

# GET INVOLVED!

Yorkshire and Humber Involvement Network presents

## FROM FUNCTIONAL TO FABULOUS

### Where and When:

**Date:** Tuesday 18th September

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

### What and Why:

This conference is to celebrate the work of the Yorkshire and Humber Involvement Network in developing **From Functional to Fabulous** over the last year and to create motivation for the continuing work needed to make our Network Fabulous!

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

### Programme:

09:00 – 10:00	Arrival/Registration and Refreshments
10:00 – 10:30	Conference Introduction and Opening Getting in the spirit! Fun and Games – The Fabulous Family
10:30 – 11:15	Danny Sculthorpe – Rugby League
11:15 – 11:30	Refreshment Break
11:30 – 12:00	Rebecca Rylance – Clingo – (Clinical Lingo/Bingo!)
12:00 – 12:30	Chris Young – “Walk a Mile”
12:30 – 13:30	Lunch Break
13:30 – 14:15	Workshop Round 1
14:30 – 15:15	Workshop Round 2
14:15 – 14:30 (Time to move between workshops)	<b>Workshop 1 – Unbeatable Energy – Boomwhackerst</b> (Everyone will do the Unbeatable Energy workshop in Round 1 or 2) Delegates to choose 1 other workshop from: <b>Workshop 2 – Circus Skills Clowns – Rapide Brothers</b> <b>Workshop 3 – Imagineer Workshop</b> <b>Workshop 4 – Underground Tour of the Coal Mine</b>
15:15 – 15:30	Refreshment Break
15:30 – 15:50	Waterloo Manor – Music Video and Performance – Sister Act!
15:30 – 15:50	Laura from Bradley Complex Care – Fabulous the Poem!
16:00 – 16:30	Holly Alik and Jo Harris - Yorkshire and Humber Involvement Leads From Functional to Fabulous – The Strategy! “Launching” the Strategy
16:30	Conference Close

### Inside this Issue

Conference Agenda	1	Fabulous Poem— Laura Cartwright	9
Conference Speaker Biographies	2 & 3	Workshops	10 & 11
Planning Group	4	Service User Art Work	12–14
Wright Fabulous Family Game	5	Some photos from the day	15 & 16
Danny Sculthorpe—A state of Mind	6	Sister Act—Waterloo Manor	17
Clingo—Rebecca Rylance	7	Fabulous Competition!	18–21
Walk a Mile—Chris Young	8	Launching the Strategy	22 & 23
		The Imagineer Graphic	24
		Feedback	25
		Thank You!	26

Developed by Holly Cade and Jo Harris on behalf of the Yorkshire and Humber Network

# 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

I have worked as Yorkshire and Humber Involvement Lead since 2014 and I really enjoy working with you all on different projects – both at Sandal Rugby Club and within your services. It is a pleasure to be a part of this work and it never ceases to surprise and inspire me.

I have also worked as a project manager and trainer for the charity York Mind and as Involvement Coordinator in a step down service, as well as working in other mental health and learning disability services. I have an MA in Psychotherapy and I am a Mental Health First Aid Trainer, as well as working as an Expert by Experience doing Care and Treatment Reviews.

#### Jo Harris

I have worked as Yorkshire and Humber Involvement Lead for the last 10 years and I have really enjoyed seeing all the changes and supporting service users and staff to be a part of them.

My background is as a mental health nurse. I have been qualified since 1996, and I have worked in various mental health settings and also in a research department. I have used mental health services since I was a teenager and so I have lots of perspectives which I try to use to do my job. I have a lot of fun at work and have qualified as a laughter yoga therapist. I also work as an Expert by Experience doing Care and Treatment Reviews.

## Speaker Information

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**Danny Sculthorpe**

Danny played just under 300 professional rugby league games for Rochdale, Wigan, Castleford, Wakefield, Huddersfield, Bradford, Widnes, and England, before a serious spine injury forced him into retirement.

Danny suffered from depression after that and courageously came through the other side.

