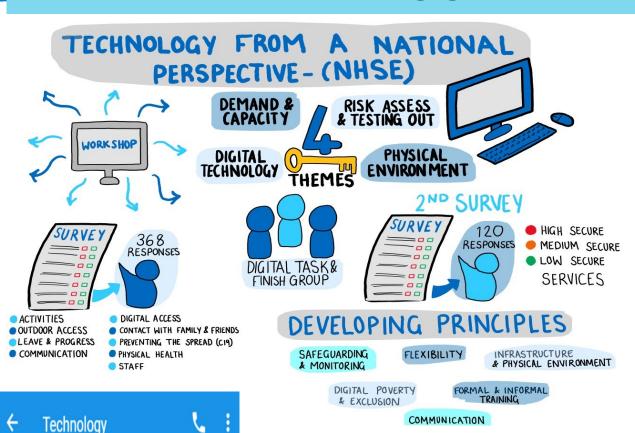
# Understanding digital & technological developments across Adult Secure Services during COVID-19

Rebecca Daddow

Senior Programme Manager, National Specialised Commissioning (Adult Secure), NHSE/I

The Full Presentation will be put on the Yorkshire and Humber Website

Please Turn over for the highlights



- There is no Netflix at Newhaven
  - I am sure a technology CQUIN would be really useful

-what technology means to people - such a broad topic and means different things to different people

- Sometimes there's a lot of red tape and a lot of madness around technology.
- Wi-Fi connections can be really bad
- Barriers to Technology can stop us moving forward
- Obvious when we go on leave the technology we don't have – why can't we have Netflix?
- Some people struggle with technology as they have been in services for over 20 years – a lot has changed
- Some people can only use technology on the grounds
- Getting online banking sorted has taken nearly 2 years

#### Understanding the impact of COVID-19 across Adult Secure Services

Lots of work has happened nationally, with the involvement of many people, to get a better understanding of how COVID has impacted on secure services, and people using the services currently

Four key themes came from workshops which were held, and it was agreed more work has to happen to explore them in more detail. They are:

- 1. What do we know about what the demand is for those needing to use secure services, their pathway through services and discharge out of the services. Also thought needs to happen into how future services are planned and experienced.
- 2. How to make sure there is consistency & safe use of digital technology across all levels of security
- 3. Understanding individual risk assessments and how these impact on recovery eg. do we need to think differently about alternatives to 'leave'?
- 4. How do we keep the physical environments sustainable

#### Adult Secure Service User, Family & Carer COVID-19 Survey

Thank you to everyone who filled in one of these questionnaires or attended one of the follow on workshops. There were 368 responses which was really great!

Themes which came from this service user, family and friends survey were:

- 1. Activities: The importance of having something to do; including new and meaningful activities
- 2. Outdoor access: It is vitally important to service users to have more opportunities to access outdoor spaces & fresh air
- 3. Leave and progress: There has been an impact of COVID restrictions on leave so there needs to be other ways to demonstrate progress
- 4. Communication: It is important to have good, clear & consistent communication
- 5. Digital access: There needs to be more availability & training to enable greater use of digital technology
- 6. Contact with family & friends: It is important to be able to maintain contact with family and friends throughout the pandemic
- 7. Preventing the spread of COVID: We all need to understand & support infection control measures to prevent further outbreaks
- 8. Physical health: Supporting issues around managing weight, diet, smoking, sleep are all important
- 9. Staff: There has been a sense of solidarity & managing with smaller staff numbers

## Development of a group to make sure access and use of technology improves for everyone

Purpose of this group is to:

- Identify the development of technological innovations and how this impacts across adult secure services
- Make sure opportunities to use technology is similar across services, and reduce any digital poverty/inequality which currently is experienced
- Support everyone to have the skills to support the safe use of technology

Digital & Technological Developments in Adult Secure Care Services: Survey 120 responses from staff working in secure services across the UK

