

Hi there! This edition of the Newsletter is focussed on the Round Robin slides that you all presented! It was a really interactive meeting and everyone got the chance to feedback the great work that you have all been doing, as well as an opportunity to ask questions and comment on what others are doing. This is a great way to share our working practices and learn from others



**Welcome to the Yorkshire and Humber Virtual Network**

**October 2022**

**OCTOBER 18<sup>TH</sup> 2022**

- Newsam Centre:** Garage Beer Coving, Cycle & Health, Music Production, Menu, No Patient Council Yet
- CLIFTON HOUSE:** Learning to Cook, Learn Beer Skills, Cakes From Bluebell, No Patient Council Yet
- NEWTON LODGE:** Give Voice, Yorkshire & Day!, Diversity Calendar, World Menter, Health Day
- FOREST LODGE:** Summer BBQ, Call Out Zone, Cooking With Colour, Open Day!
- HUMBER CENTRE:** Open Day!, Extension, Education & Development Lead
- AMBER LODGE:** Coffee Afternoon, Self-Catering, Open Day!
- CHESWOLD PARK:** New Newsletter, Wood Work Class, National Service User Awards Winner, Produce Only From Horticulture Class
- SPENCER WARD:** Positive Pebbles, Winston!, Relax & Unwind, Human Party
- BRETTON:** Leisure Group, Cuppa Club, Memorial Tree & Top Deck, Fair & Chip Friday
- STOCKTON HALL:** BBQ, National Service User Awards, Animation Course, Awareness Days, Trip to Play
- MOORLANDS VIEW:** Marks Still in Place, Clean & Tidy Wards, Rabbits Doing Well, Reconnected in Community
- WATERLOO:** Incredible Edible, Coffee Morning, Eyes Baged, Prep for Halloween, Ban Fire Night & Christmas
- ROSEBERRY PARK:** Music in the Roadway, A Day at the Sea Side, Sound Waves Festival, Bake Off

# ROUND ROBIN



## NEWSAM CENTRE

### W3- Cloth Cat- Music production

Ward 3 have started a 6 week music production course with Cloth Cat. This has been piloted on other wards and had great feedback!



Ward 3 have started a 12 week 'Cycle for Health' course



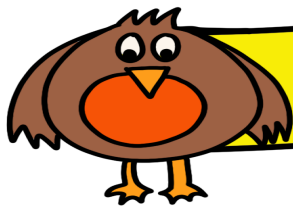
### Service User Council

We have now had 2 in person service user council meetings. This gives the service users across the wards a chance to meet and share ideas. We hope to start some inter-ward groups soon!



### Menu Pilot

All three wards are going to trial a new menu for the trust, they have been giving feedback on the current meals and will be reviewing the new menu when it starts!



## Newsam Centre



We hosted a coffee afternoon carers event where our MDT and PMVA team attended to offer more information around the care of our patients to their carers.



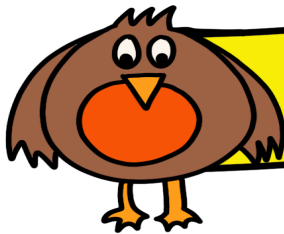
We have started self catering at dinner times. We are currently in our second week of this and have already received positive feedback from patients.



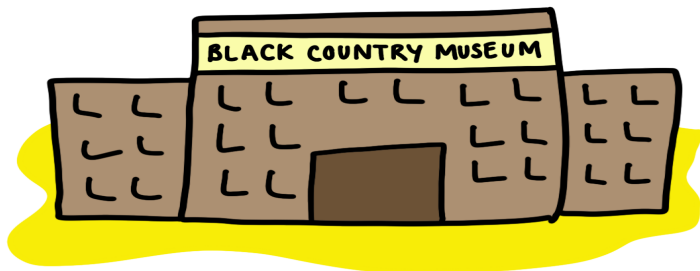
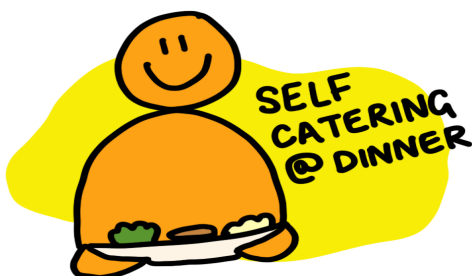
We visited the Yorkshire Wildlife Park and enjoyed a sunny day out walking around the park and marvelling at the animals.