Danny is now a trustee of the STATE OF MIND SPORT charity. He speaks to schools, colleges, universities and work places about the importance of looking after your mental health!!!

He has just completed his level 2 counselling course.

### CLINGO!



*Rebecca Rylance is a Mental Health Nurse who works as the Assistant Director at the University of Salford School of Health & Society.*

Clinical language has evolved as a result of clinical expertise, professional grouping and an NHS that utilises clichés and unnecessary jargon. The game CLINGO (clinical -lingo) was developed following a research project exploring the perceptions of mental health nursing students on care planning practice.

CLINGO can be played individually or as a group. Each participant receives a CLINGO card. The facilitator selects a clinical cliché – if the same cliché appears on the CLINGO card it can be checked off. As soon as a 'full house' is achieved, each clinical cliché is then discussed by the participants. It is the role of the facilitator to assist the group to find a more person-centred alternative to the cliché. Central to the learning experience is the notion of teamwork and reflection.



**Chris Young**

In 2007 Chris Young was disabled out of social work, the job he loved, following a diagnosis of Borderline Personality Disorder.

Following 2 years of excellent group psychotherapy he made the decision to become a full-time mental health campaigner.

On the 6<sup>th</sup> of April, 2011, the 34<sup>th</sup> anniversary of his Mum's death, Chris started the Walk a Mile in My Shoes campaign. His aim was simple – to walk around the edge of the UK (since that's where many folk with mental health problems find themselves – on the edge of society) to highlight the experience of people with mental health problems.

Inspired by the Jain monk, Satish Kumar's peace march in the 1960's, Chris took no money with him, with a belief that the fabulous people of the UK would support him on his way.

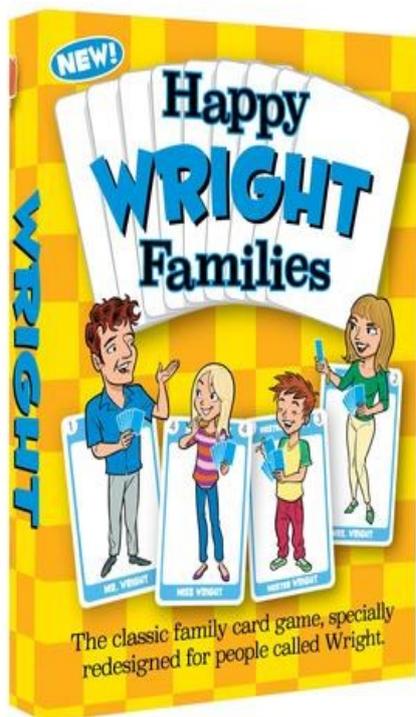
Now, a published author, he continues to challenge mental health stigma, one conversation at a time.

# Planning Group

This year we were very pleased to welcome Waterloo Manor, Newton Lodge, Humber Centre and Bradley Complex Care to help us plan the conference. We met about 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 was pre-decided was the venue—The National Coal Mining Museum, and the theme—From Functional to Fabulous as this is the name of the Strategy that we launched on the day!

All 4 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!





THE RIGHT **FABULOUS** FAMILY GAME!



We started the conference by playing the Right Fabulous Family 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!

Follow us on Twitter:  
[@YumberNetwork](https://twitter.com/YumberNetwork)  
[#Yumber18](https://twitter.com/#Yumber18)



# Danny Sculthorpe

– *Rugby League*



"Sometimes just talking and opening up, admitting that you're struggling, it can save your life."

Hello, I'm Danny Sculthorpe. I'm a former professional rugby league player. I was fortunate to play for England and was appointed captain on two occasions.

I've also experienced severe

depression and despair, with frequent thoughts of taking my own life. I had a massive physical injury and had to stop playing Rugby. This led to us losing our family home. I felt I had become a burden to my family and my wife and children would be better off without me. Fortunately, with the help of my family, a counsellor and clinical support, I've been able to recover.