#### Key issues identified from this survey included:

- Support for service users to maintain contact with friends and family when their friends and family don't have the technology
- Support for service users to safely access technology when it's not on every ward (following individual risk assessments)
- Ensure clear and consistent security procedures that are understood by everyone
- Ensure staff have the knowledge and skills to support and monitor safe access and use of technology
- Equality for prison-transferred patients
- Support for service users to make 'good' choices
- Maintain quality contact with people where care and treatment is provided virtually
- Ensuring each service has the infrastructure required to support the use of new technologies (and is future proofed and responsive to speed of innovation)

#### Developing 'principles'

The following principles are being developed and a future national CQUIN is being developed, which they will be included in to improve the access and experience of technology in a safe way.

- ⇒ Safeguarding & monitoring (at organisational, service, ward & service user level)
- ⇒ Flexibility (person-centred & risk assessed)
- ⇒ Infrastructure & physical environments
- ⇒ Digital poverty & exclusion
- ⇒ Formal & informal training for staff, service users, families & carers
- $\Rightarrow$  Communication (through MDT & other stakeholders where relevant)





#### Restrictions

- Unless historical information determines otherwise, service users have access from admission
- Any restrictions to accessing devices is discussed and agreed by the multidisciplinary team
- Restrictions only in place following an incident or cause for concern for the service user's or others wellbeing.

#### Resources

Service users can borrow from our resources on each v

- 3 tablets.
- 1 laptop.
- 1 Mobile Phone
- 1 Landline



## ► Plans for Reducing Restrictive Practice



- Reviewing current Standard Operating Procedure to be the least restrictive
- Ensuring access to needed technology and reviewing as technology changes – such as introduction of Skype & Microsoft Teams
- Providing guidance on staying safe while online and how to access emails and other computer skills

Developing staff skills of computer skills and

managing safety online

At Stockton hall we haven't had internet access through computer sessions for over a year due to "technical difficulties" that the hospital have apparently been having and its taken so long to fix its really unacceptable to be honest why has it taken so long? we are at a disadvantage due to the lack of access to the internet!

3

Really interested in any type of education packages at Newton Lodge, something we want to look at

We have recently purchased Mac in the OT department which we're using for accessing online education. We've got tablets, laptop and a mobile phone and landline that people can borrow

We won't restrict people unless there is a risk factor and these are often and discussed as part of a wider MDT discussion, and then we'll have that conversation with the service user around why we feel we need to put these in place, what restrictions there might be and how they can be supported, they will be different for each person too. And then it will be constantly reviewed. So every MDT meeting, this restriction will discussed and so it will only be in place for as long as we feel it is necessary.

We generally want to make sure that everybody has as much access to the Internet and different technology is possible.

We want people to be safe around technology so one of the first things that we're doing is we're reviewing the current standard operating procedure so that we are making sure we are being as least restrictive as possible.

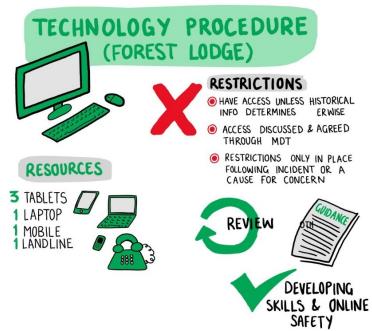
We want the most current technology, we will try and keep moving with the times but we are mindful over costs- we want people to be able to access in the community what they are used to using in hospital.

During the pandemic service users downloaded Teams and/or Skype Apps so that they could keep as much face to face contact as possible.

We are looking at putting together guidance and packages on how people can stay safe online, what they should be doing to protect their devices. E.G. anti virus control and cookies

We want to educate people how to use technology as some people might have been in service is quite a while. There might not had certain access to technology before, so they might not have certain level of skills to be able to do things E.G. online banking

We also want to be able to upskill our staff team and help them learn about technology to be confident and be able to support service users.