We visited The Black Country Museum after learning about this time period for a few weeks. We particularly enjoyed talking to the actors about the time.



# AMBER LODGE



# Moorlands View

**1**

**Leaves + IP**

- Special plans for discharge IP still keen on testing process
- Still no inter-ward working IP.
- Masks still in place all clinical areas

**2**

**Improving environment**

- Mixed group forming to look at all our spaces and best use of them
- Sensory lead will have completed report for march and we will be sent environmental assessment tool by avonet
- People feel the wards are clean and tidy though some issues with shared toilets
- Builders still fitting bedroom doors- this has caused a lot of noise on Baildon
- Ninja blender and air fryer now in Baildon kitchen all encouraged to share responsibility.

**3**

**Involvement**

- Tell us about us letter well received
- Community meeting: people feel things are being feedback.
- Some service users and staff are working together to develop parts of sensory awareness training
- Music therapist has supported production of a play in collaboration with people who used to be at Moorlands

**4**

**Connection**

- Have reconnected with some of our places in the community
- Cross ward working still limited but walking groups, cycling and swimming happening ward by ward
- Café at mainsite open again with different slots for wards due to IP

**5**

**Improving experience**

- Activity co-Ordinator in post on Thornton and people have feedback there are 'lots of activities on offer' and people are happy with this.
- Ongoing staffing issues managed by trying to keep consistent agency/bank
- Ongoing work to improve opportunities for independence
- Rabbits still going well and staff member has started animal assisted therapy training

9/3/20XX

Presentation Title

**MOORLANDS VIEW**

**TELL US ABOUT US**

**MASKS STILL IN PLACE**

**CLEAN + TIDY WARDS**

**RECONNECTED COMMUNITY IN**

**RABBITS GOING WELL**

# Stockton Hall

## Stockton Hall

### Awareness days

We have raised money and awareness for cancer recently as well as running a charity shop to raise money for Crisis.



### Animation

Our Current Animation course is coming to a close with 3 more ready to begin. It's slow but worth it.



### PAT Dog on wards



The Pat Dog Daisy has been to the ward to the delight of the staff and patients. It has gone really well and has encouraged one patient to come out of his bedroom and onto the ward.

## RECOVERY COLLEGE

The Recovery College Winter term has begun and this year we are focusing on Christmas Crafts for our annual Christmas Fayre. We are also embarking on football training and refereeing courses to help the football team out as well as some podcasting and Nature groups too.



### Ward S17 to filey

Some of our patients have enjoyed a couple of group trips to Filey Beach



Charlotte came to visit. We got a lovely photo



## Stockton Hall NATIONAL SERVICE USER AWARDS

### COMMUNITY FOOTBALL

Our Hospital Football team had it's first game in 3 years. We loved it!

### Wellbeing

The Hospital has continued with it's awards programme for staff and patients as well as getting the last of the wellbeing walks done before winter

### BIRDS OF PREY

The local birds of prey came to visit and gave a brilliant talk on the fantastic creatures.

### BBQ

We ran our annual patient BBQ again this year which was amazing as was the weather. We also ran a Carers event which was well attended and enjoyed by all.

We all had a fantastic day at the NSUA which was made all the better by our mental health stigmas podcast being chosen as the winner of the Recovery & The Arts category.

