



Round Robin Edition!



Hi there! This edition of the Newsletter is focussed on the Round Robin slides that you all presented! Most of your services were represented and there were lots of service users present. This is a great way to share our working practices and learn from others and this continues. The Network team gave feedback about what we have been doing across the patch and to share our plans going forward.

Welcome to the Yorkshire and Humber Virtual Network

There are a number of opportunities right now to get involved: In your services at our Roadshows, there is an opportunity to get involved in a face to face recruitment workshop, and some of you entered our artwork competition we have been running—winner to be announced soon!

ROUND ROBIN

Newsam Centre

- CLOTH CAT LEEDS
- WALK OF FAME
- OT TIME TABLE
- CHRISTMAS DINNER
- CHRISTMAS CARERS EVENT
- BYE TO OUR MANAGER!

AMBER LODGE

- LOTS OF CHRISTMAS CRAFTS & WOOD WORK
- OPEN UNIVERSITY COURSE
- COVID ISOLATION & TECHNIQUE
- TELL US ABOUT US!
- RABBIT IS DOING WELL
- CHRISTMAS FAYRE
- £512.00 RAISED FOR ACTIVITY FUND
- LITTER PICK

HUMBER CENTRE

- NEWS
- HA HA! OPEN MIC + COMEDY
- PATIENT COUNCIL
- PAT DOG
- SOUP SESSION

MOORLANDS VIEW

- NEWS
- HA HA! OPEN MIC + COMEDY
- PATIENT COUNCIL
- PAT DOG
- SOUP SESSION

STOCKTON HALL

- NEWS
- HA HA! OPEN MIC + COMEDY
- PATIENT COUNCIL
- PAT DOG
- SOUP SESSION

CLIFTON HOUSE

- NEWS
- HA HA! OPEN MIC + COMEDY
- PATIENT COUNCIL
- PAT DOG
- SOUP SESSION

NEWHAVEN

- NEWS
- HA HA! OPEN MIC + COMEDY
- PATIENT COUNCIL
- PAT DOG
- SOUP SESSION

BRETTON CENTRE

- MUSIC GROUP
- BADMINTON GROUP
- CHRISTMAS COFFEE MORNING

WATHWOOD

- PRIDE HISTORY
- PRIDE GROUP
- TOP OF THE POPS
- DECORATE A DOOR
- EVENTS PLANNER

CHESWOLD PARK

- PRIDE HISTORY
- PRIDE GROUP
- TOP OF THE POPS
- DECORATE A DOOR
- EVENTS PLANNER

WATERLOO MANOR

- HALLOWEEN PARTY
- WATCHED 1ST WORLD CUP MATCH!
- FIREWORK DISPLAY
- ONE VOICE

NEWTON LODGE

- CHRISTMAS PARTY
- CHRISTMAS SCENE COMP
- SWIMMING AT LOCAL POOL

ROUND ROBIN




Involvement Network Headlines

- Involvement Network Roadshow
 - Raising our profile in services
 - Logo, branding and design
 - 5 Year Plan
- Artwork competition
- Website review committee
- Planning our next Event
 - 4 services on our planning group
- SeQuIn Tool Action Planning
 - West Yorkshire - 22nd March
 - Humber North Yorkshire - 26th April
- Expanding our team
 - WY Carers Engagement and Experience
 - 3 x Involvement and Engagement Posts
 - Admin post



Newsam Centre

Cloth Cat- Music Groups

A&T- have started their second round of music production session with Cloth Cat.

Women's have just started a 6 week program of a singing and song writing group

They are hoping to submit some of their music to the upcoming Koestler Awards!



NEWSAM CENTRE

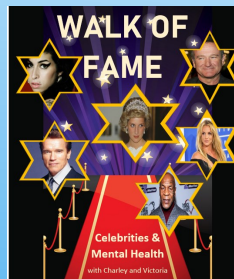
Walk of Fame Group

Inspired by a group discussed in a previous Y&H Network meeting- psychology have started facilitating a 'Walk of Fame' formulation group. The group aims to support service users to make links between how our life and past experiences can influence how we experience the world, and also normalising mental health!



DJ School

Some of the service user from Ward 3 are about to start an 8 week community program with the DJ school- developing knowledge and skills relating to music production.



Newsam Centre



Amber Lodge

Amber Lodge

We enjoyed making our own Christmas dinner this year.



