



**GET
INVOLVED!**

Yorkshire and Humber
Involvement Network presents



The Fabulous **Secure** **Quality Involvement** **(SeQuIn) Tool!**

Where and When:

Date: Tuesday 17th September

Venue: National Coal Mining Museum,
Caphouse Colliery, New Road, Overton,
West Yorkshire, WF4 4RH

Programme:

09:00 – 10:00	Arrival/Registration and Refreshments
10:00 – 10:15	Conference Introduction and Opening
10:15 – 10:45	Getting in the spirit! Fun and Games – A Wright Sequin Scamper!
10:45 – 11:00	Inspirational Speaker – Iris Benson – Being Human Beings Together
11:00 – 11:30	Refreshment Break
11:30 – 12:30	Moorlands View Play – The Waiting Room
12:30 – 13:15	SeQuin Tool – Poster Presentation Competition!
13:15 – 14:00	Lunch Break (Service User Music and Artwork shown over lunch)
14:00 – 14:15	Workshop Round 1
14:15 – 15:00	Workshop Round 2
14:00 – 14:15	Workshop 1 – Wild Geese! Ceilidh Dancing (Everyone will do Workshop 1 in Round 1 or 2)
(Time to move between workshops)	Delegates to choose 1 other workshop from: Workshop 2 – Rhythm for Life (Drumming) – Biant Singh Workshop 3 – Make a Mosaic – Seagulls Reuse Workshop 4 – Underground Tour of the Coal Mine
15:00 – 15:15	Refreshment Break
15:15 – 15:30	Live Musical Performance – Charlie from Cygnet Hospital Bierley!
15:30 – 15:45	SeQuin Tool – Website Demo
15:45 – 16:00	SeQuin Tool – Competition Winner Announced! Feedback Forms and Raffle Prize!
16:00	Conference Close

Holly and Jo

Yorkshire and Humber
Involvement Leads

A little bit about us - Our Roles

Meeting with people and hearing about all the work they are doing - Inspiring people and hearing about new ways to get motivated - Developing ways of improving experience of patients and staff - Involving people in this and the bigger picture – Strategy!! - Finding ways to do this which makes sense in the real world, not just doing things that are supposed to be right - Having fun and a laugh along the way – The process is more important than the outcome.



Holly Cade

Involvement Lead for Yorkshire and Humber

Hi there! My name is Holly and I have worked as Involvement Lead in this role since January 2014.

The best part of this role is

Meeting and working with so many people from all the services in the Involvement Network. It is really inspiring to hear about people's journeys and pathways and to work with so many of you to improve services and how they are experienced by both staff and service users.

What working with the Network means to me

Outcomes are important and we all strive to improve these for everyone involved, however we always say that the process is more important than the outcome and that still rings true. We are all motivated to be involved because the process works, it is fun and accessible and everyone can share their experiences to improve things together – team work makes the dream work!

My favourite quote

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel”

Maya Angelou



Jo Harris

Involvement Lead for Yorkshire and Humber

Hi there! My name is Jo and I have worked as Involvement Lead in this role since January 2006.

The best part of this role is

Having the opportunity to work with so many passionate people to help improve experience for yourselves and others. Every day is a new day and so much can be achieved – every body works so hard to make a difference, and the success of the Network is the success of everyone's contribution. No two days are ever the same and I like to share my motivation and experience to inspire thinking and by working with such a proactive approach means anything is possible – we can achieve much more together than on our own!

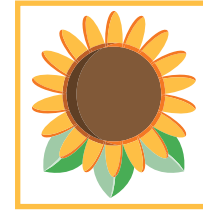
What working with the Network means to me

It's amazing to be able to work in such a creative way to achieve so many fantastic improvements to secure services, involvement and recovery over the years. I have been on my own recovery journey for many years and I really love working with everyone in the Network watching people grow and develop, making memories as well as real tangible improvements to services which effects everyone's experience. It's a real pleasure to use my experience as a service user and a mental health nurse in this way. I continue to be proud and very happy with the growing progress of involvement the Network and can't wait to see what the future brings.