## Clifton House Learning To Drive on the Computer Highway



## Riverfields

10 bedded rehabilitation

Lots of extended leave

Strong links with community/ university

Riverfields
Welcome to your ward:

This booklet contains:

• An introduction from your team
• Perstruid ward information
• Treatment planning
• How you can get involved
• Ward safety and security

Fully self catering



Patients close to discharge – exploring/ visiting community accommodation

Coronavirus was really hard on our patient group who did have an awful lot of extended leave and did a lot in the community.

We wanted to keep pathways open- this was a steep learning curve because now we will have to use technology, which I don't think any of us were particularly good at and our WiFi signal was poor.

The message I think we all got was slow down. Expect delays.

#### **Coronavirus**

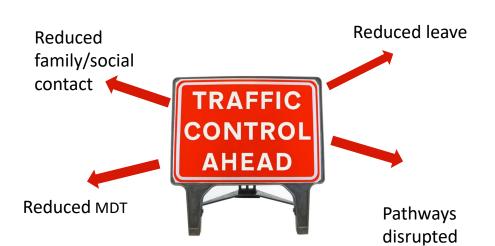
### Embracing TechnoLogy







## The Physical Impact of Lockdown



#### **Family Contact**



## Solution

Protocol developed so that S.U.s could keep their SMART phones in their bedrooms.



A new Protocol was developed with service users so they could keep their smartphones in their bedrooms to maintain family contact.

## **Initial Benefits**

## Service Users:

- Were able to contact family and friends
- Started engaging in family quizzes etc. on-line
- · Were less bored.

## **Negatives**

- More time spent in bedrooms
- Increased on-line gambling or spending money on-line when bored.
- Some bedrooms did not have access to WiFi

So now service users were able to engage with their families in quizzes and different family get togethers that perhaps haven't been happening before the pandemic. So there's a different kind of primary contact which was really quite nice to see. **And people were less bored!!** 

Most time was now spent in bedrooms on their phones. Online gambling Increased.

Spending money online increased (everything needed disinfecting before getting to the ward and front desk had to make some procedures about not picking things up till after 5:00 PM because they've got in such a stress over all this stuff arriving that it couldn't be dealt with all the time!)

And some bedrooms didn't have access to Wi-Fi which was unfair.

## **Longer Term Solution**

# S.U.s allowed to use their devices on main ward.



So longer term solution service users were allowed to use the device is on main ward and this has been really good because now they help each other with their technology.

They run groups themselves. They do music appreciation with Youtube. Online gambling and buying stuff has decreased. Spending time together exploring ideas for trips, etc.



# NO WARD ACCESS

#### Solution

- Set up a Riverfields' group calendar and email address.
- Start running ward round on Office Teams.

## **Obstacles**

- No room in MDT room for more than four people.
- Could not invite other agencies onto the ward.



#### **Added Benefits**

Staff could email Service Users using the Riverfields' email address too.



## Why have staff emailed Service Users?

#### To send:

- Confirmation of times for meetings.
- Links to their ward round.

#### And.....

Service Users could contact the ward using the Riverfields' email address too.

## Staff have not:



#### Sent:

- Confidential information
- Legal documents
- · Minutes from ward round

## Why have Service Users emailed the ward?

- To confirm they will attend their ward round.
- To send anything they need to be printed off. i.e. letters, receipts, vouchers.
- · Photographs of their new accommodation.



## Video Links: Keeping Pathways Open

- When at Clifton House, service users can:
- Develop therapeutic relationships with future keyworkers via video-links to their devices.
- Enjoy 'virtual tours' of their future accommodation



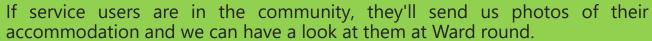
It's been a bumpy ride!

But we have all learnt new skills

PAGE 13 TECHNOLOGY VIRTUAL EDITION

## Video Links: Keeping Pathways Open

- When on extended leave, service users can:
- Attend their ward rounds virtually.
- Have one-to-ones with their keyworkers at Clifton House via their devices.