We have said goodbye to our manager.

Monday	Tuesday	Wednesday	Thursday	Friday
Sunday Walk 09.30-10.30	Coffee Morning 10.30-11.30	Healthy Mornings 10.30-11.30	Reading Club 10.30-11.30	Walking Group 09.30-10.30
		Y1 Sessions 10.30-11.30	Y1 Sessions 10.30-11.30	walking

We have our Christmas carers event. This was well attended and received good feedback from carers, patients and guests.



We have had our peer review.



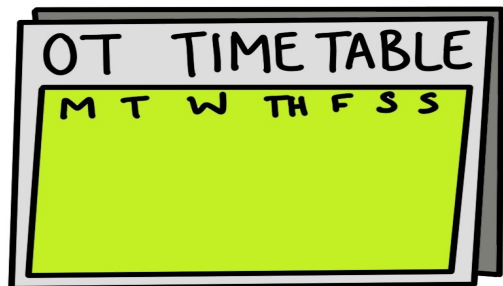
We have started our new and improved OT timetable.



AMBER LODGE



CHRISTMAS DINNER



CHRISTMAS CARERS EVENT



Humber Centre

Christmas Bake Off



Christmas Crafts



Education and Development

- **Open University courses have started**
 - There has been positive feedback from service users around this:
 - “Enthusiastic, chatty and friendly”
 - “Emily has been really supportive. Helped with corrections, will offer guidance and explanations. I am offered weekly sessions which has made the process smooth”
- **AQA Unit Award Scheme has been passed by Clinical Network and currently awaiting ODG meeting/approval.**
- **A Vocational Hub is being jointly developed with Occupational Therapy**
- **A service users survey is due to be carried out to gain insight into the courses wanted by the service users**
- **There are posters on wards informing service users of free level 2 courses people can take**

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

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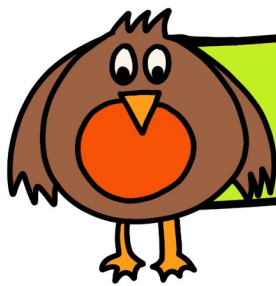
Humber Centre



Other activities



Woodwork

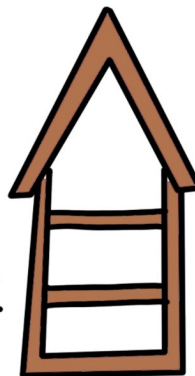


HUMBER CENTRE



LOTS OF
CHRISTMAS
CRAFTS

& WOOD
WORK



OPEN
UNIVERSITY
COURSE



Humber Centre

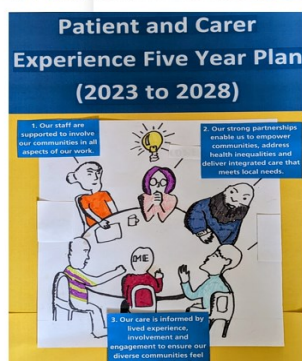
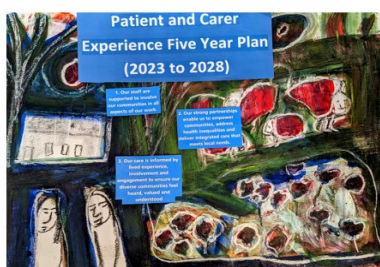
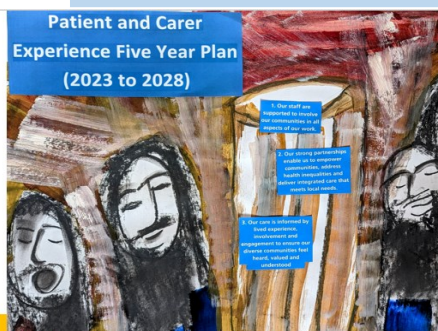
Speech and Language Therapy Updates

- New Steamlines has be set up and produced.
- Joint sensory exploration day
- A communication and vocational skills group joint with OT has been successfully run across at the low secure unit



Occupational Therapy

- A new Band 5 rotational occupational therapist has joined the team
- Each ward now has it own dedicated Activity Co-Ordinator
- A communication and vocational skills group joint with SLT has been successfully run across at the low secure unit
- New across ward groups have been developed such as Recovery Through Activity, Self Identity Group and Future planning which are all being taken to Clinical Network
- A Vocational Hub is being jointly developed with Education and Development Tutor