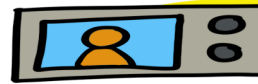




# STOCKTON HALL



NATIONAL SERVICE USER AWARDS



ANIMATION COURSE



## Round Robin - Bretton

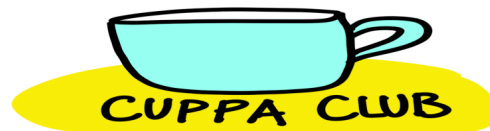
- 
- ★ Leisure group – Shopping, bowling & crazy golf
  - ★ End of summer ward festival
  - ★ Cuppa club at the museum
  - ★ Creative minds arts and craft sessions on the ward
  - ★ Relaxation and mindfulness sessions on the ward
  - ★ Health and wellness sessions
  - ★ Art work reveal in the Oasis centre
  - ★ Friday fish and chips
  - ★ Memorial tree for the queen
  - ★ Canine befrienders



# BRETTON



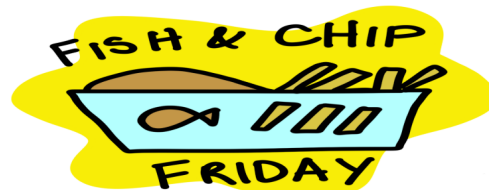
LEISURE GROUP



CUPPA CLUB



MEMORIAL TREE 4 THE QUEEN



# Cygnets Sheffield

## Spencer Ward



Patients & staff celebrated world mental health day by going for a mindfulness walk & created positive pebbles



Hawaiian party



Visit from Winston the therapy dog

'This is the best day ever. Thank you so much'



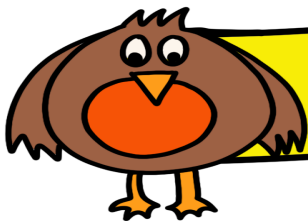
'I love this, can we come on a walk more often? I want to do this every week'

### Other Highlights

- Women's weekly group (6 week programme)
- Relax and Unwind event – massages and pampering
- Continued interest in therapeutic earnings
- 2 service users attended Cygnets Expo volunteering fair
- 4 service users are due to attend a careers volunteering fair in collaboration with Voluntary Sheffield and Sheffield Hallam University
- One service user is working collaboratively with NHS and partners in secure care



Introduction to dance



# SPENCER WARD



POSITIVE PEBBLES



WINSTON!



RELAX + UNWIND



HAWAIIAN PARTY

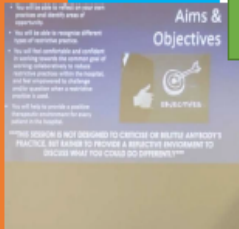
# Cheswold Park

Cheswold Park

Service user led training workshops being delivered to new staff during induction

Planning the 2023 Recovery College Prospectus

Subject: Service User Involvement



Brand new and improved newsletter, written, edited and produced by a team of service users



Service users giving hospital tours to new starters as part of induction training



Patient Engagement Council continues to grow and making positive changes throughout the service and across the pathways



Service users getting involved in co-producing content for staff refresher training, including PMVA, PBS and restrictive practice

New service user led social groups, including Pride, Exploring Cultures Group, Music Appreciation and Games Club

Cheswold Park

Produce from horticulture classes turned in to chutney and sold

New cohort of service users taking up jobs within the hospital

London to Brighton walking challenge



Co-Produced Origami Mindfulness group restarted



Brand new Houseplant Enterprise started in September 2022



MacMillan Coffee Morning and Bake Off Competition

Woodwork Group have been making bespoke wooden products for sale to hospital staff.