Video links have kept pathways open so when at Clifton House they can develop therapeutic relationships with future key workers.

They can use their phones to chat to new staff and managers.

Virtual tours of their future accommodation

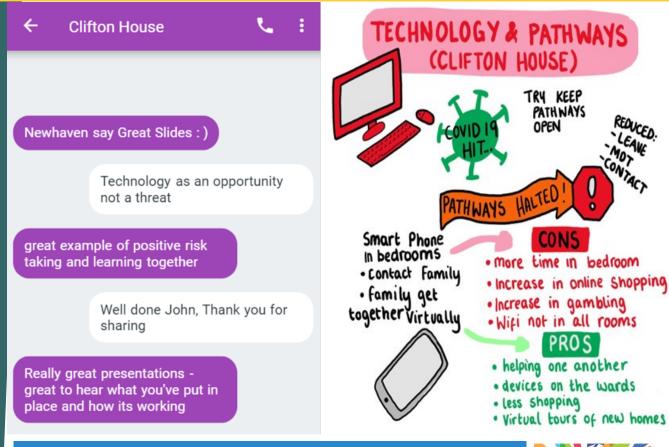
And when they're on extended leave they can attend ward round.

The MoJ are allowing people to have 10 days, then two days back here, then 10 days there (reduce covid risk and less PCR testing) so we're able to keep in contact with them really well and make sure everything is going fine.

## We're all still learning







# Yorkshire and Humber Involvement Network Updates



- Website Blog focus on 'Equality' through Autumn
- Training Involvement Strategy Template "Vlog"
- SeQuIn Tool
  - Q2 RRP 12/15 services uploaded so far thank you!
  - Q3 Technology Reporting in by December
  - January Network meeting SeQuIn Tool Special!
- Y&H Network Film! We will be organising a Premier as soon as it is ready!
- Information Requests Check out the website
- Service Engagement Plans Ongoing reviews 6-8 weekly
- Provider Collaborative Work
  - Engagement events now happening across Humber Coast and Vale and West Yorkshire!
  - Lots of opportunities to get involved!
- NHS England Advancing Equalities work



UPDATE



## TECHNOLO-GUY - THE RETURN THE COVID EDITION

### THE YEAR WAS 2019....

- All was peaceful at Newton Lodge
- TECHNOLO-GUY was considering the achievements he had made in keeping service users and staff informed....even winning them large sums of money....or rather LARGE cheques





TECHNOLO-GUY WAS FEELING PRETTY PLEASED WITH HIMSELF AND HOW HE HAD SUPPORTED EVERYONE AT NEWTON LODGE

LIFE WAS GOOD ..... HE HAD ACHIEVED SO MUCH, AND HE HAD PLANS.....

WHAT WE HAD ACHIEVED SO FAR.....







#### TECHNOLO-GUY HAD DREAMS......

ONLINE SHOPPING

ONLINE BANKING

WARD ACCESS TO INTERNET

SMARTPHONES ON THE WARD

SURVEYS BY TABLETS

**BIG SCREEN MOVIE NIGHTS** 

PAGE 16

BUT THEN.....

VIRTUAL EDITION





"Who is the professional?"

"Mother, you're on mute"

WHAT COULD TECHNOLO-GUY DO TO HELP THOSE IN PERIL AND ISOLATED AT NEWTON LODGE.....