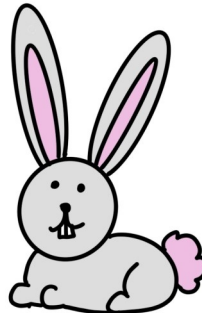
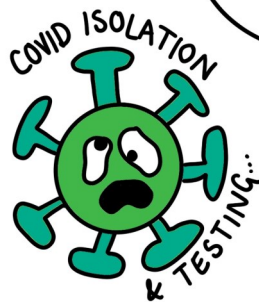


Moorlands View



MOORLANDS VIEW

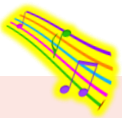
TELL US
ABOUT
US!



RABBIT IS
DOING
WELL

Moorlands View

Here that at Moorlands view we have an Asian breakfast once a month that we are allowed to join in making, We enjoy this. We also enjoys making toasties on Fridays. Staff let us know at the beginning of the week what activities will be happening and there is always lots to do.



1

Leaves + IP

- Admissions- still covid isolation and testing
- Still no inter-ward working IP-
- Masks still in place all clinical areas

2

Improving environment

- OT leading on environmental assessment and improvement across ward
- Family room to have improvements new furniture etc.
- Doors now all fitted
- Library to be made into 'make it your own space' with lights, equipment etc to adapt

3

Involvement

- New OTA due to support role of 'tell us about us' to improve our involvement offer
- Community meeting: people continue to feel things are being feedback.

4

Connection

- Cellar trust and Hive local Bradford services have offered to do in-reach work shops
- Walking groups, cycling and swimming continue
- 4season on site café will come in to do in-reach
- Police students coming in to work with the guys to learn from one another

5

Improving experience

- Ongoing staffing issues managed by trying to keep consistent agency/bank
- Have established dietician in role with great impact on health and wellbeing
- Music therapist has increased group provision across wards
- Aim to launch tai chi group
- Over 60 staff trained in sensory awareness and remainder will be able to access on inhouse training system
- Rabbit still going well and due to get an inhouse PAT dog.

MOORLANDS VIEW

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

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Stockton Hall

Stockton Hall
CHRISTMAS

Our festive period was great with lot's of activities mainly A public and patient Christmas Fayre plus our annual Carers Christmas Lunch which went down very well.

CARERS CHRISTMAS LUNCH

Christmas Time saw a carers and family coming into the hospital to enjoy a 3 course Christmas meal in our festively decorated marquee

"Volunteering to help at the carers event was rewarding. Knowing that me and my colleagues contributed to the positivity between patients and their carers made us feel happy"

£542
raised for our Patient Activity Fund

RECOVERY COLLEGE

Spring term is upon us and we have lots of great courses to offer form the classic film group and Job Skills to Tie Dying Chess League and Crochet.



Stockton Hall

NEW WARDS
The New Wards are progressing well.

COMMUNITY FOOTBALL
Our Hospital Football team has now played a few more games and things are starting to look brighter weather wise. We have got some strips coming so there will be a FIFA style photo shoot once this occurs.
Patients have been absolutely loving the days out, the exercise and of course the banter!

NEW JOBS
Vocational & RWO has begun again and now offers two new roles: Charity Shop Assistant & Main Hall cleaner

CHARITY SHOP
£193 Raised

LITTER PICKING
We had a fantastic Morning Litter Picking Around the hospital and tidying up where the workmen have been.

INVOLVEMENT
We have had the YHN round for a cup of tea and a slice of cake whilst they are touring their Roadshow around the region.
We have now implemented a reps meeting every week as well as trying to encourage more people into our monthly Service User Meetings.

mind

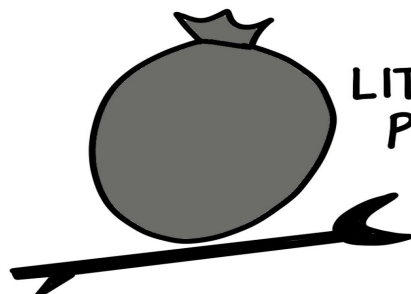
Stockton Hall F.C.