Subject: Meaningful Activity



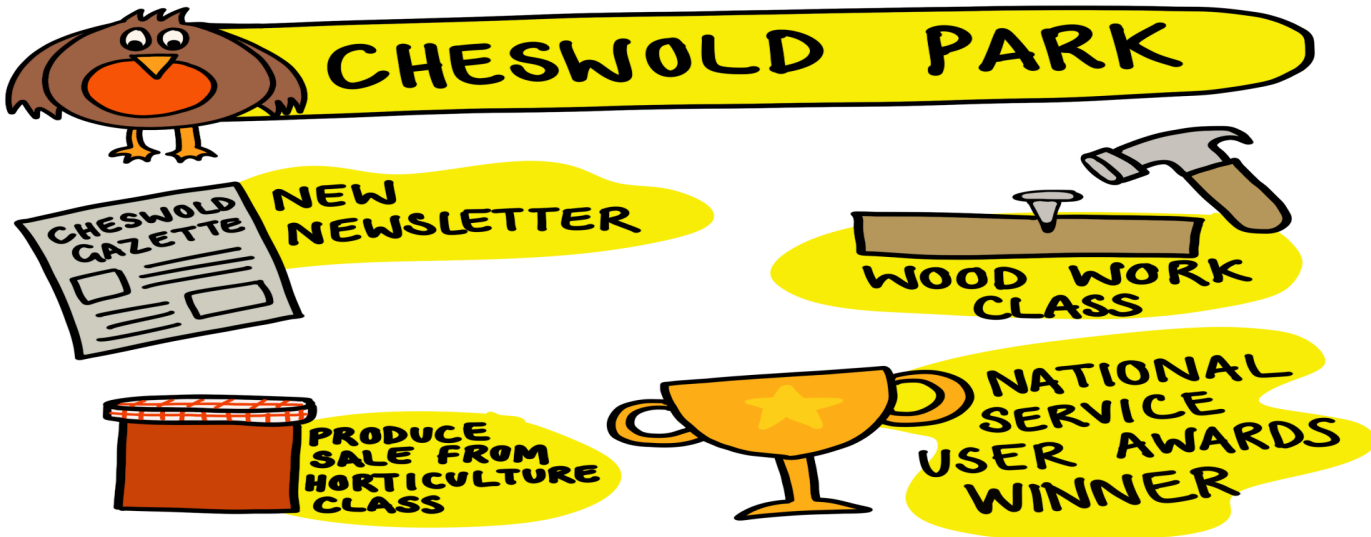


**What else have we been doing?**

- Brand new digital communications screens on the corridors, displaying service user information. All content is co-produced by service users.
- Service users working hard to keep the grounds looking clean, tidy and colourful with an array of plants.
- The new look "Fakeaway Vs. Takeaway" course has been relaunched, which was the very first co-produced course from Cheswold Park Recovery College.
- Preparations are underway for a bigger and better 2022 Christmas Market
- Walk and Talk groups with the local council to encourage physical exercise and social skills
- Drawing up plans to brighten up the social room, using our winnings from "The Big Get Together" competition



And one more thing we really ought to mention...



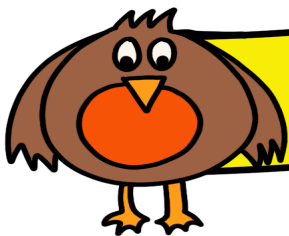
WINNING THE MARK BRITTON SERVICE USER CHOICE AWARD AT THIS YEAR'S NATIONAL SERVICE USER AWARDS!





## HUMBER CENTRE ROUND ROBIN

1. Family and friends open day
2. Education and development lead appointed.
3. Agreed extension of the new shop area.
4. Family inclusive training for staff agreed.
5. Council summary and request form.



## HUMBER CENTRE

OPEN DAY!



EXTENSION  
AGREED



# Waterloo Manor

## AUGUST

A great idea to get everyone involved

Was great to be part of it. I thought everyone, service users and staff did a great job.

It was all organised very well, including staff and patients helping out on the day. It was a great success and you could see all service users enjoyed it greatly as well as staff that attended. It allowed other service users who attend less therapeutic activities usually to join in. Was a great success!

- Reflecting on Summer of Fun Festival- gathering feedback

It was lovely to spend time with my mum at a hospital event

Thanks for the amazing week, the feedback we got from service users was full of praise for involvement lead and the OT team

Can't wait to do it again!

Really enjoyed it all.. thankyou!

- Service User Interview Panel for Ward Manager Post
- OT running a new Home Skills Group
- Working with Incredible Edible

It was great to see service users and staff - putting names to faces was really helpful.

## INCREDIBLE EDIBLE



# SEPTEMBER

- NSUA- Finalists!
- Recovery College Starts- lots of service user led courses!
- Planning Halloween, Bonfire Night and Christmas
- Workshops with external Co-production Lead to help with service development project



"Co production Lead from the complex rehab project, Hollie Harkin has visited Waterloo Manor to talk to service users about their experience of hospital and how to make it a therapeutic environment as well as the importance of the therapeutic alliance between staff and service users. Some of the findings from our discussions with service users found that it was important that the hospital had a sensory room, a good Wi-Fi connection and having green spaces close by. It was also important for there to be multi-skilled staff presence on the wards and that staff were trauma informed."