Today my compelling focus is to share the lessons I've learnt and to help others. I feel sympathy and empathy as I've been through it. I do this as an Ambassador for [State of Mind Sport](#), a charity, which aims to use the power of sport to tackle stigma and reach vulnerable men in order to prevent harm. A 'take home' message we give out is that it is a strength not a weakness to seek help. I know that if I hadn't done so I would not be here today and my children would have missed out on me as their dad.

A further key message we try to get over is to look out for mates who may be finding life tough. If you notice they aren't themselves, seem not to be enjoying their usual jokes, or perhaps over-quiet or withdrawn, ask them if they are okay. Showing you care, that they are valued and you are alongside them can make a big difference. If you do, you could save a life.



## Rebecca Rylance

- CLINGO (clinical -lingo)

[r.rylance@salford.ac.uk](mailto:r.rylance@salford.ac.uk)

### Who am I?

Registered Mental Health Nurse— Nurse academic Liverpool

John Moores University & University of Salford— Research

interest in the language of nursing ‘whose language is it anyway?’

### CLINGO Background

Our initial study (Rylance & Graham, 2013) was designed to examine the perceptions of a group of mental health nursing students (from a range of community and ward clinical mental health placements) and their observations and perceptions of practice in relation to care planning

The data revealed a theme around the ‘professional language’ that exists amongst mental health professionals that consists largely of jargon, clichés and generic terminology.

This led to the creation of a ‘professional translation service’

To understand this further, a series of events on care planning took place, during which health professionals were invited to share their own professional language.

We then examined the ‘clinical clichés’ and developed a teaching and learning resource called CLINGO that hopes to raise awareness and challenge the ‘professional translation service’ that dominates the clinical care plans as well as to engage the learner in practice-reflection.

C	L	IN	G	O
	“Slept well”		“appropriate package of care”	
“Therapeutic relationship”		“Non-compliant”		“Optimum health”
“provide support”		“Fluids pushed”	“Successful leave”	
	“Reduce self-harm”			“Maintain a safe environment”

### Discussion

Excessive use of jargon causes confusion to staff and patients/ service users

The standards for pre-registration nursing (NMC 2010) require nurses to “maximise service user involvement”

The inclusion agenda requires nurses & professional allied to health to avoid, clichés and jargon (DH, 2008, NMC, 2009 & NMC 2010)

CLINGO seeks to challenge aspects of poor practice



# Chris Young

## - "Walk a Mile"

### WHERE DID IT START?

On April the 6th 2011, following a diagnosis of Borderline Personality

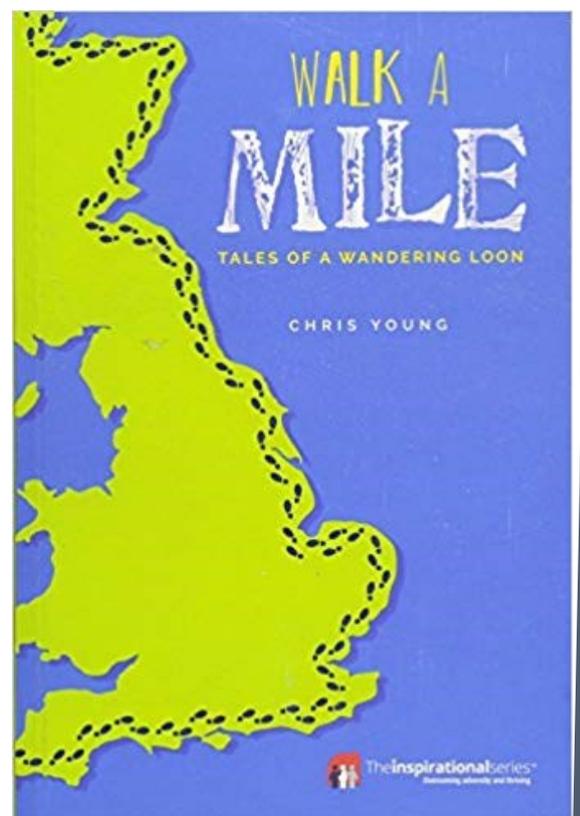
Disorder, ex social worker Chris McCullough Young set off northwards from his home in Edinburgh to walk around the edge of the UK to change the way people think about mental health.

