



Where and When:

Date: Tuesday 17th September

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

SeQuIn Tool
Sponsored By



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What and Why:

The Yorkshire and Humber Involvement Network brings together service users and staff from 15 different secure services that include NHS and private organisations providing low and medium secure care. The Network is about sharing best practice, collaborative working to improve the experience and quality of support that people receive.

This year's conference is launching our **Secure Quality Involvement (SeQuIn) Tool** that the Yorkshire and Humber Involvement Network have been developing over the last few years! We are very excited that everyone's hard work over that time is finally ready to be launched and we hope you will all join us in a fun filled day to celebrate the achievement of this, as well as celebrating all of the hard work that everyone has been a part of this year.

Programme:

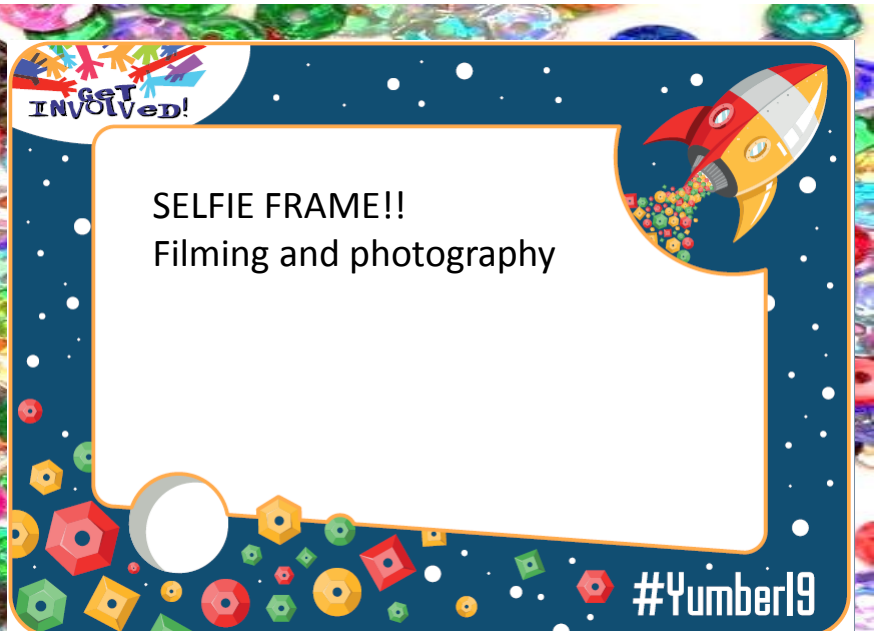


09:00 – 10:00	Arrival/Registration and Refreshments
10:00 – 10:15	Conference Introduction and Opening Getting in the spirit! Fun and Games – A Wright Sequin Scamper!
10:15 – 10:45	Inspirational Speaker – Iris Benson – Being Human Beings Together
10:45 – 11:00	Refreshment Break
11:00 – 11:30	Performance from Tim
11:30 – 12:30	SeQuIn Tool – Poster Presentation Competition!
12:30 – 13:15	Lunch Break (Service User Music and Artwork shown over lunch)
13:15 – 14:00	Workshop Round 1
14:15 – 15:00	Workshop Round 2
14:00 – 14:15 (Time to move between workshops)	Workshop 1 – Wild Geese! Ceilidh Dancing (Everyone will do Workshop 1 in Round 1 or 2) 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



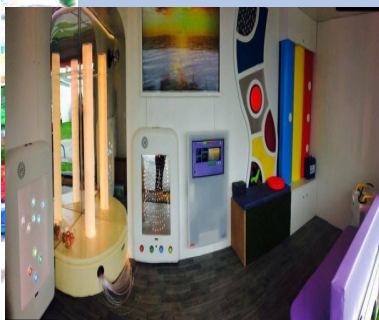
Illustrator. Animator.

LOOKING. READING. ASKING QUESTIONS.
GETTING DIRTY. USING MY FINGERS.



The Rompa sensory bus will be available all day for people to use if they want to.

- The bus contains all the typical components of a normal Rompa sensory room but this one is installed in a large vehicle that goes to shows and events up and down the country. The sensory bus has:



- Rainbow bumpers
 - A tactile wall
- A sensory room projector
- A waterless bubble tube
 - An aroma panel
 - An interactive floor
- An infinity and beyond panel
 - A colour changing panel
 - Fibre Optics



Holly and Jo

Yorkshire and Humber Involvement Leads

A little bit about us—Our Roles

Meeting with people and hearing about the work they are doing—inspiring people and hearing new ways to get motivated—developing ways of improving experiences of service users and staff—involving people in this and in the bigger picture—Strategy! - finding ways to do this that make 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.