Platinum Circle Recovery College- Term 15

Week	1	2	3	4	5	6	7	8	9	10	11	12
1	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
2	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
3	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
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5	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
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10	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
11	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction
12	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction	Introduction

Each session will be held in the IT Room. See you there!

# OCTOBER

- Women's Pathway- update on Trauma Training Task & Finish Group
- Macmillan Coffee Morning Friday 7th October 2022- Raised £95



**WATERLOO**

SUMMER FUN FESTIVAL FEEDBACK

PREP FOR HALLOWEEN BON FIRE NIGHT & CHRISTMAS

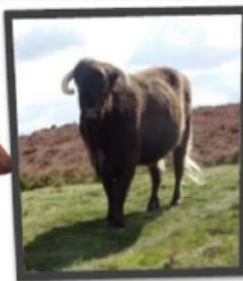
INCREDIBLE EDIBLE

COFFEE MORNING £95 RAISED

# Forest Lodge

## Trip to Stanage Edge, Peak District

Next Trip :  
Matlock Light  
Illuminations!



We recently went on a trip out to Stanage Edge in the Peak District.  
  
It was a great day out to blow away the cobwebs!  
  
We also came very close to a pack of wild cows and a service user took this picture of a Bull!



## Cooking with Colour continues!

We have continued with our cooking with colour group, over the past few months we have had Meat and Potato pie, Caribbean curry and Oxtail with Rice!



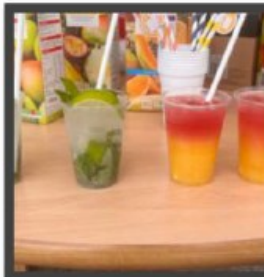
We have also been using fresh produce that patients have grown in the allotment!



# Sports Day

We made the most of the hot weather this summer and had a summer BBQ and sports day for patients, staff and carers.

Everyone especially enjoyed the fruity mocktails!



# Psychology Updates

The walk of fame group encourages staff and service users to think about various famous people and provide a psychological understanding to their challenges.



We are offering more regular co-production meetings. These are open discussions on various aspects of the service. For example care plans and risk statements.



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Chill Out Zone: In this group, staff and service users can practise different coping strategies and techniques



# Music Production

- We have had a lot of service user interest in creating their own songs and beats. We have invested in studio equipment and people have now been learning how to use it and how to create their own tracks.

## Changes in our OT team

- Hannah (OT) is back!
- We have said goodbye to our fitness instructor Jermaine.
- We have also had to said goodbye to two of our amazing OTs (Jake and Ben).
- All of us at Forest Lodge would like to thank them for all their hard work. They were all incredibly compassionate and dedicated to their roles and they will be missed!



## Black History Month

We are currently celebrating black history this month.

We have shared information with staff and service users about black history.

Some of our service users are cooking for the wards to celebrate black history.



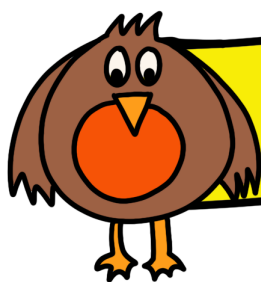
## Trauma Informed Care (TIC)

- We are continuing to introduce Trauma Informed Care to the service.
- We have had groups on TIC for service users and staff to help increase awareness of what it is and why we are bringing it to the service.
- Listening to service users journeys in services highlights the need for this work in services.
- Over the next couple of months we will be doing focus groups with service users to get their views on how trauma informed we are and how we can improve.



## CoProduction Meetings

- We run 'CoProduction meetings' with our service users.
- These are meetings that help us to gain feedback on the work we do.
- Recently we did a meeting on our 'Risk Statements' and got some really helpful feedback on how we can improve them and make them more accessible.