Armed with a rucksack full of 'what if', 11 packets of Super Noodles and a belief that people would be fabulous, Chris has relied solely on the hospitality of strangers. He hasn't been disappointed.

As a kind, chatty, and good-humoured man with a zest for life and a passion for helping people, Chris Young adored his job as a social worker. But things fell apart when, in 2008, he was diagnosed with borderline personality disorder. His illness brought about the end of his calling and he found himself in need of a new project and purpose.

And so it came to be that in 2011 Chris began a campaign called Walk a Mile In my Shoes. He walks around the edge of the UK - the edge of society being where many people with mental health problems feel they are - without spending any money and relying on the kindness of strangers.

Walk a Mile: Tales of a Wandering Loon is the story of how a normal, nurturing childhood turned into one of neglect and abuse and how this, combined with a little faulty brain wiring, lead to a severe and enduring mental illness. It is also the story of one man's journey towards tackling mental health stigma, one step at a time.



# We Are FABULOUS

By Laura Cartwright

It doesn't matter who you are or where you're from,  
Sometimes in life things go wrong.

In every walk you take,

There will always seem to be a bad day.

In a sea of darkness, searching for the light,

Once it's spotted our future looks bright.

Be strong,

Be courageous,

Be brave,

Because things will get better,

It may be stormy now but it never rains forever.

To live the life you see, stay strong, stand up and be the  
best you can be.

You are braver than you believe and stronger than you  
seem,

Be strong, Be Confident, Be you,



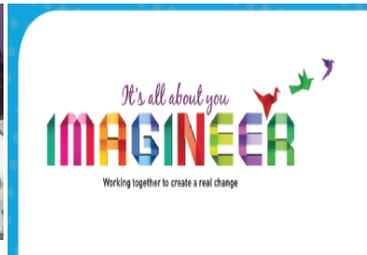
# Workshops!

## Workshop Information

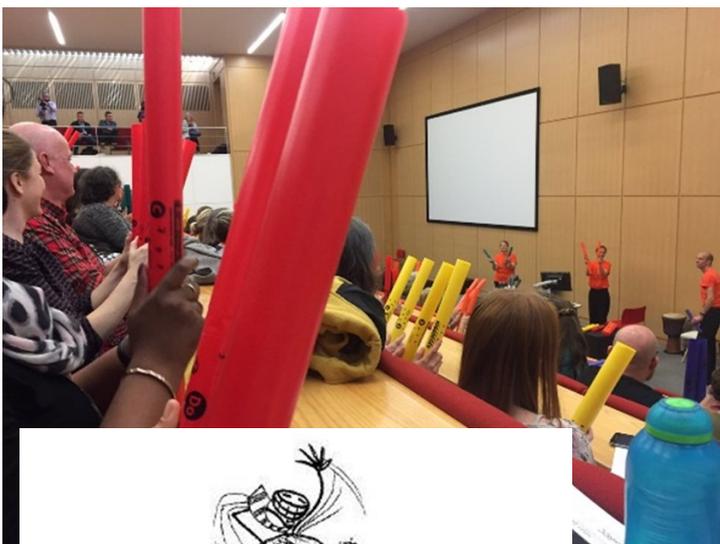
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### Afternoon Workshops

- Unbeatable Energy – Boomwhackers! Everyone**
- Circus Skills Clowns – Rapide Brothers**
- Imagineer – I CAN DRAW!**
- Underground Tour of the Coal Mine**