#### CONTACT WITH FAMILY AND FRIENDS .....









## PROFESSIONAL MEETINGS



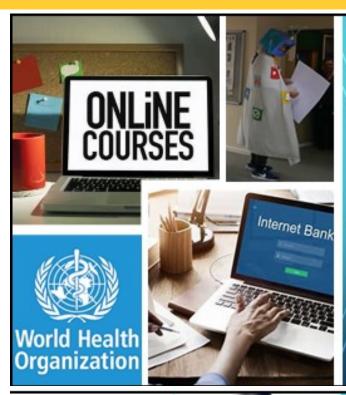




- ACCESS TO COURT HEARINGS
- CLINICAL TEAM MEETINGS
- NETWORKING WITH OTHER SERVICE USERS
- SOLICITORS
- STAFF TRAINING

17

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## ACCESS TO INFORMATION

IN A TIME OF UNCERTAINTY, WITH CHANGES HAPPENING DAILY TECHNOLO-GUY KNEW IT WAS IMPORTANT WE HAD ACCESS TO INFORMATION ABOUT WHAT WAS HAPPENING IN THE WIDER WORLD AND WITH OUR OWN AFFAIRS.

STAFF NEEDED UP TO DATE INFORMATION TO KEEP THE UNIT SAFE AND EVERYONE WELL





## USE OF SMARTPHONES AND IT SUITE

- Access to SMARTphones on section
   17 leave
- More laptops purchased for wards for Teams calls
- SMARTwatches piloted on areas to increase fitness
- Tablets introduced to facilitate zoom calls and also to help gather data from different wards when cross pathway groups stopped

SERVICE USER INVOLVEMENT NETWORK VIA TEAMS WITH JAFFA CAKES AND POSH COFFEE!!!



Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun Www.yorkshireandhumberinvolvementnetwork.nhs.uk

## THINGS WE HAVE IMPROVED

- EVERYONE HAS LEARNED NEW SKILLS
- WE MANAGED TO KEEP IN TOUCH WITH PEOPLE
- PEOPLE WHO HAD NOT BEEN INVOLVED BEFORE WERE ABLE TO GET INVOLVED (ACUTE WARDS)
- IT PROCEDURE BEING REVIEWED, AND MORE STAFF ARE BEING TRAINED
- RAISED AWARENESS OF SAFETY ISSUES
- WE ARE STARTING THE CONVERSATIONS ABOUT WHAT SERVICE USERS WANT AND NEED



### BARRIERS TO OVERCOME



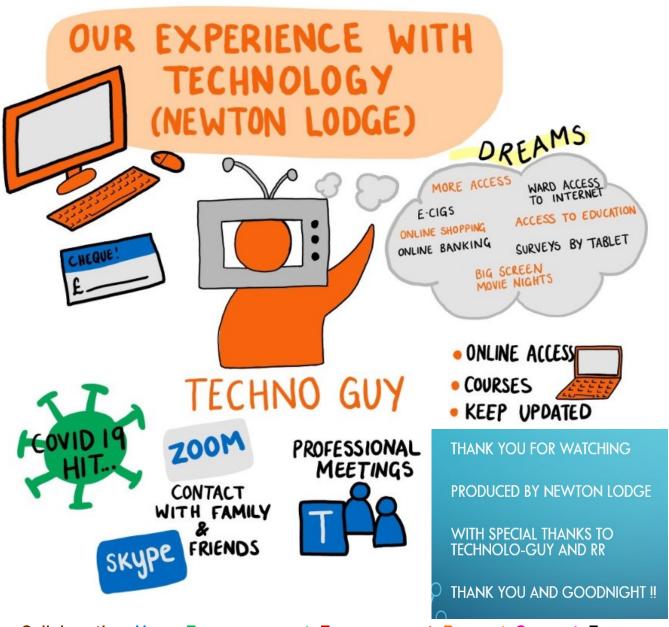
- REALLY HARD NOT MEETING IN PERSON
- NOT EVERYONE GETS ON WITH TEAMS- WE ARE STILL LEARNING THE BASICS
- CONCERNS THAT WE ARE MEETING REQUIREMENTS SO THERE MAY BE SOME RESITANCE TO GO BACK TO FACE TO FACE
- MORE STAFF NEED TRAINING TO ACCESS IT SUITE
- NEED MORE RESOURCES THAT ARE UP TO DATE
- VULNERABILITY OF SOME SERVICE USERS AND STAFF WHO LACKED KNOWLEDGE OF IDENTITY THEFT, INTERNET SECURITY, SOCIAL MEDIA
- WIFI CAPABILITY