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.

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. 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!

My favourite quote:

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



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



Speaker/Performer Information



Iris Benson MBE HSJ Patient Leader

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 Care's "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.

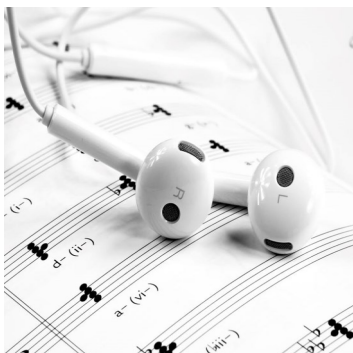
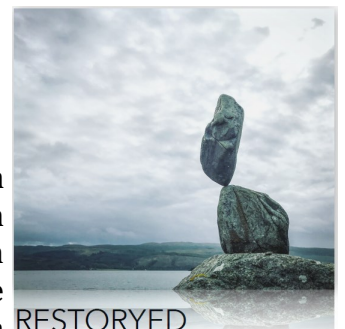
Iris consults other Health care providers nationally on their Restrictive intervention reduction programmes. She has a leading position in The Restraint Reduction Network and was named on the Health Service Journal inaugural list of its '50 Patient Leader'.

Have a wonderful Day Take Care of you.

Tim

Restoryed

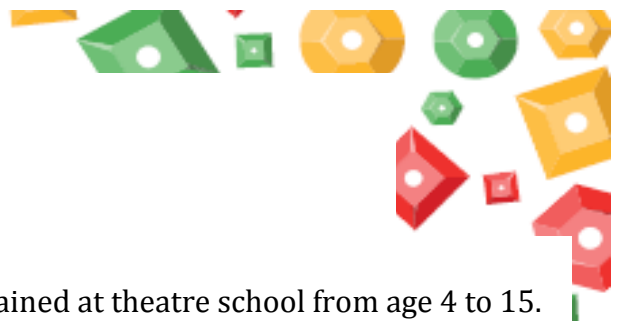
Tim is an artist, musician and former art therapist who experienced a serious mental illness in 2010 that resulted, amongst other things in him being detained in a regional secure unit for four and a half years. For Tim "Recovery" is a somewhat sanitised term for the lengthy and daily struggle to live well and meaningfully amidst what is irretrievably lost. It is a balancing act enabled by humour, resolve, a fierce honesty and compassion. What is longed for, by those of us lucky enough to have known good mental health but unfortunate enough to have lost it, is to be restored. But this is rarely possible, if ever. What we can do, with care and creativity, is endeavour to tell and retell our stories in ways that honour our past, serve the needs of the present and open up new pathways to an unwritten future.



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"



Planning Group

This year we were very pleased to welcome Waterloo Manor and Moorlands View hospital to help us plan the conference. We met 5 times in the months leading up to the conference date. The planning group helped with everything and without them this wouldn't have happened! The only things that were pre-decided was the venue—The National Coal Mining Museum, and the theme—Launching our SeQuln Benchmarking Tool!

The services did so much to help plan and deliver on the conference and so we just want to take this opportunity to say a MASSIVE THANK YOU to all the service users and staff who gave up their time, energy and resources to support such a fantastic day! Everyone came up with so many great ideas and had so much input. Everyone worked really hard and made the planning fun! To everyone involved—Thank you again!



Yorkshire And Humber

@YumberNetwork

Regional network involving service users, staff and commissioners - sharing best practice and improving quality in secure mental health services