## Unbeatable Energy – Boomwhackers!



**Unbeatable Energy**  
Ltd

# The Rapide Brothers



# WORKSHOPS



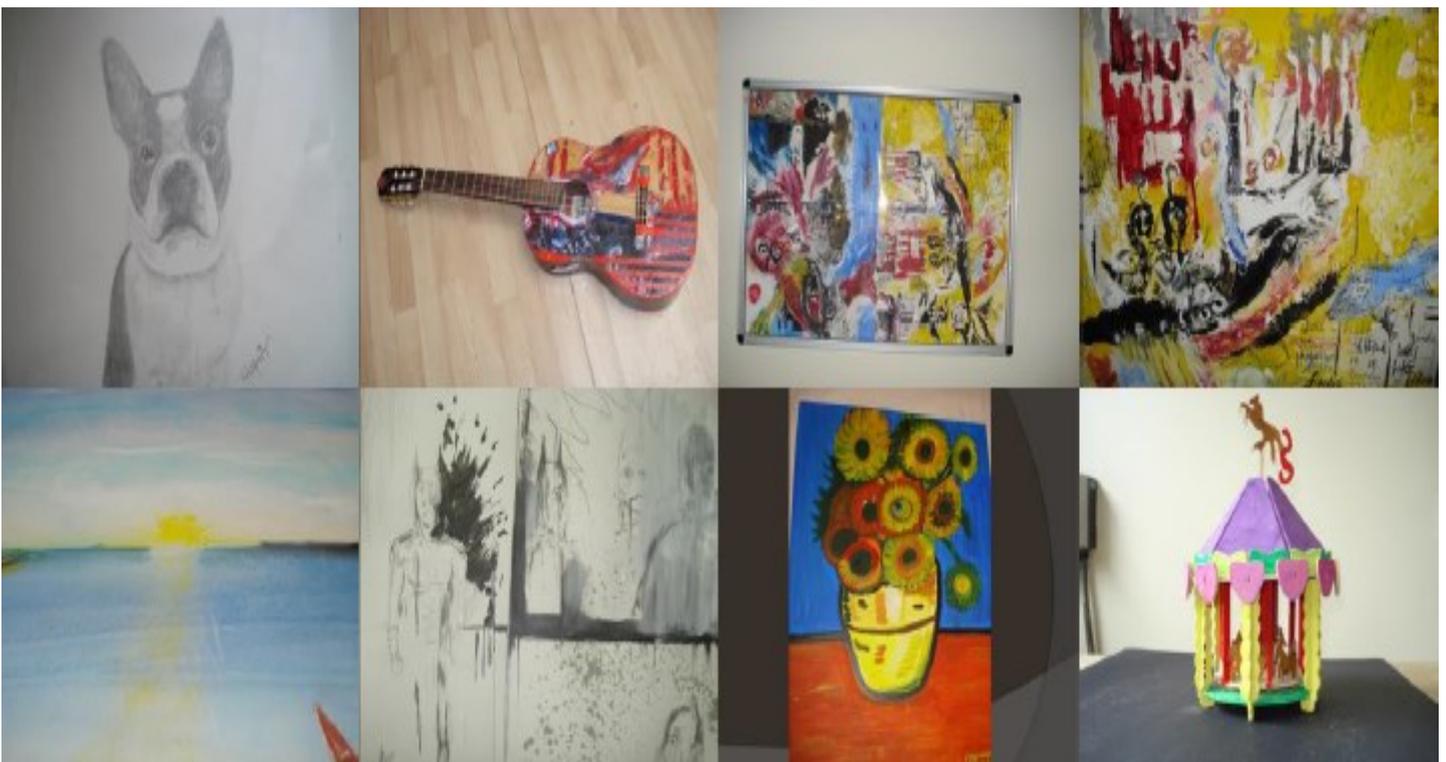
*It's all about you*



Working together to create a real change



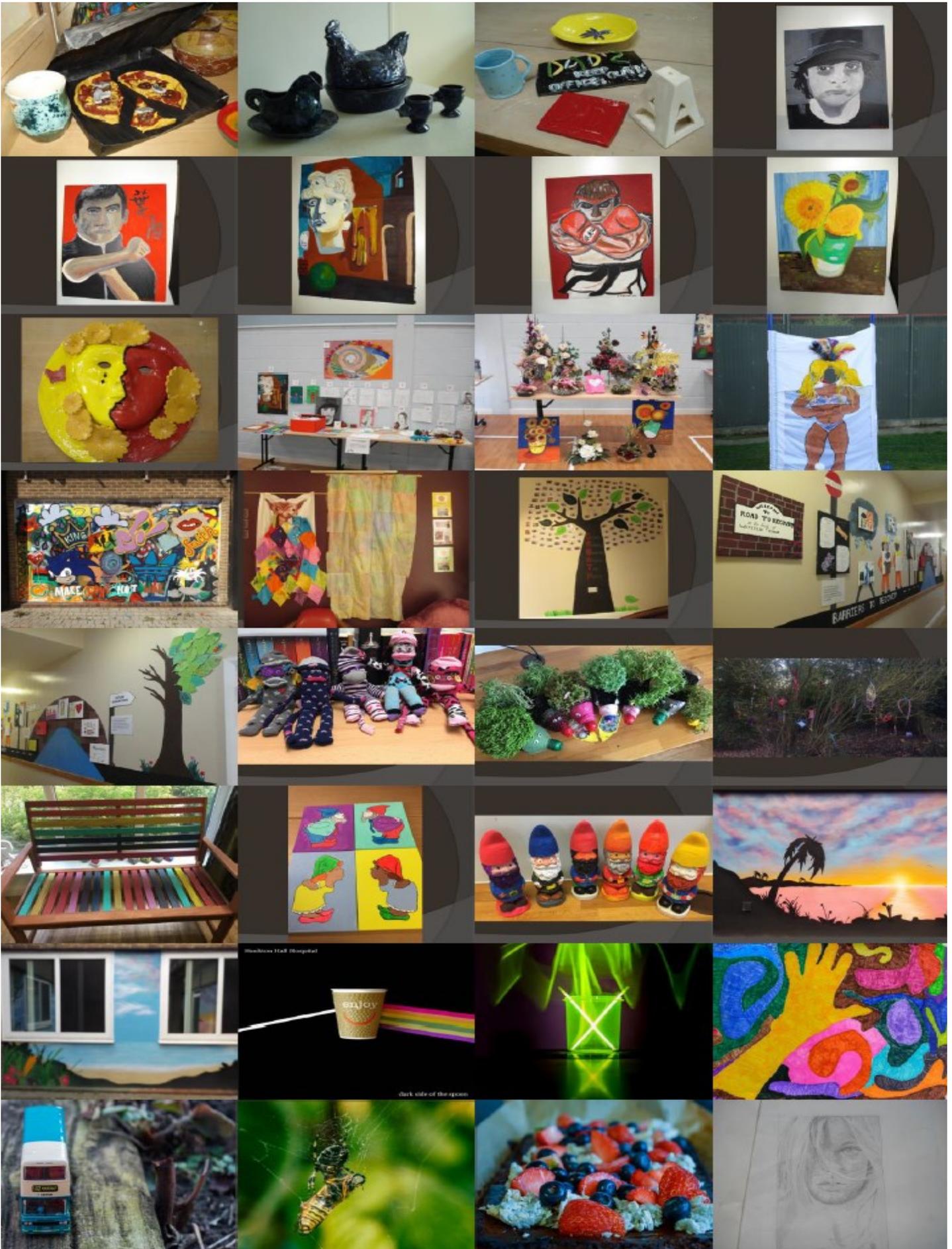
**Selection of service user art work shown over the lunch break accompanied by fabulous music from the Greatest Showman! Sent in from services across Yorkshire and Humber—and put together by Waterloo Manor —Thank you to everyone involved.!**