TECHNOLO-GUY
WAS PLEASED HIS
WORK WAS
DONE.....BUT



# WHAT DOES THE FUTURE HOLD FOR TECHNOLOGY AT NEWTON LODGE

- IMPROVED ACCESSIBLE TRAINING FOR STAFF
- IMPROVED ACCESS TO RESOURCES AND TRAINING FOR SERVICE USERS
- REVIEWING PROCEDURES IN LINE WITH ADVANCES IN TECHNOLOGY
- MOVING TOWARD MORE ACCESSIBLE TECHNOLOGY
- INDIVIDUAL ACCESS TO RESOURCES FOR SERVICE USERS.....MENTAL HEALTH APPS, LEARNING OPPORTUNITIES



# Round Robin







ST JOHN UNI PRESENTATIONS





Different Art projects such as **Glass painting** and **Mosaic.** 



We celebrated the NHS birthday with a Big Tea Event.



Newhaven celebrated the end of lockdown restrictions with a **Party**, food and games.



Weekly visits to
Thornes Park to use
the adaptive bikes



Meet blare, He is a pony from Wakefield Riding for the disabled. We visit the stables weekly since restrictions were lifted.

Newhaven hosted its own

Olympics, which happened over a course of 2 weeks. There were prizes too be won and everyone was involved.



We purchased two
Guinea pigs, funded by a
Bake sale we put on
before Covid 19. Smokey
and Bandit.

We celebrated **Pride** 2021, with cakes, music, games and feather bowers.



Newhaven

Round Robbin PAGE 21

Live from the 1st October 2021 Responsible for:

- **CAMHS In-Patient**
- **Adult Eating Disorders In-Patient**
- **Adult Secure Care**

Repatriation of patients (Care closer to home)

Length of stay appropriate to

**Our Adult Secure Care Focus** 

persons care needs

Improving the patient journey

Aligning our services to our population need and reducing health inequalities



Collaboration of all partners ensuring positive patient outcomes

**Continued investment** in Community Forensic Assuring, and when required, improving Quality of care

Using all our resources effectively including reinvestment of financial savings in to enhance patient care and outcomes



Our core principle is: Working in partnership with the people who access our services and those who provide care services across HCV - we will deliver best quality outcomebased care close to home through the introduction of meaningful efficiencies into care pathways, within a rigorous governance framework and a culture of learning and evaluation



Wider CCG, Local

Third Sector Partners

## **West Yorkshire Provider Collaborative Update** for October 2021

- The West Yorkshire Provider Collaborative is now live.
- We are being supported by NHS England and are working very closely together so service users should not notice any changes. Authority, Housing and
- Each of the providers will be leading on key areas of work, such as bed planning, out of area service users and the women's pathway.
- We are working hard to make sure we have good leadership and quality systems in place.
- We are doing some exciting work on experts by experience and peer support workers and hope to see these as part of our workforce. Speak to your service if you would like to be involved.
- We want to continue and build on the fantastic work engaging with service users.









Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun Www.yorkshireandhumberinvolvementnetwork.nhs.uk

## AMBER LODGE ROUND ROBIN

We have started going on our out and about trips following education sessions held on the ward. So far we have been to:

- Eden Camp
- Sherwood Forrest
- Lincoln Cathedral

Patients have enjoyed the trips and are currently learning about WWII for our next trip to the Aircraft Museum.

We have ordered new exercise equipment to expand our gym and offer new exercises.



We've held our first carers event at Amber Lodge and received great feedback and we're planning another one for Halloween as well as some other spooky activities!









We have spoken with our patients around menus and are working with them and kitchens to develop a better system of self catering for themselves at lunch time, to improve their independence and provide a healthier menu.



## AMBER OLYMPICS

During the Olympics, we have ran our own three week timetable of Olympics. These have included both sporting events on the ward and on

our playing fields on site.

