



YUMBER NETWORK VIRTUAL EDITION

Thank you to all who joined us for another virtual get together. In this Newsletter we will feature from the day; all slides, feedback and graphics from Imagineer. It was lovely to see so many of you and hear about all the fantastic things you have been up to in the round robin. We were also treated to some fabulous musical performances and talks too!



	Welcome—Introductions
	Moorlands View Meaningful Involvement During Covid
	Virtual workshop Motivation & Meaningful Activity Post Lockdown— what does it look like?
	Humber Centre ‘My health’
	Virtual workshop Transition document v App What should they include?
	Stockton Hall Christmas Song
	Waterloo Manor Rainbow Fish
	Wathwood Musical Performance
	Round Robin—Over to you...



Friday
12th March
1.30-3pm



Joined by



MEANINGFUL INVOLVEMENT

AT MOORLANDS VIEW

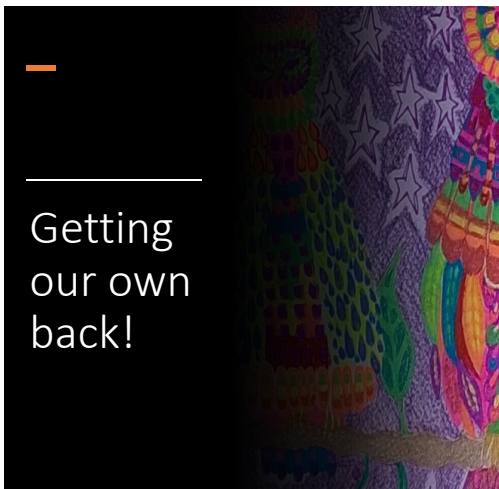
Initial response to pandemic, sound familiar?



Life as a ward based therapist



Getting our own back!



What about the future?



MOORLANDS VIEW

MEANINGFUL INVOLVEMENT - CHRIS



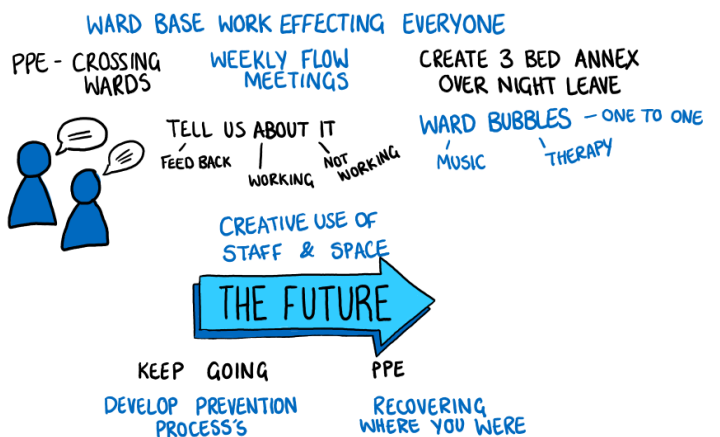
INITIAL RESPONSE



LIFE AS A WARD BASED THERAPIST



GETTING OUR OWN BACK



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

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Initial response to the pandemic –

Everything shut down in the hospital and community. PPE was worn. Some people were scared of what was happening and the impact it could have on them.

Doors were closed.

With the community providers shut too it had a big impact on us all, as people were moving through their pathway, and this slowed things down.

OT's were made ward based.

Recovery college temporarily closed.

All off ward activities were suspended.

Staff worked in different ways.

The smoking policy was reviewed in favour of supporting people to smoke safely, which helped many people.

Life as a ward based therapist–

Made hospital environment as meaningful as possible.

Individual therapy continued. 1 OT per ward.

Used areas which were previously unused in the hospital to create more space, to think what and how we could replace some of the community activities.

We asked service users what they needed for this – we got art materials, supported online shopping, whilst promoting use of PPE for everyone.

Getting our own back –

We HAD to get activities and people off the wards and back to some kind of normality as soon as we could.

OT's were back working as a team off the wards.

We set up weekly meetings hearing more about who was opening up again to start transition pathways once more.

We set up a 3 bedroom annex in the rehabilitation ward to enable overnight leaves so Ministry of Justice requirements could be met to support people moving on & Infection Control.

Service users still aren't mixing but lots of groups are happening as well as the 1-1 work

Restrictive practices group is meeting. We ask service users to "tell us about us."

Through put of service users through the service hasn't been as quick as before. The length of stay has increased.

We have been able to derestrict the wards so people have access to e-cigs, smartphones, access to outdoor areas with extra staffing support.

All this has been achieved through service users and staff sitting down together as a group of people, listening and resolving the issues that have needed to see improvement.

Future –

Restrictions will take a while to go away. We will still be using PPE and bubbles for a long while yet.

We want to see rehab pathway get back on track, using community resources like shops etc.

We will keep on listening, and service users will keep being heard.

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Virtual workshop Motivation & Meaningful Activity Post Lockdown– What Does It Look Like?