Yorkshire and The Humber Joined March 2016

322 Following 347 Followers

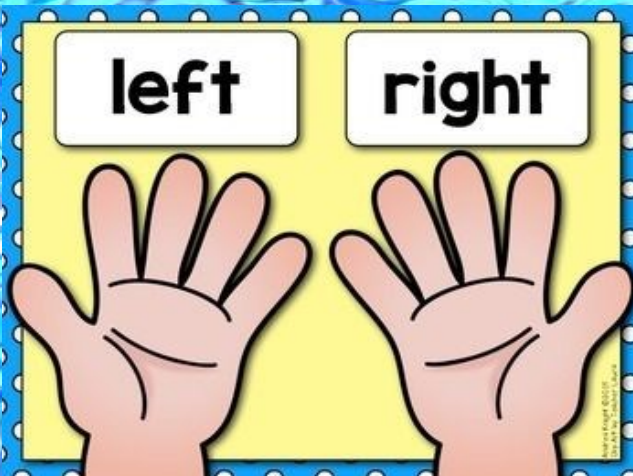
Tweets

Tweets & replies

Media

Likes

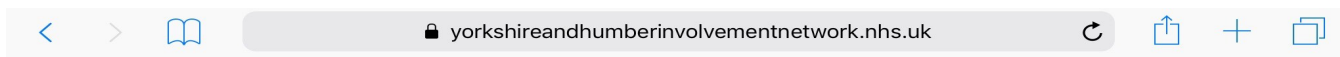
A WRIGHT SeQuIn SCAMPER!



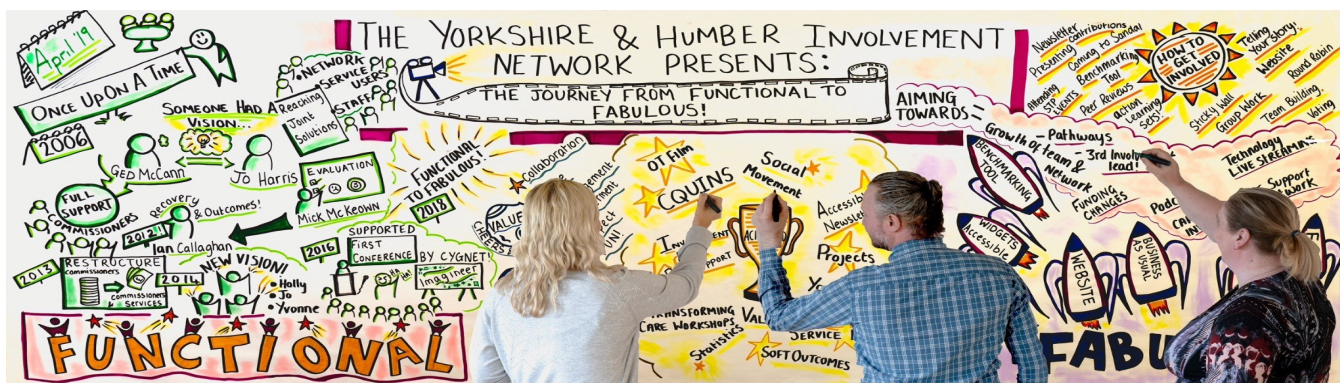
We started the conference by playing the Wrght SeQuIn Scamper Game that Waterloo Manor wrote for us! This got everyone talking to each other and laughing and was a great ice breaker. We even had individually wrapped fabulous prizes for the game which everyone loved! Thank you Waterloo Manor!

Website launch! Check it out!

www.yorkshireandhumberinvolvementnetwork.nhs.uk



- HOME
- ABOUT US
- NETWORK PARTNERS
- STRATEGY
- SEQUIN TOOL
- EVENTS
- CONNECTIONS
- CONTACT US



Iris Benson MBE HSJ Patient Leader Being Human Beings Together



John-Bagot Hospital, Everton.



Royal Liverpool Children's Hospital, Heswall.



THE ROYAL LIVERPOOL CHILDREN'S HOSPITAL, HESWALL, CHESHIRE.

I am that little girl again...



St John's Church, Waterloo.



Broughton Towers Special School, Barrow-in-Furness.



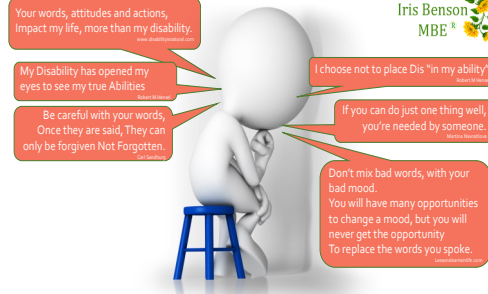
I am that little girl again



*Safe inside my corner,
drawn onto the floor.
Huddled in a corner,
curled up in a ball.

Trying to be invisible
not wanting to be heard,
Tiny little girl,
don't cry anymore.

You're safe inside your circle
Drawn onto the floor.*



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In a Blink of an Eye

In a Blink of an Eye or a sigh, or a breath you can change from the past, to a smile for today.

In a Blink on an Eye the words that we speak, will be soft and keep us safe. Safe from the past that has caused so much hurt. In the Blink of an Eye or a sigh.

You are the future, the change from the past, to today, to be different. No Control, No Restraint, in the blink of an eye not a sigh.