My favourite quote

"Don't be afraid to start over again. This time you're not starting from scratch, you're starting from experience"

Speaker/Performer Information



Iris Benson

MBE HSJ Patient Leader

"Being Human Beings Together"

Iris is an Expert by Experience at Mersey Care NHS Foundation Trust. She has been accessing mental health services for well over twenty years, with both good and bad experiences, but more recently with much more positive ones. Even though most days she experiences a range of symptoms, including very intrusive troubling scary voices, she now lives a meaningful, rich and fulfilling life. Iris is passionate about using her lived experiences and harnessing that of other services users and carers to help others and to give people hope for the future, for which she was given an MBE.

Iris is involved in a wide range of projects with Mersey Care, working alongside staff and others who have supported her on what has been a long, difficult and sad journey at times. Without all the support from family and friends she doesn't feel she would be here today. Iris is a central figure in Mersey Cares "No Force First " Physical Intervention Reduction Programme " and former Values Based Recruitment Service User Lead. Iris was successful in securing a new influential post at Mersey Care as the Improvement Lead within the Centre for Perfect Care.

Iris consults other health care providers nationally on their restrictive intervention reduction programmes. She has a leading position in The Restraint Reduction Network and was named on the Health Service Journal inaugural list of its '50 Patient Leader'.

Have a wonderful day, take care of you.



Charlie

Cygnets Hospital Bierley, Musical Performance

Hello, my name is Charlie. I trained at theatre school from age 4 to 15. I love singing, acting and dancing. I hope you enjoy my performance.



Moorlands View

The Waiting Room

"Once you enter through that door things will change for evermore, but will those in the waiting room ever learn that nobody is nobody".

A musical comedy drama by The United Voice Players, who are a collective of service users and staff from Bradford District Care Foundation Trust.

Workshop Information

Afternoon Workshops

Check your badge to see which workshops to go to:

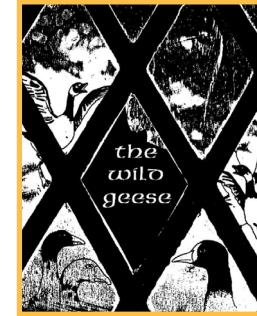
 Wild Geese! Ceilidh Dancing - Everyone

 Rhythm for Life (Drumming) - Biant Singh

 Make a Mosaic - Seagulls Reuse

 Underground Tour of the Coal Mine

Wild Geese! Ceilidh Dancing - Everyone



The Wild Geese – formed over 30 years ago in West Yorkshire, the 'Geese' entertain pubs, ceilidh dances and functions with traditional and modern Irish songs & tunes mixed with popular music and plenty of craic! They have played throughout the UK, in the USA, Europe and regularly tour the west of Ireland.

Lively, inclusive and very adaptable - the band have played at Bradford District Care NHS Foundation Trust's "Lynfest" for the last three years.

Rhythm for Life (Drumming) - Biant Singh



The workshop offers participants an insight into the power of rhythm promoting positive communication exploring personal rhythm and beat finding your voice through the drum. Drumming connects us deeply to sonic sound of our Inner Selves Harmonic Heartbeat, It gives us a great sense of wellbeing and evidence shows drumming triggers the release of endorphins which energises the mind, body and spirit. I will explore in the workshop the 5 steps to wellbeing and link this directly to the drum. Drums have been used for centuries to promote expression and creativity using different types of drums, Djembe and Tabla, participants will be able to experience the dynamic energy of drumming and interactive rhythms. No musical experience is necessary to enjoy the benefit from group drumming, increasing self-confidence and positive self-identity and increase sense of community through the drum circle.

Make a Mosaic - Seagulls Reuse



In this workshop you will learn the basics of making a mosaic and create something beautiful to take home. But beware, it comes with a warning: Mosaic is highly addictive!

Seagulls Mosaic specialises in creating large scale mosaic projects, working with a wide cross section of the community. We also run workshops for people living with long term mental health problems; both in house and in the community. We also deliver mosaic projects in many schools across Leeds. We believe mosaic is a very therapeutic activity and is particularly good for those who don't think they are creative or are lacking in confidence. Everyone can create a beautiful mosaic.

Underground Tour of the Coal Mine



With regards to items that you can't take down the mine, it's anything battery operated so mobile phones, cameras, watches etc and bags. There is some storage space in the lamp room when you get there so any items can be left there before going underground. There are also lockers next to the reception area which items can be stored in. These are operated by a £1 coin which is returned to you after use.



SeQuIn Tool
Sponsored By