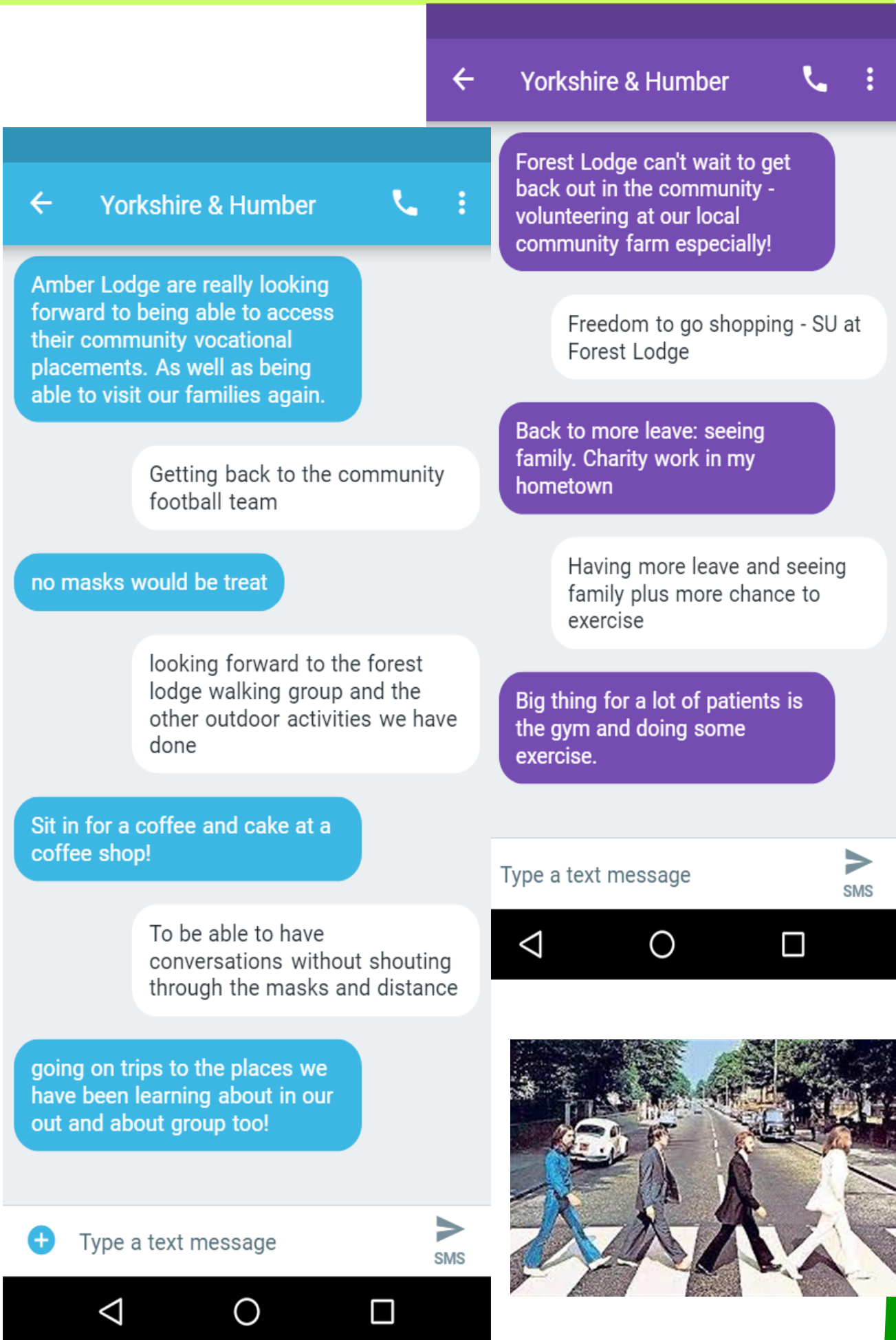
“We are missing simple things like going to the garage, shopping for our cooking. Families are bringing things in but we can’t see them. I’m looking forward to getting back to some normality.”

“I’m looking forward to easing lockdown. I am moving in to my own property in a few weeks. I’m looking forward to decorating it and shopping for things I need. I’m looking forward to going to the gym maybe too.”

VIRTUAL WORKSHOP: MOTIVATION & MEANINGFUL ACTIVITY WHAT DOES POST LOCKDOWN LOOK LIKE?



“I’ve been in hospital a long time and COVID has held my leave back. But I’m looking forward to getting back out into the community visiting guitar shops and museums and stuff. I’m looking forward to the summer too. COVID hasn’t stopped everything, but getting community leave back is important. Things have slowed down but not stopped. COVID is around but we are all in the same boat – service users and staff. We appreciate that. But overall I’ll be happier when it’s my time to be moving on.”



Humber Centre Primary Care Service

My Health

The Humber Centre's Answer to
the CQUIN Physical Health
Passport

Caring, Learning and Growing



Humber Teaching
NHS Foundation Trust

  [Humbernhsft](https://www.humber.nhs.uk)
www.humber.nhs.uk



Our First Hurdle



We already use a patient passport for when someone is going to the general hospital. It's important information that the A&E staff need to know about you. So another passport we thought was confusing.