No more pain, just be kind, take the time, make it different from the past, make the change last, in the blink of an eye or a sigh.



Iris Benson MBE

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Tim!



RESTORYED

Songs Of Survival

restoryed@gmail.com
07933 274194

Available for bookings for secure hospitals, professional and educational groups, carers groups and elsewhere.

Tim W is an artist, musician and former arts therapist who experienced a serious mental illness in 2010 that resulted, amongst other things, in him being detained in a regional secure unit for four and a half years.

For Tim, 'Recovery' is a somewhat sanitised term for the lengthy and daily

struggle to live well and meaningfully amidst what is irretrievably lost. It is a balancing act enabled by humour, resolve, a fierce honesty and compassion.

What is longed for, by those of us lucky enough to have known good mental health but unfortunate enough to have lost it, is to be restored.

But this is rarely possible, if ever.

What we can do, with care and creativity, is endeavour to tell and retell our stories in ways that honour our past, serve the needs of the present and open up new pathways to an unwritten future.



Supported using public funding by
ARTS COUNCIL ENGLAND



Workshops!



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

Underground Tour of the Coal



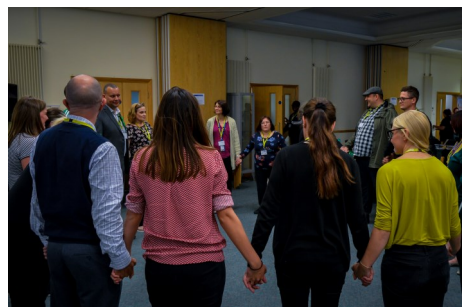
Anything battery operated cannot be taken down the mine, so mobile phones, cameras, watches etc. and bags will need to be left at the top – there is some storage space in the lamp room when you get there so any items can be left before going underground.

Or if you prefer then there are also lockers in the reception area which items can be stored in. They are operated by a £1 coin which will be returned after use.

Wild Geese! Ceilidh Dancing

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.

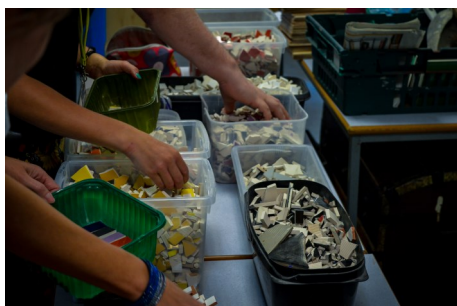
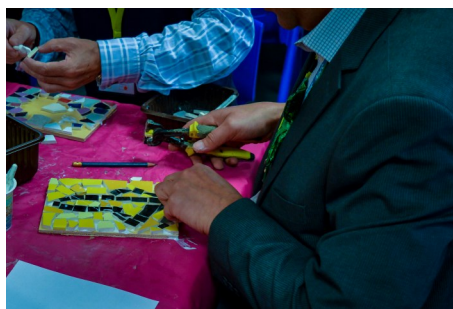


Workshops!



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.



Rhythm for Life—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.

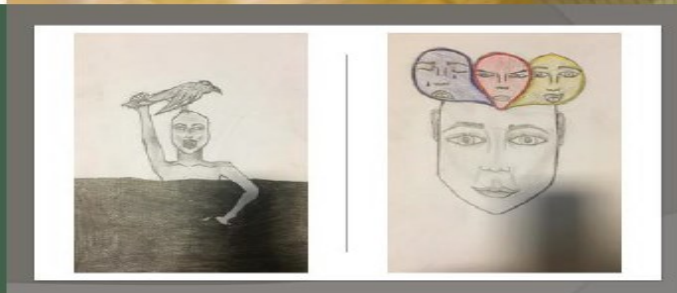
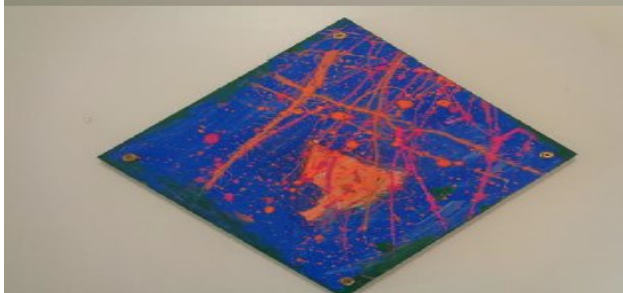
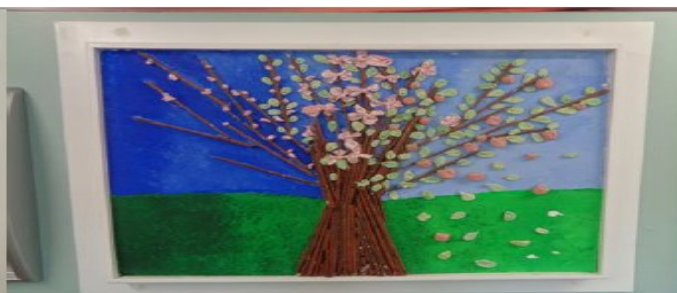