STOCKTON HALL



CHRISTMAS FAYRE



LITTER PICK

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Waterloo Manor



October 2022

- During October we had many different activities through the month, starting off with decorating the wards and hospital, making Halloween sculptures and art work and choosing costumes for best dressed competition to be decided at our Halloween party.
- Some service users came up with the idea of selling handmade sweet cones to raise money and awareness of black history month. They found using Halloween sweets handy as they could be sold at our Halloween party.
- Our Halloween party was held on Monday 31st October and included fancy dress, face painting, mummy wrapping, mocktails, games and a visit from a local PAT dog Ella.



Waterloo Manor

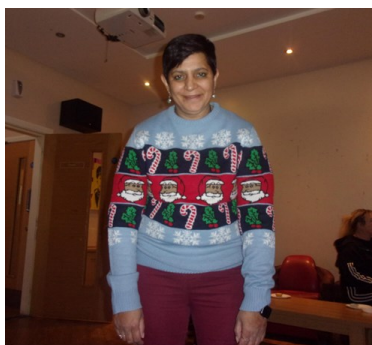
November 2022

- We celebrated Bonfire Night with our very own fireworks display. This has been a request from service users for the past couple of years, a lot of careful planning and risk assessments took place so that we were able to deliver this to service users as safely as possible. Service users made toffee and chocolate apples which were later enjoyed at the display, followed by locally sourced pie and peas to conclude the evening.
- During Anti-Bullying Week, we launched an Anti-Bullying Campaign across the hospital, which involved pinning down the key principles of anti-bullying and expectations of how service users should be treated by one another and by staff. Online safety and safeguarding training was also delivered to service users and staff.
- Service Users suggested a Pyjama Day to raise awareness for Children in Need on Friday 18th November. We paired this with a coffee and mocktail morning and managed to raise £53.65 which has been donated to Children in Need.
- Service users watched England's first World Cup game on the 21st November which was displayed in the Cinema room with snacks and drinks. All enjoyed watching England bag a 6-2 win over Iran!



Waterloo Manor

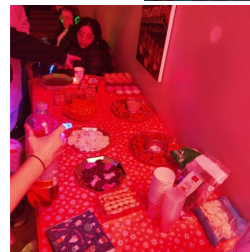
December 2022



- Lots of planning and preparation for our Christmas Market. This included various arts and crafts such as handmade cards, wreaths, stockings and other Christmas decorations. One service user also led Gonk making sessions, where we learnt how to create Christmas gonks out of socks and rice.
- The Market took place on Saturday 3rd December 2022. It was a great success, with lots of attendance from family members and carers. The market was held outside and this year we were lucky enough to purchase a gazebo for our stalls, which we decorated with fairy lights and other festive trimmings. We were joined by local stalls, selling items varying from puzzles and games to sweets and coffee. Advocacy also joined us with a stall providing information for service users and their carers. To conclude the day, we entertained everyone with a Choir performance which was made up of Waterloo Service Users and staff and Garforth St Mary's Church Choir.
- On the 19th December, our friends from Swillington Church Choir kindly attended the hospital for another Christmas sing along. It was a very popular event and the Church Rector even gave service users the opportunity to read prayers.
- Another visit from PAT dog Ella.

New Year celebrations/ January 2023

- One Voice ward reps meetings have focused on event and party planning - not only for the market but for our Christmas Party too! Following the success of last years party, service users requested another 'Silent Disco'. We agreed to hold the party on 29th December, in between Christmas and New Year so that we could Celebrate both occasions together and give those who weren't going home for Christmas something special to look forward to.
- At the beginning of the year we held an activity planning group where we reviewed the current timetable and recovery college courses. We were all in agreement that service user led sessions were very successful and we would continue. This includes courses such as French for beginners and various Arts & Crafts workshops. We have also decided to hold a talent show which service users are currently planning.



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Clifton House



- We have been having visits from our Pat dog!
- OT Nash has been doing a Soup session –broccoli and stilton!
- We have been going swimming at the local swimming pool
- We are having healthy cooked breakfasts
- We have joined the York Communitas community Choir
- One of our service users is going to be doing some comedy at an open mic night!
- We have been attending a community dance group
- Our Patients council meetings have started again
- We have had our visit from the Y&H Involvement Network roadshow

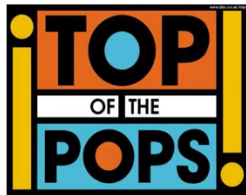
Cheswold Park

In 2 Work Group



Brand new In2Work Group that explores key employability skills, CV writing and interview skills. Open to all, but specifically aimed at our rehab pathways

Pride Group
2022 saw us launch our Pride Group, designed as a safe and social space for LGBTQ+ service users and allies



“Top of the Pops”
A service-user led music social group where service users share their favourite music with others.