So, with the healthy weight CQUIN, we started reviewing the physical health standards for mental health services, and we already use the HIP. This made us think about linking all these requirements into one plan, which we call the My Health Profile. These will link with MDTs and CPAs.

Everyone has the opportunity to fill in a My Health Profile.

It's linked with our notes on the computer system to make sure everything is addressed at the right times and we can track things we need to.

Everyone has an individualised plan with goals – like sleep and weight etc. They have a laminated A3 sheet to make it interactive. People make goals daily, weekly or monthly – it's totally personalised, and people can change their goals as much as they want to make sure they have manageable goals.

We then offer an award chart and certificates to celebrate achievements. It's a great reward and people sometimes share their achievements with others. It's a great talking point.

There is also lots of resources available. Things like exercises, tips etc. The patient chooses which resources they want and then that doesn't mean they have things in their profile that isn't useful to them. It's reviewed every 6 months.

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Our Passport

If I'm unwell you should know.....			
My Name is -			
I like to be called-			
D.O.B-			
NHS -			
My current residence and contact details-			
GP-			
Psychiatric Consultant-			
Care co-ordinator/ Key Nurse-			
My Religious preferences-			
Next of Kin -			
My MAR chart will have all of my up to date medications.			

Things You must know about me.....			
Respect Form in place?			
I have an end of life care plan		Yes	NO
Allergies/ Intolerances-		Yes	NO
My Recent health/ and or recent covid-19 diagnosis?			
My Long term health conditions and previous hospital admissions			
Known childhood illnesses /Vaccinations and most recent Tetanus			

Things that are important to me.....			
	I do	I don't do	I need assistance and how/ Any medical devices
Communicating			
Mobilising			
Dressing			
Grooming/ oral care			
Going to the toilet			
Eating and drinking			
Bathing			
Any medical devices			
Do I smoke/ drink			

The healthy lifestyle section of my passport will be available on my Liveness patient record

More about me and my likes and dislikes.....	
I am currently under a section of the mental health act. This is how many escorts I should have with me at any time and also anything else you need to know regarding this.	
Things I like	
Things I dislike	

Please ensure on transfer this passport is in a locked bag Review date:

Perfect Timing



As we were deciding the best way to go forward with this new project we were reviewing the latest (2019) Standards for Forensic Mental Health Services: Low and Medium Secure Care and the healthy weight CQUIN.



physical health needs reassessed every 6 months and care plans in place in the following areas if needed

- Health awareness;
- Weight management;
- Smoking;
- Diet and nutrition;
- Exercise;
- Dental and optical needs;
- Any patient specific items.

So we had an Idea



We decided to create a new 6 month review that would link into the annual HIP (health improvement profile) and integrate into the 6 monthly CPA.

The outcome's of these 6 monthly reviews would then be care planned and in doing so meets some of the CQUIN healthy weight principles.

This will all come under the umbrella

Piecing together several recommendations to create a holistic approach

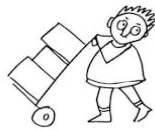


Key areas Influencing the design of My Health

We plan to use the HIP, CQUIN and the Standards for Forensic Mental Health Services to guide us on the resources we could create for “my health”.

For Example

- Health awareness;
- Weight management
- Smoking;
- Diet and nutrition;
- Exercise;
- Dental and optical needs;
- Any patient specific items.



This also includes

- Diabetic reviews
- Asthma/COPD reviews
- Hypertension reviews
- Podiatry
- Outpatient appointments Etc.

Having whole health and well being needs all in one place.

Examples

My Health NHS Humber Teaching NHS Foundation Trust

Date of most recent health review

What Your BMI means

National Guidelines	Asian, Black & African Caribbean populations	Category
Less than 18.0	18.5 or below	Underweight
18.0-24.9	18.5-23	Healthy weight
25.0-29.9	23-27.5	Overweight
30 or more	27.5 or above	Obese

Important Dates/Appointments	Last Appointment	Next Due
CPA		
Health Improvement profile (HIP)		
Diabetic review		
Hypertension		

You're Fitness NHS Humber Teaching NHS Foundation Trust

Ask a member of staff to help you to test your fitness and then re-test again in a few weeks or months' time to see how you're improving.

5 minute Jog/walk Challenge
 How many laps of the sports hall/ courtyard can you do in 5 minutes?
 Date: [] [] [] [] [] [] [] [] [] [] Date: [] [] [] [] [] [] [] [] [] []

Push up/Wall Press Challenge
 How many push ups/wall presses can you do in 90 seconds?
 Date: [] [] [] [] [] [] [] [] [] [] Date: [] [] [] [] [] [] [] [] [] []

Squat/ Chair squat Challenge
 How many squats/ Chair squats can you do in 90 seconds?
 Date: [] [] [] [] [] [] [] [] [] [] Date: [] [] [] [] [] [] [] [] [] []

Everyone should aim for 150 minutes moderate intensity exercise each week. This could be broken up into small sessions throughout the week that suit you!

The Interactive aspect

An A3 laminated sheet that can be updated daily with goals and targets to aim

My Goals NHS Humber Teaching NHS Foundation Trust

Today's Mood:

My Goal/s:
 Who can help me achieve it?/When and how:

How I see myself now

Set yourself achievable goals and remember to ask for help when you need it.