# Service User art work showcase



# Service user art work showcase



# Some photos from the day



# Some more photos from the day

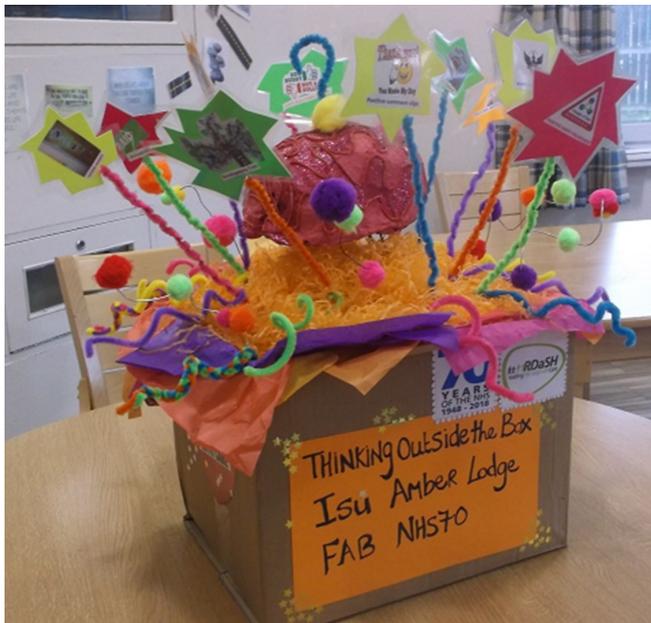


# Waterloo Manor Sister Act!



# Table Centrepiece competition!!

A screenshot of a web-based competition entry form. The form has a light green background with a grid pattern. At the top left is the 'GET INVOLVED!' logo. The main heading is 'Winner of the Fabulous Competition!'. There are several input fields: 'Yorkshire and Humber Network.....', 'Date 18/09/2018', and '£150.00'. Below these is a field for 'One Hundred and Fifty Pounds only'. At the bottom, there is a barcode and some small text.A ballot paper for the competition. At the top is a smaller version of the 'GET INVOLVED!' banner. Below it, the text reads 'And the winner is (please mark your choice below)'. There are 15 numbered star-shaped bubbles arranged in a grid, numbered 1 through 15. The bubbles are light purple with black outlines and numbers.



Amber Lodge



Bradley Complex Care



Cheswold Park



Clifton House



Cygnets Bierley



Cygnets Sheffield

# Table Centrepiece competition!!



Garrow House



Humber Centre



Newhaven



Newsam Centre



Newton Lodge



Stockton Hall

# Table Centrepiece competition!!



Waterloo Manor



Wathwood



And  
the  
Winner  
is...



**Stockton Hall Hospital**

# The Functional to Fabulous Strategy!



## From Functional to Fabulous the Strategy Launch!!!

**Vision** – To have a Yorkshire and Humber Involvement Network that everyone knows about and which leads the way in best practice by 2023.

**Mission** - We will achieve this by growing and improving the Network in line with the stated aspirations as outlined below in 3 key areas.

**Service Users** - We will empower service users and ensure their voices are heard, which will positively impact on service improvement as well as individual experiences and recovery journeys.

**Staff** - We will listen to staffs ideas, support them to deliver the best service user outcomes, empower them to deliver service improvements and support job satisfaction.

**Organisations** - Through moving the organisations higher up the level of involvement, through collaboration and delivery of the above service users and staff outcomes, we will achieve efficiencies across the care pathways.



Collaboration. Hope. Encouragement. Empowerment.

Respect. Support. Fun

= CHEERS + Fun

The Network promotes **respect**. Everybody is **encouraged** and **empowered** to work **collaboratively**.

The Network is **supportive** and delivers **fun** for all.