Launch of the AQA Unit Award Scheme, with learners engaging in certificates such as:

- Barista Training
- Café Customer Services
- Co-Production Skills
- Chiring a Meeting
- Public Speaking
- Customer Care and Employability Skills



Cheswold Park

Cheswold Park



Decorate A Door Competition: Monthly competition to decorate the ward doors, based on a monthly theme.



Our **Patient Training Café** has expanded it's menu, and created new roles, including Shift Leads, to provide more **vocational** and **learning opportunities** for service users wishing to gain valuable learning and work experience.

Took part in the Yorkshire & Humber Involvement Network Roadshow with Holly and Charlotte...and had a HUGE buffet!




Cheswold Park

Held a **Christmas Market** for the 2nd year running! Well attended and full of stalls selling various items made by service users.



Newsletter continues to be available monthly, generating interest for activities and classes, and a key tool for communication with service users.

 Cheswold Park



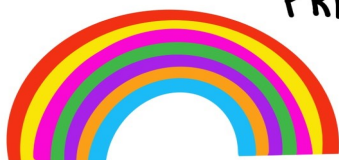
- 1972
- First Pride in UK
- Held by the Gay Liberation Front

Co-Production continues, with Pride History Month Workshop, "A Journey Through Time" and workshops for service user contributions to our PMVA and PBS Training underway

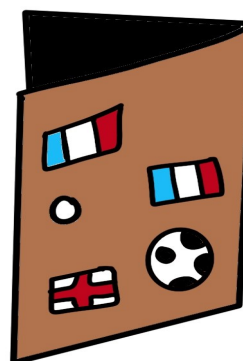


CHESWOLD PARK

PRIDE HISTORY



PRIDE GROUP



DECORATE A DOOR



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Wathwood Wathwood Hospital Round Robin

The regular weekly leisure group turned into a DJ workshop for one week, supporting patients to learn new and interesting skills! The patients really enjoyed it and spent a lot of time learning how to mix music and use the equipment 🎵



We have a new involvement partner who is also an ex-Wathwood patient, he will be supporting with the co-delivery of some of our recovery college courses

Several patients have been presented with their Level 2 Food Hygiene certificates last month after completing the course in December. These will allow them to self-cater independently on the wards 🍷

Steve our long-standing volunteer has completed his breakaway training! This means he can be an alarm holder in groups and will count as a second escort, meaning less staff in recovery college sessions

The hospital events planner has been completed for 2023 which includes a variety of events such as: religious events, the Wathwood Awards, carers forums, sports events and BBQs.

Food tasting!
At our most recent patient's forum, the catering team provided different samples of batter fish for the patients to try to vote on which they would prefer to have on the menu. They were even presented in takeaway boxes with newspaper 📰

Newton Lodge



January – FOCUS GROUP

Newton Lodge hosted our first focus group with our Low secure units.

- We spoke with Trust policy makers to share our views on e-cigs/ vapes and smoking to ensure our views influenced changes in Trust wide policy
- The second half of the meeting focussed on our 'property procedure' we were able to discuss problems with current procedure from both staff and service user viewpoint to influence procedure review

We found it really helpful meeting as a care group and have decided to make this a quarterly event !!

November

- Need for more access to exercise, healthy food, and activity discussed!!!
- Discussed staffing levels and impact on service users, shared plans and ideas about recruitment.
- Access to IT and improving access to technology – all wards now have access to a non-wifi enabled PC
- Improving food – Catering meeting booked for January!!
- Feedback from SeQUIN 3 – Cross pathway working and more access to activity

Newton Lodge



NEWTON LODGE



CHRISTMAS PARTY

CHRISTMAS SCENE COMP



One Voice

OUR INVOLVEMENT REPS HAVE WORKED HARD IN THE LAST QUARTER!

WE ARE MAKING OUR VOICES HEARD AND MAKING A DIFFERENCE

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Newton Lodge



Create a scene –Christmas ward competition

- The wards were challenged to create a Christmas scene using items available on the ward – the result was amazing LARGE art work.