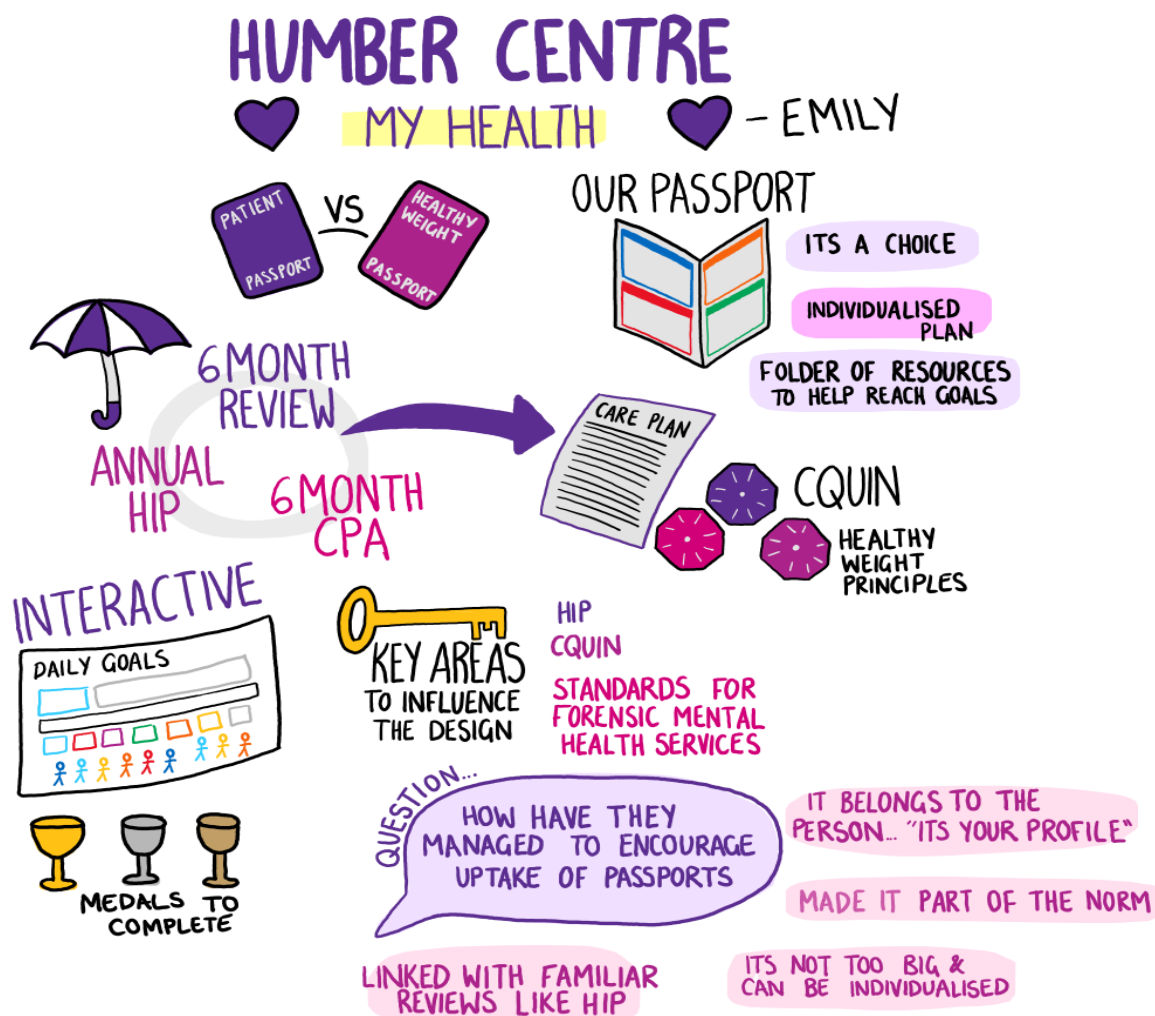
Where I'd like to be

Questions and comments:

“We struggle to get people to engage with the health passports, and want to get a bigger uptake. How do you encourage people at the Humber Centre?”

By linking it with the Health Improvement Plan (HIP) which people are familiar with, that helps. Also it belongs to the individual – it’s their profile. We are making it the norm to have one – and the reviews are part of usual meetings so everyone is used to it. And it’s not too big – by making it individualised, so people don’t have loads of information they don’t want.

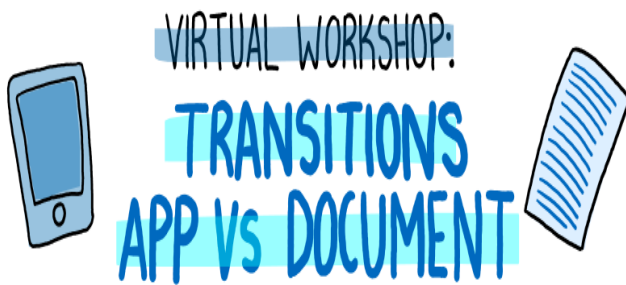
“We like that you can make your own booklet. Then it’s not a massive book to carry around.”