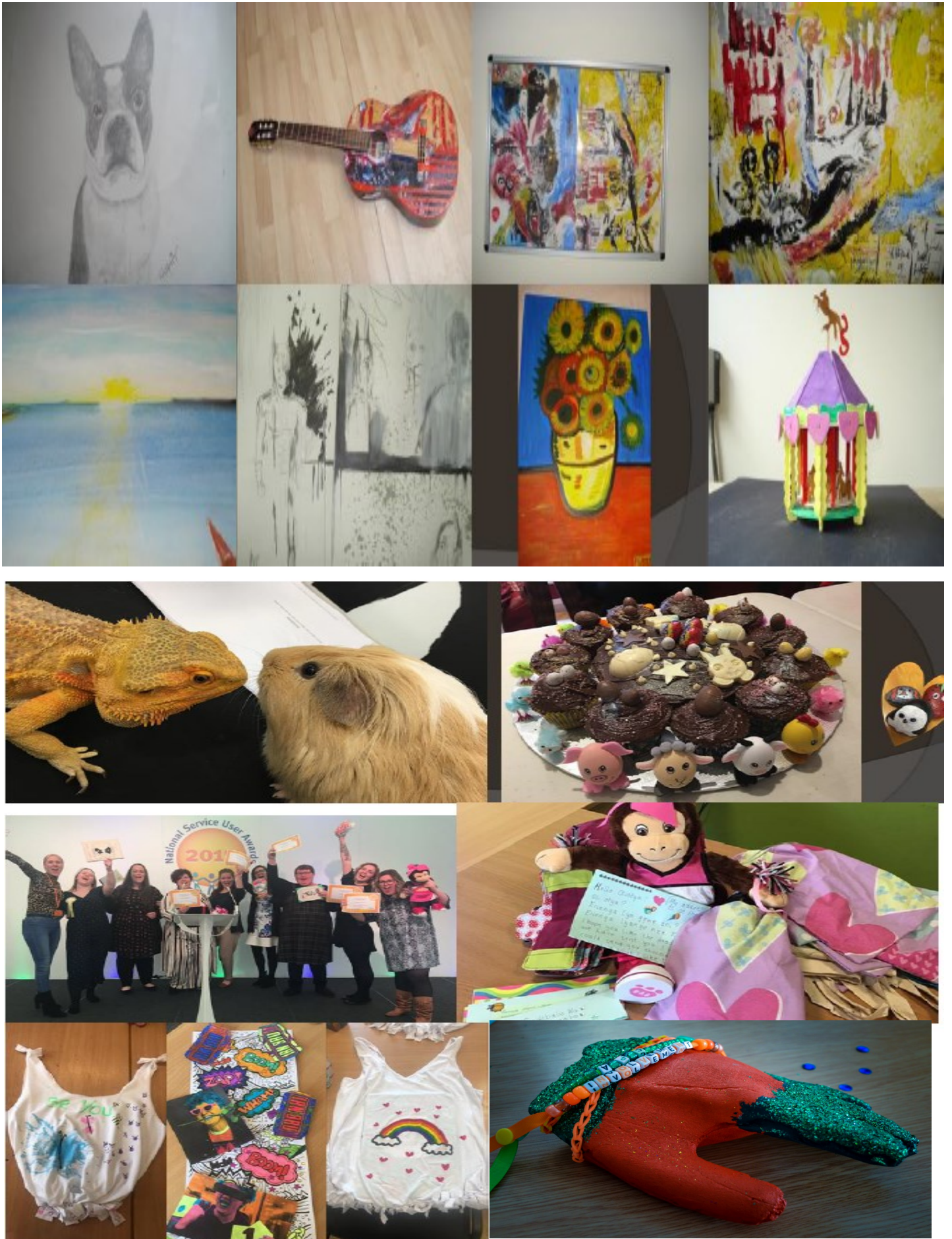
**National Coal Mining
Museum
September 17th 2019**

WELCOME

Selection of service user art work shown over the lunch break accompanied by fabulous music! Sent in from services across Yorkshire and Humber—Thank you to everyone involved!