Christmas creative competition – individual and ward based!!

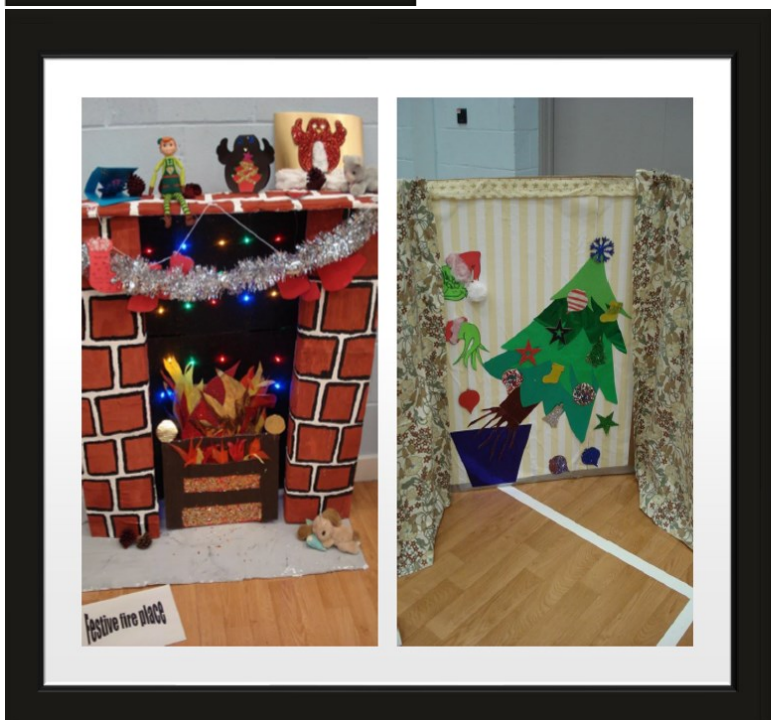
The best bit about this was everyone was able to get involved !!



Create for a cause

Over the quarter we had a knitting project where we taught people to knit.

The basic squares were used to create the Christmas decoration. We have enough squares to send to the 'knit a square charity' to make 2 blankets to send to Africa !!



Christmas creative competition – individual and ward based!!

We enjoyed a pop up art display judged by our One Voice team

Newton Lodge



Creative Christmas

The OT team set the sports hall up with 'creative stations' and the wards were encouraged to come down and have a go.

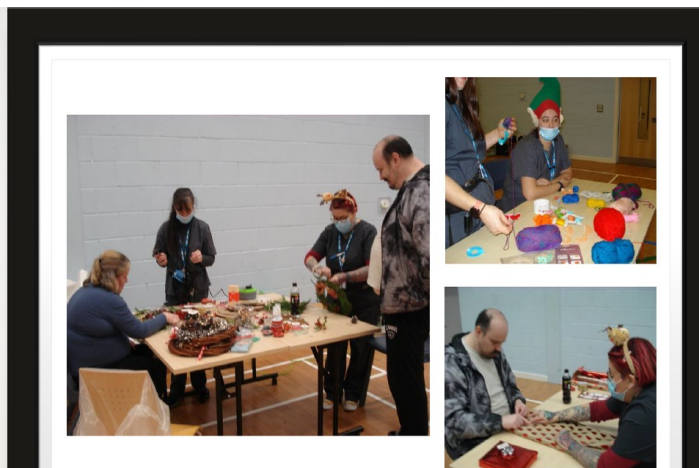
FIRST CROSS PATHWAY LARGE SOCIAL EVENT.

Creative Christmas

- It was fantastic being able to meet up.

Creative Christmas

It was fantastic being able to meet up.



Creative Christmas

- Present wrapping
- Decoration making for a Christmas event space
- Create for a cause pom pom making
- Chance to create an art piece for our competition
- Space to socialise



Newton Lodge

Cross pathway Christmas events – 5 days of social



We successfully hosted 5 days of cross pathway events for Christmas



Creative Christmas



Involved Christmas (One Voice party / Art competition Judging and YHIN Quiz)



Traditional Christmas (Carol service and parlour Games)



Quizzical Christmas (Big Cross ward Quiz)



Foodie Christmas (Opportunity for wards to create Christmas treats to share at events)

We used these events to pilot Cross pathway working -they have helped us move on in 2023



It was possible to safely mix

We needed to improve our equipment to meet together in large spaces

Not everyone was ready for mixing – we have some work to do so people feel safe meeting others

We need to make sure that we continue to hybrid work doing things on the wards as well as together

We love competitions and working on big projects !!