## FOREST LODGE



COOKING  
WITH COLOUR



SUMMER  
BBQ



CHILL  
OUT  
ZONE



# Newton Lodge

## 'One Voice' Service user involvement meeting

- One Voice is going from strength to strength
- We have met monthly taking advantage of our lovely garden.
- We had a picnic to celebrate all the hard work everyone has put in.
- We are attending the Management Team meetings - our Chair presenting our ideas and asking for feedback
- We are beginning to see changes being made
  - Hairdresser
  - Service user technology working party being set up
  - Service user Input into procedures
  - Quarterly catering meetings to make changes to the food, we have already seen result 😊

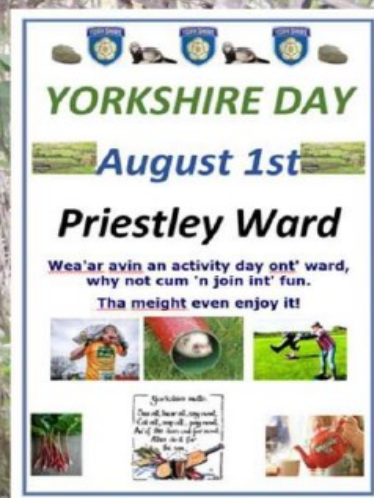


- As a service we continue to promote our diversity calendar. Each ward area from across the care group have chosen a theme to share with the other areas. This quarter we have looked at :-

- Nelson Mandela
- Mental Health Awareness Day
- Yorkshire Day



- Bronte informed everyone about the origins of Yorkshire Day providing a treat hamper to each area
- Priestley, made a big event of it, using games and humour to explore the Yorkshire culture!! Welby wanging, cups of tea made with water pistols, ferret racing and catching Covid in a cloth cap to name just a few !!!



- World mental Health awareness day
- All our wards took the opportunity to look at self care and wellbeing on world mental health day ☺
- Hepworth ward provided every ward with a wellbeing hamper.

**PRIESTLEY WARD PROMOTE**

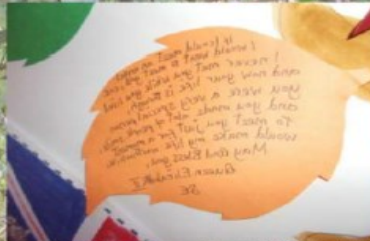
**WORLD MENTAL HEALTH DAY**  
October 10

Join us in some short introduction sessions for

- Healthy Smoothies
- Lush Shower Jellies
- Tai Chi
- Relaxation/ Meditation
- Wellbeing Bingo

Everyone's welcome to join in

- As a service we marked the passing of the Queen.
- There was opportunity for service users to meet together to watch the Queens funeral.
- We created a memorial tree where people could add their thoughts.
- We had displays around the unit celebrating the reign and achievements of Queen Elizabeth with art work and poetry created by service users.





**Out and About**  
 Priestley did an extended walk around NewMillerdam.  
 Thankfully It's starting to get back to normal, with cottage trips, community skills groups and ward based walking groups.  
 There is still a LOT OF PAPERWORK to ensure we meet our infection control procedures!!!

- SPARC football event
- A team of service users from the Forensic Care Group participated in a tournament over in Stockport.
- We hope this is the start of us being able to open up to more cross pathway sporting activities.
- Everyone involved really enjoyed the day !!!



**Horticulture – therapy garden and courtyards**  
 It is harvest time in the therapy gardens with beautiful autumnal fruits. We are still finding lots of colour.  
 We are cleaning, repairing and relaxing in the environment.  
 Our ward areas are looking to develop some of our courtyards with Waterton ward creating a tropical paradise and Hepworth ward and Bronte are researching sensory gardens to improve our outside space.

**Coming soon :-**

- Carer involvement dialogue group
- Cross pathway working for leisure groups
- 'Create for a cause' group
- More work with 'Creative minds' creative practitioners for sessions within and outside the service
- We are exploring new ways to get service user opinions after feedback regarding 'survey fatigue!!'
- Increased access to exercise using external practitioners

**NEWTON LODGE**

YORKSHIRE DAY!

ONE VOICE

DIVERSITY CALENDAR

WORLD MENTAL HEALTH DAY



# Clifton House



Hi!



## Let's Get Energised

- Frisby , scatch and badminton
- Out and about groups and walking groups
- Swimming at local pools and leisure centres.



