

Building Communities, Encouraging Recovery



Nottinghamshire Healthcare **NHS**
NHS Foundation Trust

Suzanne Foulk

Live! Implementation Lead

**PEN Awards
2nd March 2016**



- Live Project “*Set the Scene*”
- Progress to Date
- Way Forward





The Beginning....

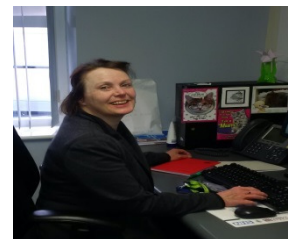
- Local Services Division had a Care Quality Commission Compliance visit on 15th – 17th October 2013 ... Highbury Live! 3/2/15
- Millbrook Live! 26/11/15
- Bassetlaw Live! 5/5/15





Live! Project team

- o Amy Smith Occupational Therapist
- o Claire Blakey Occupational Therapist
- o Lyndsey Jones Support Worker
- o Katherine Hayman Team Secretary





Engagement- All Care streams





Stakeholders





Examples of achievements to date – Highbury

- Developments of site map, newsletters, intranet site
- Regular Staff Focus Groups with staff side and HR
- Change Team
- Events Committee (now Live Action meetings)
- Monthly Open Forums
- Regular Site wide events involving patients, staff, carers and wider mental health community
- Patients Councils established June 2014
- Come Grow with me @ Highbury Allotment Project

Continued...





Examples of achievements to date – Highbury

- Patient led groups and individual sessions
- Cross team Working - Planning Ways of Working , Participating in Events, Craft Days.
- 359 Patients attended Highbury Live! Patients Activity Days since January 2015
- Options Express Patient and Volunteering café coming Spring 2016 – following patient feedback
- Intensive Involvement with Trust wide Smoke Free Agenda (October 2016)





Examples of achievement from to date – Millbrook



- Change Team established
- Millbrook Live launch November 214
- Patient Councils established
- Staff focus groups involving staff side and HR
- Events Committee established
- Regular Site wide events
- Patient opinion survey on dining experience
- Increasing the opening of the Brookes Tea Bar
 - Volunteering opportunities/assessment





Examples of achievements to date – Millbrook

- Patient led sessions
- Patient Activity Days
- Supporting 25 Hours Activity
- Leading on Every Contact Counts (CQUIN)



Examples of achievements to date – Bassetlaw

- Bassetlaw Live launch 19/6/15
- Establishment of Patient Councils
- Timetable of on ward activities
- Agreement for input into Carer Groups
- Regular Patient Activity Days
- Establishment of cross ward working
- Staff focus groups





Positive Feedback

- Strong partnerships with Recovery College and Involvement Teams
- Ideal ward round, Patients Councils, events etc
- Engaging Local Businesses
- Supporting Volunteers – recovery care planning
- Patients Library
- Boutique Days –upcycling clothing
- Pamper and Chat Sessions
- Skill Acquisition Sessions
 - Cake decorating, gardening, moving on, healthy living,
 - supporting self direction





"I have been in this ward before last year. I think there is a better feel about the place. I am going to get involved in the allotment as I saw this on the notice board. It's hard in here without something to be able to do to keep my mind from thinking of bad things."

**Male Patient Redwood 2,
Highbury**

"Never got this last time, think Highbury Live have been a great help and the staff feel they have support to do more. Going out to paint the shed this week. Want to get a new skill for when I come home. My dad is going to help me to set up as an odd job man."

**Male Patient Redwood 1,
Highbury**



“Been in a long time, getting a lot better. I have a paper to read now and the tea bar is open more. I am pleased there is a patients’ Council to have my say about the way things are on the ward. Someone comes from the management every time and we get to put our ideas forward. Xmas was fun, the party and the Xmas fayre with my sister able to come.”

**Female patient,
The Lucy wade Unit, Millbrook**

“I remember this place when there was pottery art, hairdressing and gardening. Then that all went. It’s great this admission I get to spruce up the courtyard with other patients and lots of tea and biscuits and I’ve helped it the voluntary shop with serving and stocktaking. I have said my bit at the Patients’ Council and recently did a spot of flower arranging. Don’t laugh but it was good!”