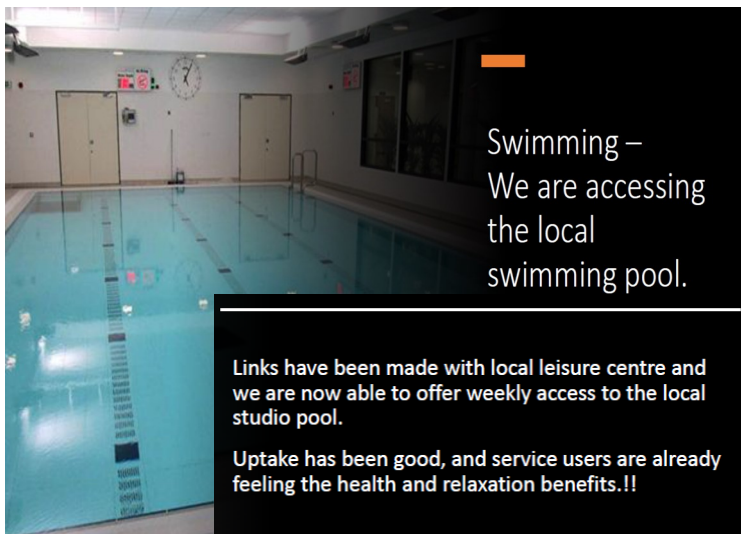
Newton Lodge -

You are invited to the Mental health Museum on Monday the 20th of February 10:30am – 11:30am

Please join Kirsty from Creative Minds for a cuppa and some spring themed creative activities.



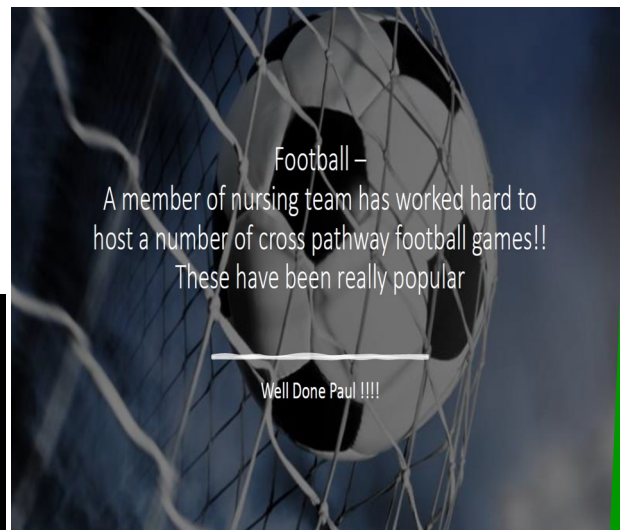
Newton Lodge



Swimming –
We are accessing the local swimming pool.

Links have been made with local leisure centre and we are now able to offer weekly access to the local studio pool.

Uptake has been good, and service users are already feeling the health and relaxation benefits!!



Football –
A member of nursing team has worked hard to host a number of cross pathway football games!! These have been really popular

Well Done Paul !!!!



Walking groups and Cottage trips
Many wards have active walking groups to increase access to exercise.
We have a programme of cottage trips set up for the next year.

We

Coming in 2023.....

Quarterly Care group involvement meetings

One Voice meeting review

New Co-production group to start

Service user involvement in procedure review

Working parties on technology access!!

Newhaven

Newhaven

- Still have the guinea pigs, and regular PAT dog attendance from Betsy the Canine Befriender
- Regular input from Creative Minds
- Took part in the EyUp! Festive Story Window Project competition 2022! Here are our photos of our festive Coca-cola truck!



Bretton Centre



Christmas
Coffee
Morning

- Relaxation group
- Badminton group
 - Music group
- Accessing football opportunity
 - Walking group
- Service user involvement in staff recruitment
- Appletree allotments
- Recovery college



Creative
Minds





We are looking for creative Artwork for our new Y&H Involvement Network 5 year Plan and we need your help!