We have kept score for all patients and announced our gold, silver and bronze winners and individual winners for different accomplishments at our carers event. Each patient was awarded a medal and trophy and had the chance to be photographed with their families and friends.



The event was a huge success and received positive feedback from patients, staff and family members. We are planning to do this again next year for the Common Wealth Games.



#### NEWSAM CENTRE

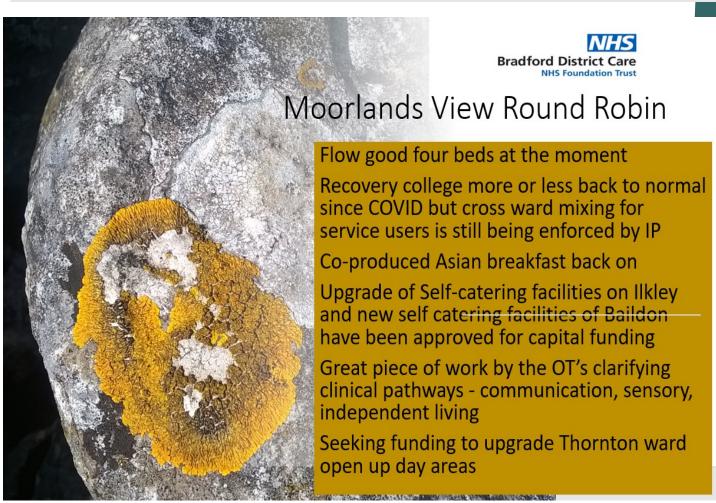
- Sports project with University of Leeds starting
   November.
- Service user council meetings have restarted online, trying to meet in person still.
- Music sessions are going well
- CV writing
- Womens ward are doing an art project for the wall based on seasons.
- Fakeaway group meal together
- · 4 -week cooking programme













DON'T









Service users and staff enjoyed competing against each other for medals on the Switch game 'Tokyo Olympics' in events such as 100m Sprint, 110m Hurdles, Freestyle and Boxing! We also competed in Table Tennis, Egg (the bouncing beanbag) and Spoon Race, Beanbag Toss and the Three Legged Race- a personal favorite! Maple took the lead again winning 5 medals in total, followed by Larch in 2nd place with 3 medals and Hazel in 3rd place with 1 medal.





FUTURE

We set a goal to achieve a combined total of 10k in a gym relay using the treadmill, rowing machine, bike or cross trainer... we managed to triple our goal and achieved a staggering total of 33.8K!







POSITIVE



#### Priestley ward BBQ August 2021



#### Newton Lodge Round Robin



ADL kitchens re-opening soon



Halloween social this year will be 29th October







Walking groups back on, now going further than Fieldhead grounds





レンシン

One voice meetings becoming regular



Newton Lodge coffee event Raised **£180.14p** 



Pat dog having regular visits



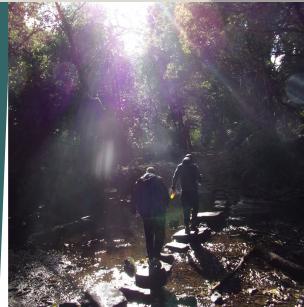




#### WATHWOOD HOSPITAL HEADLINES

- HEADLINES
- BBQ Time across all four wards.
- Wathwoods 25<sup>th</sup> Birthday celebrations outside.
- Harvest Festival.
- Horizon inequality work being undertaken developing a questionnaire.
- Patients interview panel for staff.
- New hairdresser employed cheaper and all types of hair.
- CHALLENGES
- Singing indoors still prohibited due to COVID.





## Forest Lodge

- One of our service users successfully enrolled to study English GCSE at college
- We continue to try and keep our local area tidy with out litter picking group
- Timetable linked to '5 ways to well-being'
- Monthly newsletter to be service user made

## Psychology at Forest Lodge

We have continue to offer groups at Forest Lodge:

We have the 'Talk-About group'. This group encourages staff and service users to think about various different topics that are important to our wellbeing.