## Creativity on wards

- Guided drawing goes down well on Westerdale and Bluebell.....
- Service Users on Riverfields run their own music production and jammin sessions.



(It gets a bit loud).

## Food for Thought

- Fruit and vegetables in the Polytunnel....and
- An amazing crop of apples, plums and tomatoes on Bluebell!



## Education

**Two patients have started college:**

One learning bush-skills.....



....One working with animals

# No Patient Council...Yet

## Thank you!!

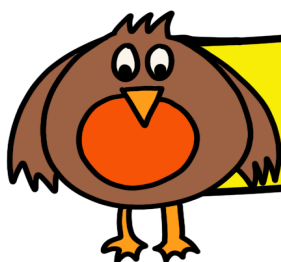
JOIN US IN THE SOCIAL SPACE  
ON  
THURSDAY 20<sup>TH</sup> OCTOBER  
AT 1.30PM FOR THE



RELAUNCH OF PATIENT  
COUNCIL

This is your chance to let us know....  
What has been good,  
What has been bad and  
what needs improving.


We will provide drinks and refreshments.



# CLIFTON HOUSE



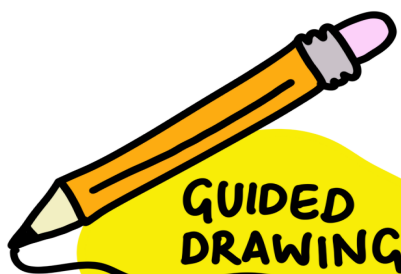
SWIMMING  
AT LOCAL  
POOLS



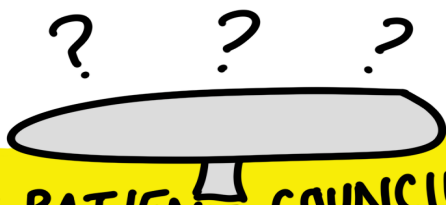
CROPS FROM  
BLUEBELL



LEARN  
BUSH  
SKILLS



GUIDED  
DRAWING



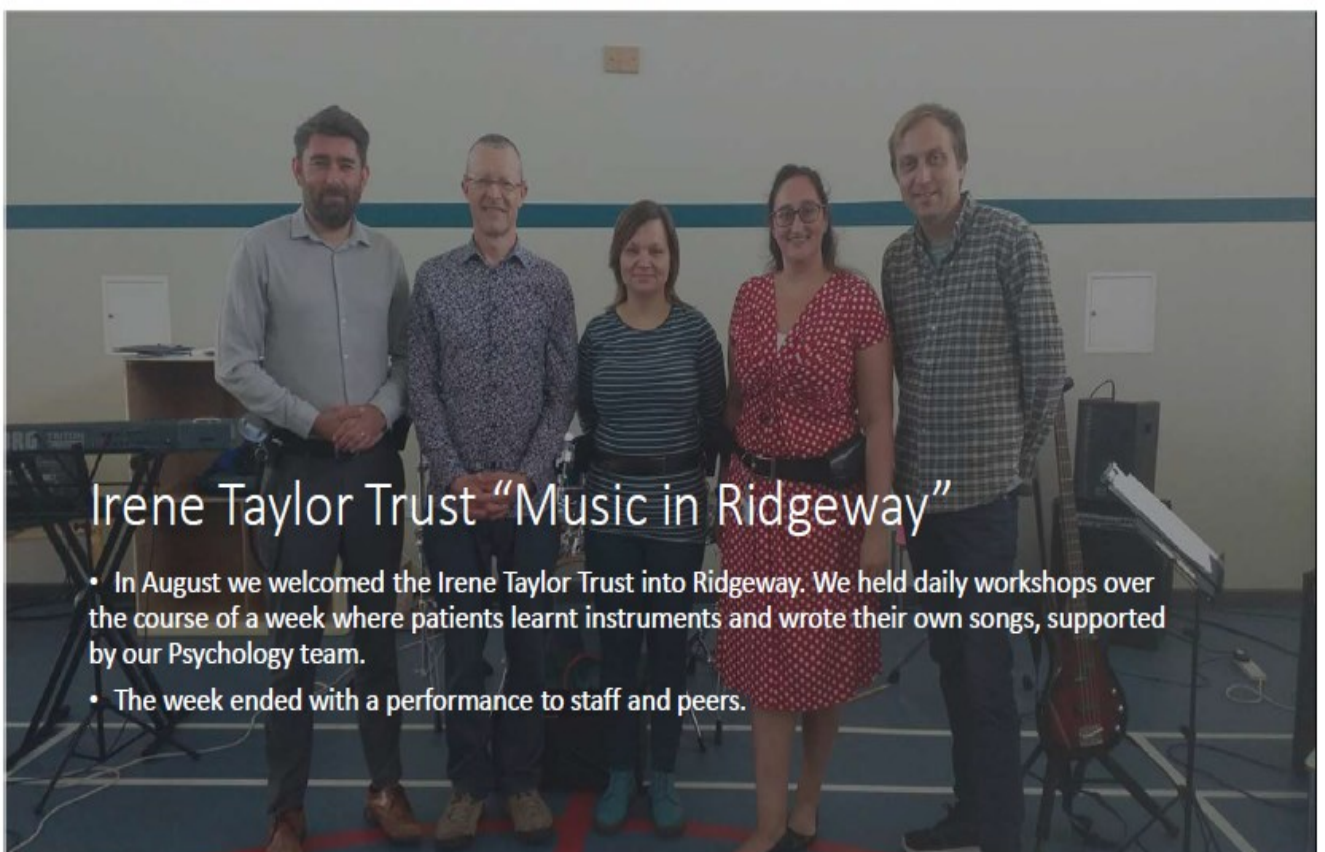
NO PATIENT COUNCIL YET

# Roseberry Park



## Fun Day “A day at the seaside”

- For our fun day, we brought the seaside to Ridgeway.
- We had sand pits, paddling pools, donkeys, fish & chips, arcade games.
- Staff and patients all enjoyed the community feel of the day



## Irene Taylor Trust “Music in Ridgeway”

- In August we welcomed the Irene Taylor Trust into Ridgeway. We held daily workshops over the course of a week where patients learnt instruments and wrote their own songs, supported by our Psychology team.
- The week ended with a performance to staff and peers.





## Music Festival "Soundwaves"

- In September, we held our Ridgeway Music Festival.