Virtual workshop



Transition Paper Document v App
 Would a transition document or App help you move on?
 What key themes should they include?
 How could a crisis plan fit in to this?



PRO'S
 - APPOINTMENT
 - MORE DISCREET

?
 - BOTH WOULD BE GOOD

CON'S
 - DOES IT NEED WIFI?
 - PEOPLE NOT USE TO TECH

BOTH some people are not comfortable with smart phones yet

Yes I think both a paper and app would work great

For the app would you require wi-fi?

Good question about wi-fi

App comments

Good so I can keep track of my appointments in the community
 Can keep crisis plan on my phone so I always have it, and it's private – only people I want to see it can
 Question – does the app need Wi-Fi – may be a problem to update it without Wi-Fi access

Paper comments

None

Both – You should be able to have a choice!

Stockton Hall Christmas Song

Nick wrote the song for his own amusement and decided to record the song, like he has others, whilst at Stockton Hall & got others involved too, so people could sing, play or record to help get the song as it is.

It's a fabulous song. It's called "Eat, Drink and be Merry!"

It was dedicated to one of the other band members who has since sadly passed away.



STOCKTON HALL CHRISTMAS SONG

WRITTEN BY NICK

CAME UP WITH THE IDEA TO GET OTHERS INVOLVED



DEDICATED TO FELLOW BAND MEMBER

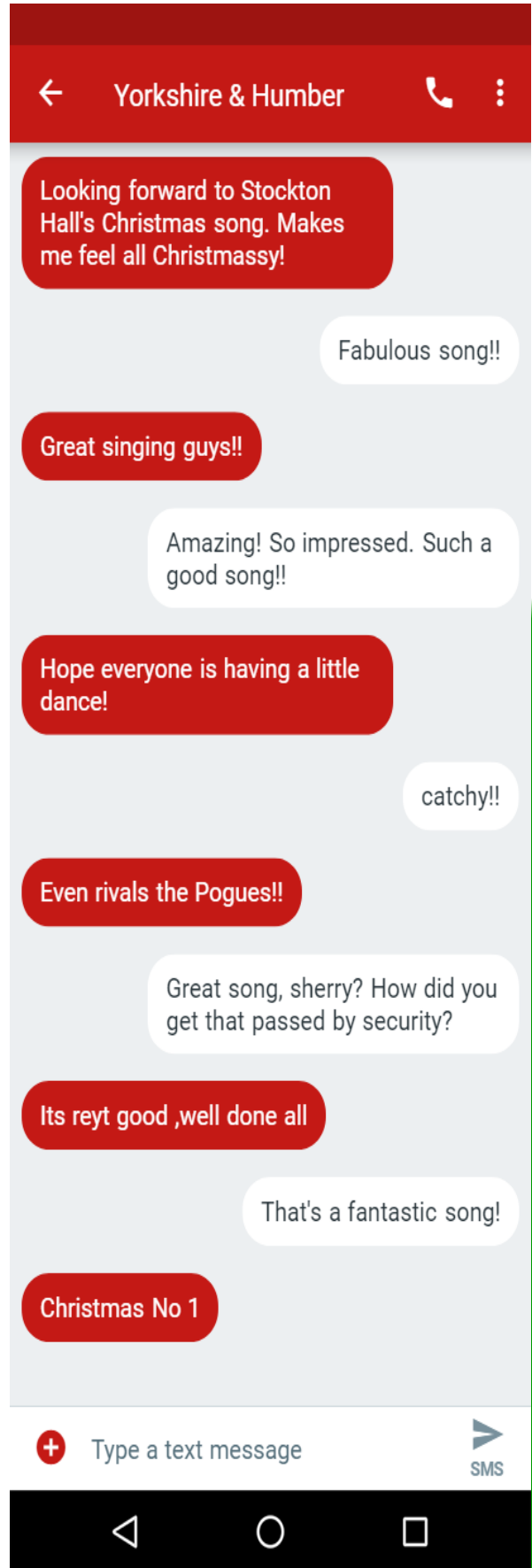
"MAKES ME FEEL ALL CHRISTMASSY"

"GREAT SINGING GUYS"

"AMAZING! SO IMPRESSED GREAT SONG!"

"CATCHY!"

"EVEN RIVALS THE POGUES"