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

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

We are offering more regular 'coproduction' meetings (minimum of twice monthly). These are open discussions on various different aspects of the service. For example, reducing restrictive practise, safety and our new risk statements. It is a space for service users to share their views and help us shape the future of our service.



### Street Art tours

Encouraged the patients to 'take notice', as well as develop public transport skills and familiarize themselves with different parts of the city









では断点的 内名 I では To celebrate World Mental



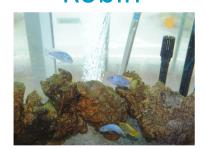
## Visit to art exhibitions

- In the past few weeks, we have visited an exhibition celebrating black history...
- •We also visited the SHSC 'mental health in urban nature' exhibition, which featured a few of our services users' photographs taken on walking group



Cheswold Park 
Round

Robin



- Reformed our Patient Engagement Council to provide service users with a forum to voice any concerns and to be part of the decision making process within the hospital
- Recovery College students are involved in repainting areas of the hospital as part of their vocational rehabilitation
- Staff training around Reducing Restrictive Practice is being delivered by students working with Recovery College
- Red Card to Racism event being held to relaunch a brand new BAME Policy
- New groups of patients working in hospital jobs with Occupational Therapy to develop key work-based skills
- More co-produced content available through Recovery College to both service users and staff



## HUMBER CENTRE ROUND ROBIN

- FACE TO FACE patients council
- Education Dept / recruiting for teacher
  - Service user job descriptions
  - Certificates of achievement
    - Service user led gym programme.
  - Service user attendance at clinical network.

#### **Bretton Centre**

## **Round Robin**

Increased access to smart phones on S17

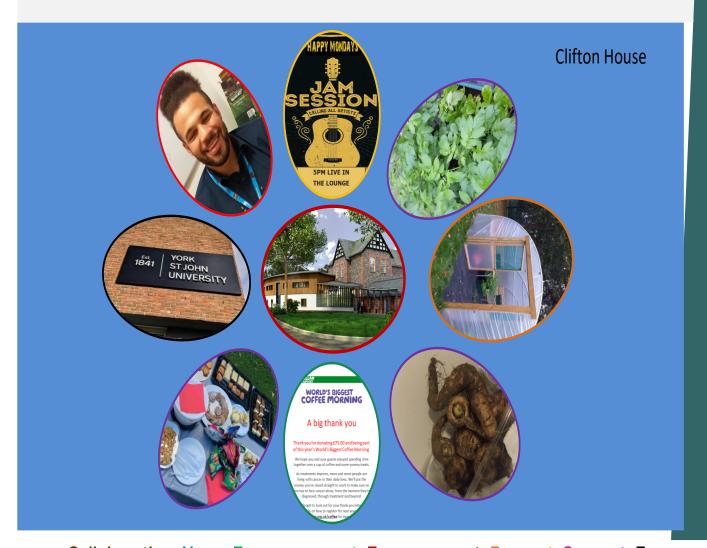
Ryburn patients can use smart phones on the ward



Currently reviewing technology policy with hope of introducing smart phones into specific therapy sessions

Increased access to video calls

Use of tablets on the ward



## Yorkshire and Humber Newsletter

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

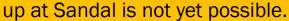


Please note we will say in the newsletter who sent it in (first name and service) so if you would rather it was put anonymously then please let us know





We are Jo Charlotte & Holly- we work as Involvement Leads across all the secure services in Yorkshire and Humber and we create a newsletter so from all the motivating conversations we have at virtual Network meetings; so everyone can learn from & share ideas with each other – it is especially important to us to stay in contact in this way whilst meeting





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 your ideas in to us via email or access to our website below on the 'contact us' tab

Contact Holly, Jo or Charlotte for more information <a href="https://example.com/hnf-tr.involvement.network@nhs.net">hnf-tr.involvement.network@nhs.net</a>