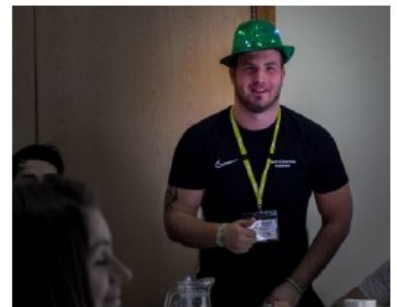
Service User art work showcase



Some photos from the day



More photos



More photos



More photos



SeQuIn Tool competition!!

get ready to **VOTE**

SeQuIn Tool

SeQuIn Tool Sponsored By | inmind HEALTHCARE GROUP

- Developed by the Involvement Network – Review and measure involvement.
- Developed collaboratively
- There are 12 areas – CQUIN's plus few extra!
- Extra funding from In Mind – accessible, website, and UCLAN
- Piloted and refined by you!
- Quality Network LSU and MSU standards
- Measuring your service against others – is it effective?
- More info later! Website and SeQuIn Tool



Secure Quality Involvement (SeQuIn) Tool Competition!



The Competition:
Your service has been allocated a SeQuIn Area. Your task is to produce a PowerPoint Slide describing the SeQuIn area that you have been allocated and present it at the Conference on the 17th September!

Rules of the competition:

1. Must be co-produced by service users and staff
2. Must address your allocated area in some way
3. Must fit within 1 PowerPoint Slide – It can be interactive if you wish
4. It can be presented on the day in any way you choose
5. It cannot be longer than 2 minutes – our air horn will sound you out when the time is up!

Competition Prize:

1st Prize - A **Massive** £250 cheque!
 2nd Prize – A fabulous £100 Amazon Voucher!
 3rd Prize – Chocolate!

Admission Date:



Friday 30th Aug 2019

#Yumber19



Secure Quality Involvement (SeQuIn) Tool!



Your vote counts!!

Please vote between **1 – 10** for each presentation!

Low < 1-2- 3-4-5- 6- 7-8- 9-10 > High

They will all be added up and the winners announced this afternoon!

#Yumber19

No.	Service and SeQuIn Tool Area	1-2- 3-4-5- 6- 7-8- 9-10
1	Wathwood – Recovery Pathway	
2	Newhaven – Recruitment and Selection	
3	Waterloo Manor – Shared Risk Assessment	
4	Newton Lodge – Technology	
5	Cheswold Park – Dining Experience	
6	Newsam Centre – Recovery Pathway	
7	Bretton Centre – Recovery College	
8	Cygnat Sheffield – Involvement	
9	Clifton House – MDT Standards	
10	Stockton Hall – Carer Involvement	
11	Humber Centre – Meaningful Activity	

SeQuIn Tool Sponsored By

inmind HEALTHCARE GROUP

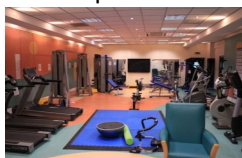
GOOD LUCK!



Healthy lifestyles (Minds and Body)

Wathwood Hospital Recovery Pathway Standards

- Gym /Swimming
- Yoga/Dietician
- Healthy lifestyles clinic
- Charity cycling
- Sponsored walk
- Woody's
- Self catering
- Vocational jobs Horticulture
- Sec 17, community
- Ass, CC, Rehab, Lodges



Wathwood Recovery Pathway

Newhaven Recruitment and Selection



- music inmind**
- TRACK LIST:**
1. Risk assessed together
 2. Individually Restrict me
 3. I own my Risk
 4. Risk discussed wi t' Recovery
 5. Plan so I can, understand!
 6. I'll train you up before I go
 7. Risk Sharing- MDT CPA CTR
 8. Risk reviewed and improved
 9. Carers talk about Risk
 10. My Ward



Waterloo Manor Shared Risk Assessment



SeQuIn competition!!