- We invited singers/bands to play at the event.
- A full day of music, community spirit and food, putting our own spin on a music festival



## Macmillan Coffee Morning

- We raised £360 for Macmillan from our coffee morning, held in The Hive for staff and patients.

## Bake off competition

- We had 8 entries in total.
- The winning entry was a white chocolate and raspberry cheesecake

## World Mental Health Day Charity Fun Walk/Run

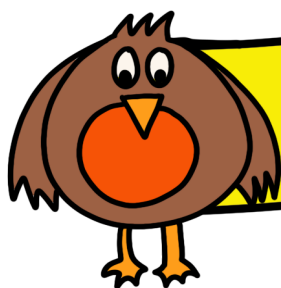
- Staff and patients took part in a sponsored charity fun walk/run
- Specially printed tshirts were available for all entrants
- We are still collecting sponsor money so unsure of final amount raised
- All money raised is being donated to a local physical and mental health charity





## World Cup Draw

- Today we held our Ridgeway World Cup Draw
- Each ward was allocated 2 teams from the 2022 World Cup.
- The wards can decorate in the two countries colours, try foods from the countries, learn about the countries themselves
- The ward that has the winning team, will be awarded the replica world cup



## ROSEBERRY PARK



A DAY AT THE  
SEA SIDE

MUSIC IN



RIDGEWAY

SOUND WAVES  
FESTIVAL



BAKE OFF



Thank you



# 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 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 up at Sandal is not yet possible.



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 [hnf-tr.involvement.network@nhs.net](mailto:hnf-tr.involvement.network@nhs.net)

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun  
[www.yorkshireandhumberinvolvementnetwork.nhs.uk](http://www.yorkshireandhumberinvolvementnetwork.nhs.uk)