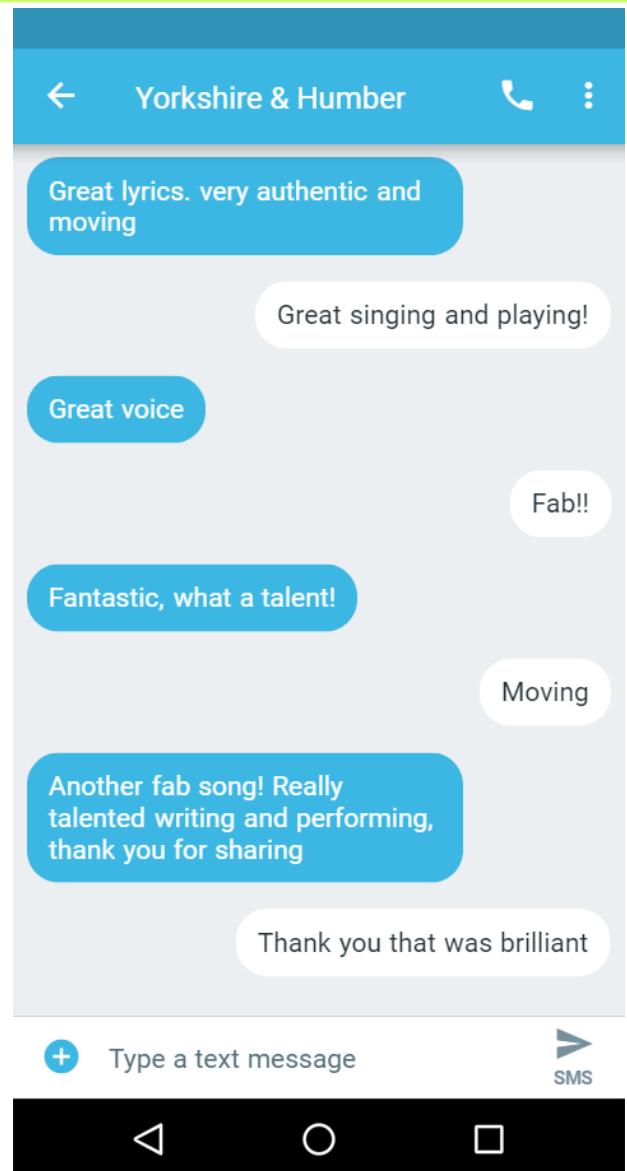


Wathwood Musical Performance



Introduced and played by Karl who wrote the songs to reflect on his mental health journey.

- * **The 1st song played was “what it seems”**
- * **The 2nd song was “circles of eternity”**



WATHWOOD - MUSICAL PERFORMANCE

-KARL WROTE THESE SONGS REFLECTING HIS OWN JOURNEY AROUND HIS OWN MENTAL HEALTH PROBLEMS

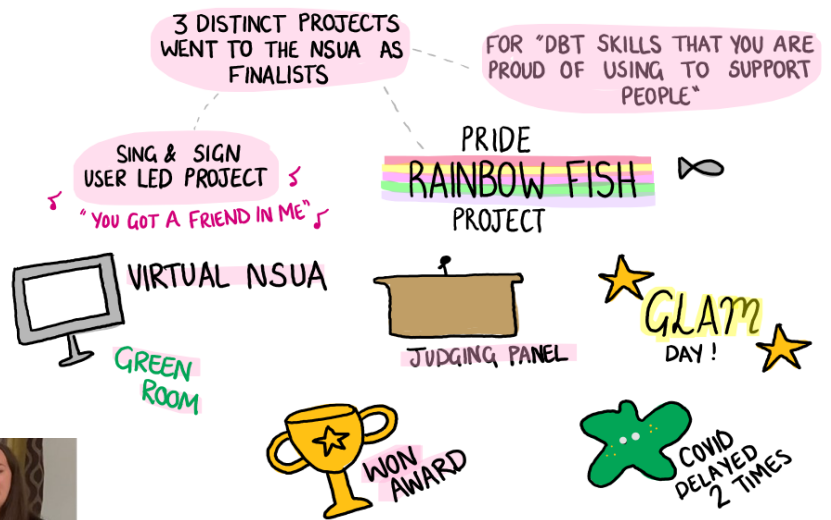


Waterloo at the NSUA's

- Service user on the Judging Panel- Day out in Newark (floods!)
- Judged the Outstanding Service User Category
- Had the opportunity on the day to co-host the Category with Ian too
- Went from a glam day out at Colwick Hall to a glam day in at Waterloo
- Covid delayed the event twice
- Went from in person to Virtual
- Had to get to grips with the technology and hanging out in the 'green room'
- We also had to showcase our entries in new ways and created videos and slides for each that we will now share...

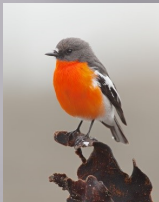


WATERLOO MANOR





Round Robin



HUMBER CENTRE ROUND ROBIN

- Virtual patients council
- Working to develop a carers forum.
 - My Health project
 - L/D Autism National pilot.
- Welcomed new peer support worker
 - TV aerials
 - Health stars
 - Review of shop
 - Pine view award



WATHWOOD HOSPITAL HEADLINES



- **HEADLINES**
- Trailing salvia drug testing kits so patients can potentially move from Urine to saliva testing.
- Room workouts developed due to Gym suspended during COVID.
- Maintaining friends/ family contact through mobile phones and skype.
- COVID education/updates through regular meetings, info videos Q and A sessions.
- Maintained activity OT, Horticulture, Sports, Edu and events on the wards.
- **CHALLENGES**
- Obesity of patients was raised by family members.
- Requesting more internet time.
- Hate Crimes awareness around race and bullying.
- Recruiting Afro Caribbean Hair dresser.