Newton Lodge Technology



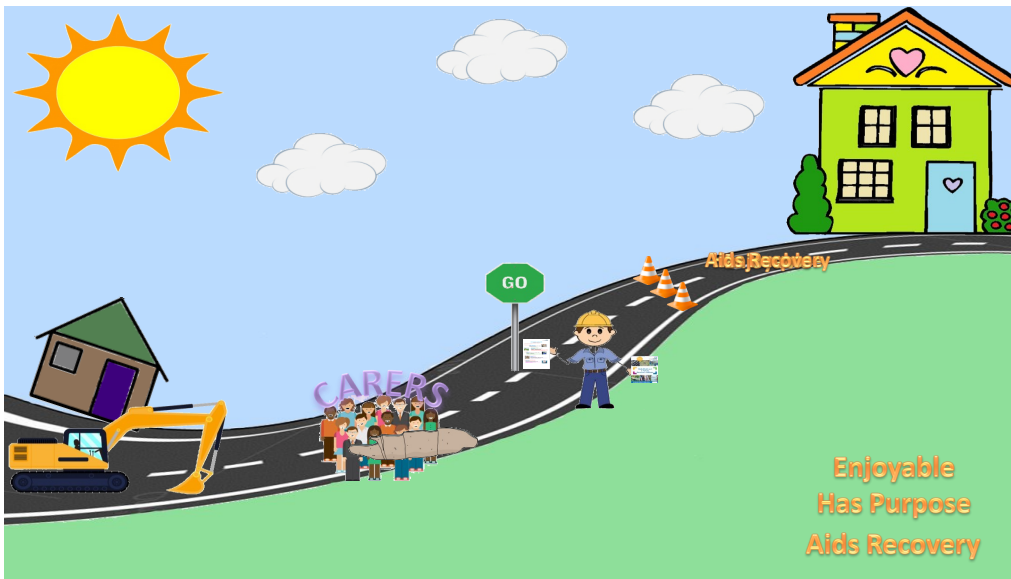
Cheswold Park Dining Experience and Healthy Weight



Newsam Centre Recovery Pathway



SeQuIn competition!!



Bretton Centre Recovery College



Cygnets Sheffield Involvement



Women In Secure Hospitals.

WISH is the only national women's user-led mental health charity, supporting women & girls who are detained and giving them a voice.

Independent Advocacy Service



Opinions from service users...

"She's always very helpful, supportive and reliable and goes the extra mile. She always lets us know when she is not going to be around too"

"She's really supportive and persistent with getting stuff on the ward sorted, like fixing the washing machine"

"She helped with my application process for a tribunal" ... "very helpful and gave good advice"

"She always makes time for us"

"Rachel is nice, helpful and thoughtful"

"Gave me good advice about different areas of Sheffield"

"When I transferred hospitals, she helped me to get my new glasses when I didn't know what to do"



Rachel Evans
WISH

Rachel regularly attends coffee mornings as a more informative way of talking to the women about any issues they have. She then offers to see any of them individually about more personal matters.

Rachel is an Independent Mental Health Advocate (IMHA) for the women on Spencer Ward.

MDT WORKING

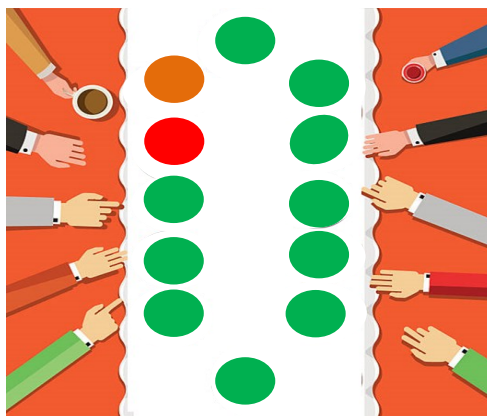
The advocate is not always available

There are no reports

I am supported to present my views

I know the running order of the MDT meeting in advance

I can do activities while waiting.



Someone from my team will attend the meeting

People will talk to me in a way I can understand

My carers can be invited

I can attend the Whole meeting if I want to

Someone will take notes which I can keep and talk through afterwards

Clifton House MDT Standards



SeQuIn competition!!

Carer involvement standards
The service has a strategy for carer engagement developed through use of the 'carer support and involvement in secure mental health services toolkit'
Carers know how to contact their relative and the hospital, and a named point of contact is provided for this.
Where possible there is a choice of venue for carers visits.
When a patient withdraws consent, general information about the hospital and education about mental ill-health and recovery is still available to carers.
There are carers events and signposting available for carer support including how to access a statutory carers assessment.
Carers are personally invited to care planning meetings.
There are ways that carers can feedback about their experience and the information is used to improve the service.
Carers can visit the hospital and have an understanding of where and how their relative is cared for.