Male Patient Orchid ward, Millbrook



“Bit newer this Bassetlaw Live. I know about it from Highbury when I was in there. I have been able to tell some of the patients here about it when I went to the Patients Council. We had a cracking Xmas party and I enjoyed the photography for the calendar.”

**Male Patient, B2,
Bassetlaw**

Patients and staff are really helpful. I got to do some craft stuff the other day and there was some meeting where I went and was talking about things I'd like to change if we could. They listened to me and came to tell me what was happening. Like the newsletter idea.”

**Female, Patient B1,
Bassetlaw**



Patient Feedback

SD has been an inpatient for several months at Millbrook and has a long standing Bi-polar disorder She has a supportive family and does go out for regular visits in the community and home but was finding these visits difficult at present. In recent weeks she has engaged in all aspects of the Millbrook Live! Programme.

- o *" I feel safer here, don't like the outside. It's nice to come to these things. I like talking to other people about things we all don't like and what we do like. **I don't like the meals and I say so. You asked me didn't you (Patient Dining Experience Survey).** I really liked helping make an Easter bonnet and coming down to help with the book stall. Millbrook Live!, its on that banner. **Creating a sense of community, mmm I think it does. I like that.** I'm coming down on Tuesday to help with the tea bar. X (OT) says I am ready to be discharged soon so I think I should try it for my confidence and that"*





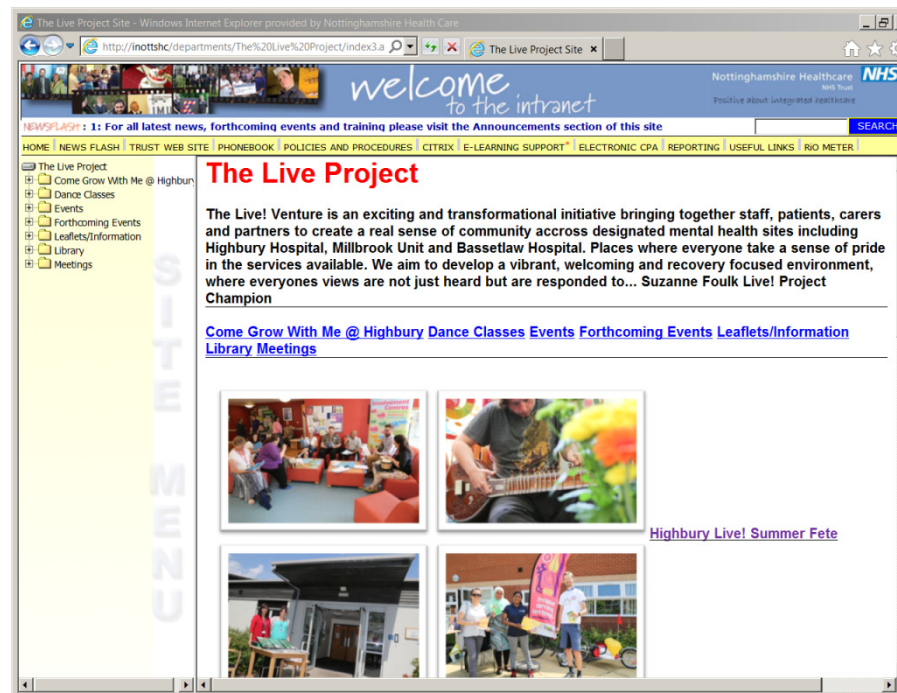
The Way Forward

- Ensure successful implementation of quality requirement of 25+ hour therapeutic activities per week per patient
- Support the Achievement of Every Contact Counts CQUIN outcomes
- Established programmes of ward activities on all wards which are sustainable and relevant.
- Utilising external agencies to support and maintain recovery and wellbeing
- Achieve a sense of community across all sites





Trust Intranet





Thank you for listening..

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