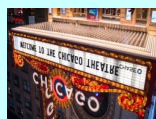
After completing our virtual Lands End to John O Groats Challenge we have now walked 900 miles of our new virtual route 66 challenge



To celebrate our progress on the challenge we've had a Chicago theme night. Where we learnt about Chicago, made our own pizzas and had a Chicago movie night!

Amber Lodge

We've changed our OT timetable so we can explore some new hobbies and interests like drama which is currently very popular



To encourage a healthy lifestyle we have started a breakfast group that is popular with patients and staff.



Whilst we are looking forward to being able to go back out in to the community again, we are enjoying regular nature walks around our hospital ground and are enjoying seeing spring bloom



WHAT
HAVE
WE
BEEN
UP TO?



Stay Safe!

Forest Lodge



LGBTQ+ History
Month
Rainbow Cake!
Film Nights

We created Xmas gnomes using rice and a pair of woolly socks! We also created Xmas Wreathes.

They were sold to staff for a donation towards a children's charity.

We raised over £200 just from these little gnomes!

Christmas Fundraiser



Lots of
Quizzes!

Crafts and



Rangoli

To celebrate Diwali last year we created a piece of art work called Rangoli.



We dyed rice different colours and used glue to stick them down in different patterns.

“Rangoli is an art form, originating in the Indian subcontinent, in which patterns are created on the floor or the ground using materials such as coloured rice, coloured sand, quartz powder, flower petals, and coloured rocks.”



Leaf Printing



Psychology at Forest Lodge



Michael Rennison (Assistant Psychologist) joined the team

We have introduced some new groups to Forest Lodge:

We have the ‘Walk of Fame’. This group encourages staff and service users to think about famous people who have experienced mental health challenges and to put a deeper understanding to their experiences.

We have the ‘Chill out Zone’. In this group, staff and service users can practise relaxation techniques.

We have also started a ‘Food and Mood’ group with the OT team and Dietetics. This group helps people explore the relationship between different foods and their mood.



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Stockton Hall

Decorating
Real Work opportunities-
covid cleaning
Shop adapted- envelope
only/ cashless system
Recovery College- smaller
classes or online
-Food Hygiene
-photography
Big Board Artworks – 3
complete

WATERLOO MANOR



Clifton House

We still have our Christmas robin
up...

It has been a slow time for
everyone.....

We attack the daily crossword...(sometimes twice)



Some people have been engaging in more art.....



This one was encapsulated and put up in our Clozapine Clinic.



And an article written about it on the 'Trustwide' .



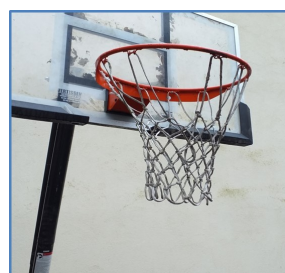
We've tried to encourage more movement.....

Enabling all wards to access the on-site gym..

Eventually filling the basket ball base with sand so that it did not fall over in the wind.

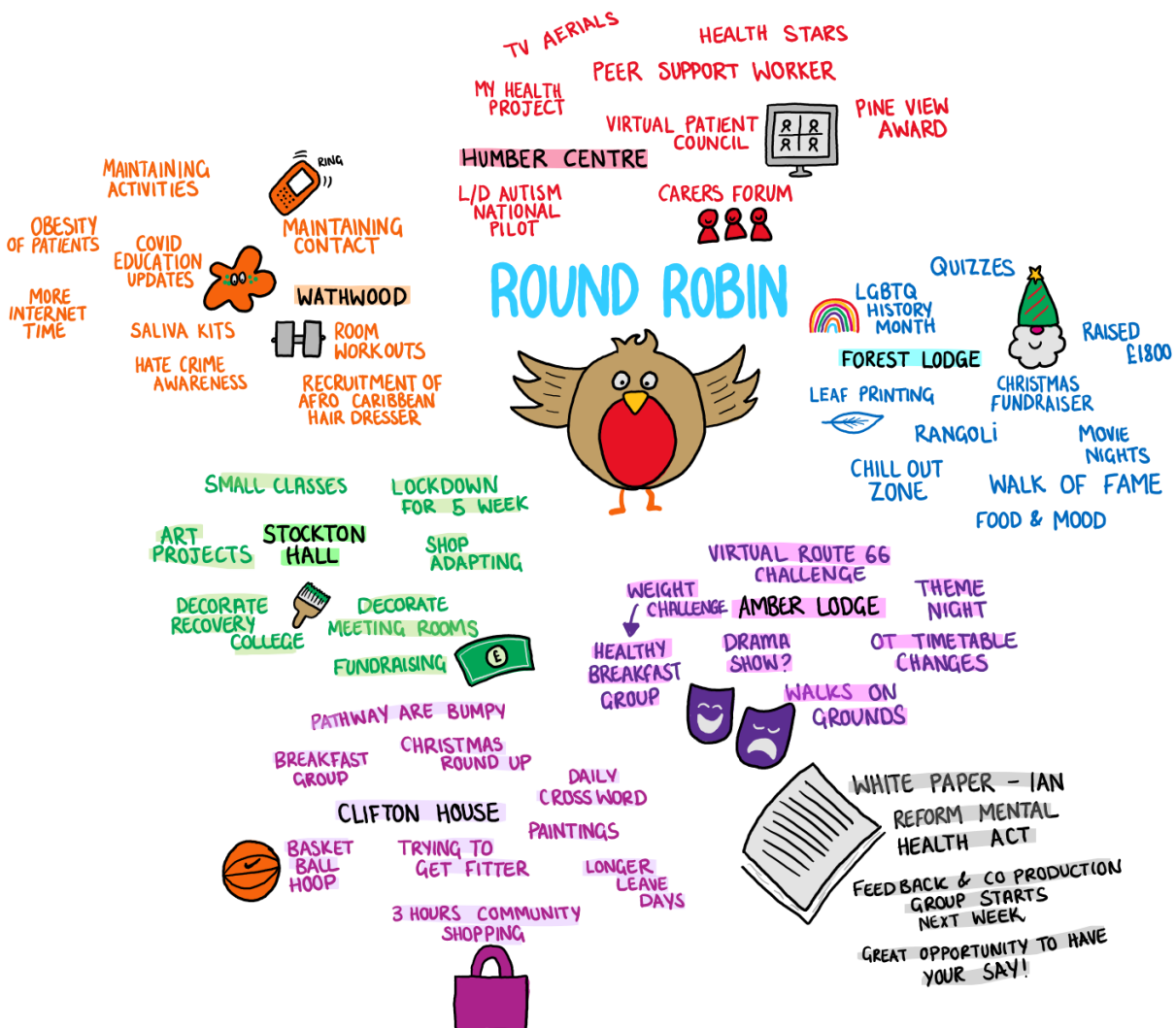
And...starting a socially distanced basket ball tournament across Westerdale and Riverfields.....