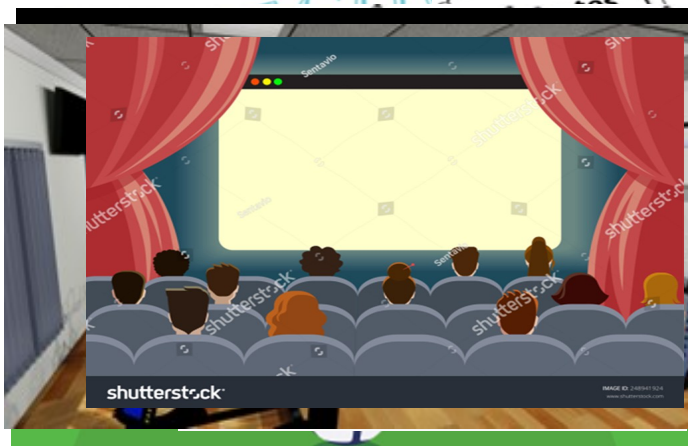
Stockton Hall Carer Involvement



Humber Centre Meaningful Activity



The Humber Centre presents Meaningful



Bretton Centre!

SeQuIn competition!!



Waterloo Manor

And
the
Winner
is...



Newton Lodge



Feedback

Thank you for all your wonderful feedback and such lovely comments about the day :-) Here is a selection of some of the feedback.

Favourite Part

35% said Ceilidh band & dancing	29% said Drumming workshop	22% said Iris Benson	8% said The coal mine
Being together to celebrate involvement	Music and dancing	The 2 min presentations	Performances by Service Users
So many service users interacting positivity and supporting each other	Newton Lodge's presentation & everyone being supportive	The workshops (all of it!)	Everything, taking part
The encouragement to dance	Dancing and mining	The food!	Presentations and singing

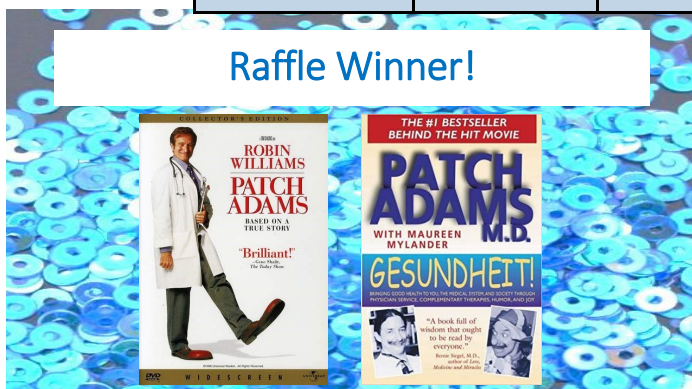
Next year I would like to see...

14% said the same next year	10% said more stories and speakers	10% said more music	6% said a comedian	5% said a magician
The same happy faces	The video footage from today	2 minute acts	A stricter schedule	Dancing
More speeches	More services involved	Moorlands view play!	Fish and Chips	People moving on
More live music	More talks from service users	Fun and singing	Iris again!	Dairy free food

3 words that describe the day

Sequinicious Fabulous sweaty	everything was beautiful	Fun Lively excellent	inspirational amazing energies	fabulous sweets fun	Fun Interesting Engaging
fan dabby dozy	Ok Cool fantastic	Enjoyable informative inspirational	Moving Fun enjoyable	Inspirational Enjoyable fun	Fun Interactive Enjoyable
Fun sociable networking	Fun inspiring smiley	Really musical really lovely	Fun Inspiring creative	Great Fab interesting	Ace Sociable inclusive
Amazing Fun inclusive	Fun moving productive	Fun Interesting inspirational	Inspirational Uplifting positive	Collaboration togetherness future	Happy Lovely engaging

Raffle Winner!



Feedback forms - Get your raffle ticket!



Feedback Card

My favourite part was...

Next year I would like to see...

Three words to describe the day would be...



- **Cygnnet – our sponsors! And Laura and Emily!**
- **Conference Planning Group**
 - Waterloo Manor
 - Moorlands View
- **All our speakers and workshop facilitators**
- **Tim – music**
- **Charlie – singing!**
- **Ada!**
- **Waterloo Manor – Table decorations!**
- **Charlotte – Twitter queen**
- **Patrick/ Sam –Website video and filming**
- **Stockton Hall – Photography!**
- **Everyone who sent in their fabulous art work 😊**
- **All of our amazing competition entries!**
- **All of you for your continued support, engagement and enthusiasm for the Network – you all help make it Fabulous!**



Thank you so much to Cygnnet for sponsoring the event, and to Laura and Emily for all your help in the run up, on the day itself and afterwards with collating all the feedback as well! We couldn't have done it without you!