The 3 elements of our Plan are **Challenge**, **Together**, and **Grow!**
Our "challenge" to you is to create a piece of art on any of these themes.

The winning piece of Art will receive a £20 Amazon Voucher!

We will publish all the artwork that we receive on our website and in our Newsletter, so all contributions will be valued, appreciated, and shared across the Network



Thank you for your entries!! - competition now closed

By submitting your artwork, you are consenting to our publication of it within our 5-year plan, as well as within our Newsletters and on our website – please let us know if you would like this to be anonymous or how you would like us to credit your work

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nhs.uk

Winner to be announced soon—watch this space!!

Keep an eye out for future competitions!

Our recent Blog Posts!

Thank you so much for all these incredible guest Blog Posts
If any of you want to write one then we would love to publish it!



The benefits of co-production and involvement in Adult Secure Services

February 14, 2023 posted by yahin

The last 12 months have seen a lot happen here at Cheswold Park in terms...

READ MORE



A Happy and HEALTHY New Year to you all!

February 1, 2023 posted by yahin

This blog has been written by Sophie – a service user from Waterloo Manor....

READ MORE



It Will Brie Grate!

November 29, 2022 posted by Holly Cade

Warnina – watch out for the Cheesy puns!



Sweets Cone Project for Black History Month

December 13, 2022 posted by yahin

This blog has been written by Sophie – a service user from Waterloo Manor....

READ MORE





Feedback Form February 2023



What has gone well today and why?

Such a wealth of different initiatives, experiences, and ideas in one place, which allowed for the whole meeting to feel very inspiring and invigorating (I found myself smiling with joy and amazement, thinking: this is the stuff that really matters)!

It was great to hear all about the amazing things everyone has been doing in their service. I was impressed by the turnout and the quality of people's slides. One service user was present and remained engaged throughout.

What could have gone better and why?

Some of it felt a little fast to me at times (maybe I was slow), and I wanted my eyes to rest a bit on this smorgasbord of an involvement feast, and by the time a question or thought occurred to me, the presentations had already moved on. → I wondered about challenges of involvement work and learning from those (or maybe that's not a preferred topic with so many challenges around already, I imagine, in the day-to-day work), although I wouldn't want it to detract from the celebratory feel of this.

No complaints really! Some technical issues, but they were handled well.

Some of the slides are a bit busy and not very dyslexia friendly. There are guides for this online. Generally off-white background with dark text. And not too much info on each slide.



Feedback Form February 2023



We want to involve you more at these meetings – hard on Teams – any ideas?

Depending on size (and if not everybody likes introductions in the large group, or people already know each other), had you tried brief spells of breakout spaces with small number of people to 'check-in' (like you might in person, when small groups stand around chatting)?

Meeting in person would be great. Maybe taking it in turns to host at different sites could be good.

A service user wanted to feed back some of the things he has been doing but didn't feel he got a chance. He has asked me to fill in here that at Moorlands view they have an Asian breakfast once a month that they are allowed to join in making, He enjoys this. He also enjoys making toasties on Fridays. He says staff let him know at the beginning of the week what activities will be happening and there is always lots to do.

If you were coming to a Network event for the first time what would you want to know?

Who are all those lovely people? Do they mind my joining? What usually happens at the events, what would be expected of me.
How much opportunity there is for service users to chip in.

Have you enjoyed it today and will you come again?

Yes, I would love to join again, as and when my diary allows, and I think it would be lovely for others in my team to have the opportunity to join also, as this kind of meeting really helps to maintain hope in these challenging times...

Thoroughly enjoyed hearing from various services, it sounds like everyone has been having a cracking time and was lovely to be privy to it!

This service user enjoyed the event and hopes to attend the workshop on 29th March if he has leave. Another service user would also like to attend and perform a song or a bit of poetry.

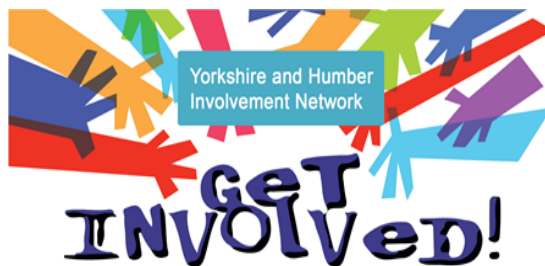
Yorkshire and Humber Newsletter

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

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