“Looking a bit worse for wear...but still does the job!”



Ian from Recovery and Outcomes, Rethink:

- Ian was promoting a great opportunity to get involved with the reform of the Mental Health Act.
- Currently there is a white paper out which sets out what changes the government is proposing to make to the law.
- Rethink want to bring groups of people together – there's a group running next week that you can take part in.
- Or you can get involved in some engagement events in April – Gaby is arranging them so keep your eyes open for your opportunity to make positive changes to improve the lives of people under the Mental Health Act!





Feedback Form



What has gone well today and why?

Yes it was really enjoyable liked the chat and the singing

It was good to hear what other places have been doing, and it was nice to hear the songs. It was also good to see how everyone has been managing during lockdown

All of the presentations were great as always and it was fantastic to hear both the main agenda items and in the Round Robin what people in services are doing, during this difficult time.

The music was brilliant and a really good addition – it worked really well in the meeting and everyone seemed to find it very enjoyable. The musicians were really talented.

Great idea to have the music and it would be really good to have more at future meetings – maybe have a regular slot for music/poetry/theatre/art showing?

Hearing what other services are doing well and what is going well. Identifying new activities that can be completed in our own hospital, e.g. theme week. Live music from Karl

Inspirational updates and feedback from other areas, the performances and update from patients, the meeting felt inclusive and quite upbeat despite lockdown challenges

Music from Wathwood.

What could have gone better and why?

No issues

Genuinely cannot think of anything

It would be nice to have more time before meetings to think about points for the worksheet topics

It's difficult if there isn't anyone who wants to do it, but maybe for services to encourage service users to present with them for the main agenda items and Round Robin? It would have been great to have heard from someone from the Humber Centre about how the 'My Health' work had supported them.

It was a shame to have been a bit short on time too – it's such a difficult one isn't it, but its testament to there being so many great things going on in services and that everyone is so keen to share and discuss.

Maybe try to find out from people if they'd be happy with a 2 hour meeting with a short break halfway through? Or a 5min 'at desk' energy boosting movement session in the middle? Apart from that, I can't think of anything to improve the meetings, they're great already!



What would you like to hear about in the future?



Just more of the great things happening in services!

What activities and achievements people have managed and opportunities that we might be able to take part in things.

Maybe what an 'involvement pathway' for people might look like, what training and support they would like and what reward and recognition. Just something we've been talking about and with the Provider Collaboratives. What do people think about the idea of Experts-by-experience – what does that mean, who could that be, what would that role look like, what opportunities would people like beyond their service?

Similarly, thinking about vocational opportunities – what would people like/what support etc.

Same stuff really

Same updates from other hospitals to see how we can improve in the future if necessary

Have you enjoyed it today and will you come again?

Yes

Yes

Yes it was interactive and interesting and useful information for practice

yes

Absolutely! For as long as you'll have me 😊

PS. I love this feedback form!

Yes I enjoyed the get together and listening to others experiences – I will be attending the next meeting



WE APPRECIATE
YOUR FEEDBACK
THANK YOU!

Thank you for your feedback as it is really useful in helping us improve



Yorkshire and Humber Newsletter

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



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



We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we want to produce a newsletter so everyone can share ideas with each other – it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal. 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 us things via email or you can send them direct with access to our website below on the 'contact us' tab.

Contact Holly, Jo or Charlotte for more information hnf-tr.involvement.network@nhs.net

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