## Engagement

*“opportunities to have a say on our services”*

*“Listening to people’s stories gives me hope”*

*“Service users from other services have been*

*inspired by this network, and have increased*

*their own enaaement in the hospital”*

## Motivation

*“Do what makes you happy and smile”*

*“Gives hope and inspiration”*

*“Socialise and meet people”*

*“Learn new things and gives you confidence”*

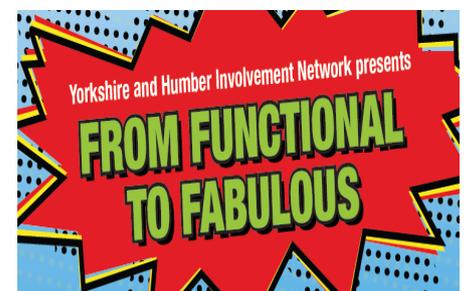
## Mind-set and Culture Change

*“The Network helps drive changes in the hospitals, and culture through sharing best practice”*

*“A great opportunity to hear what other hospitals are doing and to share our own initiatives and projects with others”*

## Support to Deliver Outcomes

*“The Network gives us the courage to champion change - we are a body of people with a common goal who help each other be the best we can be”*





# Feedback

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

	Excellent	Good	Average	Poor
1. Quality of Event	76%	24%		
2. Quality of Speakers / Presentations	77%	23%		
3. Structure of Programme	67%	28%	5%	
4. Quality of Venue	80%	17%	3%	
5. Convenience of Venue	65%	27%	8%	
6. Quality of Catering	68%	30%	2%	
7. Quality of information Received in advance	70%	21%	1%	3%
8. Organisation on the Day	76%	18%	3%	
9. Length of Conference	63%	31%	1%	1%

Danny Sculthorpe's talk was very real, also loved Clingo made a lot of sense, All speakers were interesting and involved everybody making It engaging and interactive Interesting & Thought provoking Poem was fabulous! Variety of activities and good catering Good use of learning by experts

Both speakers I felt were very good and entertaining with their stories, both bought tears to my eyes. Both speakers were brilliant very topical and emotive great talks from both Simply fabulous! The strategy launch was so funny! Full of emotional & fun things

I was moved by the rugby player Danny's story. It was amazing how he has found positives from such a negative experience. It was a really inspirational story of someone's life to hear. Waterloo manor amazing! Enjoyed Circus and Boom whacker's Gets better every year! Brilliant day, excellent and interactive, thanks Holly and Jo The ability to see users engage socialise and learn. Great shared experience Clingo, enjoyed the centrepiece competition, Imagineer workshop was fab

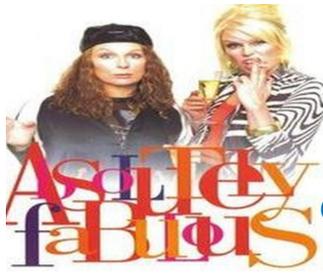
All speakers were interesting and involved everybody making It engaging and interactive Thankyou to everybody involved in the event it's been great Interesting , moving and inspirational. Well organised and informative The nuns were fabulous

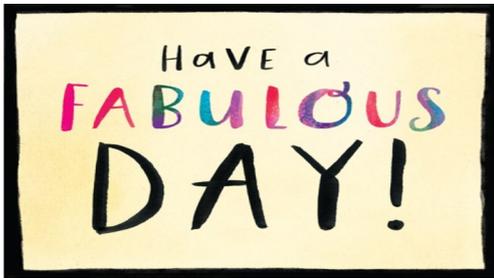
Really enjoyed the whole day. The part I liked was the Clingo talk as it is one part of my recovery that confuses me and makes me feel like I am not part of it as I don't understand all the lingo the staff use the our care plans Everything has been excellent especially the 2 speakers about the mental health journey. The rugby mans was very moving and inspirational. Chris' story was emotional and funny

It was fabulous!! Everyone loved making the table centrepieces we should do that again!

Thank you for a wonderful day, it's been a long day but I have really enjoyed it all and everyone has had fun, I went down the mine it was fab!

Can't wait for next year already!





- All of you for your continued support, engagement and enthusiasm for the Network – you all help make it Fabulous!
- Cygnet – our sponsors! And Amy!
- Conference Planning Group
  - Waterloo Manor
  - Bradley Complex Care
  - Newton Lodge
  - Humber Centre
- All our speakers and workshop facilitators
- Imagineer
- Waterloo Manor – music video
- Charlotte – Twitter queen
- Laura – Fabulous Poem
- Patrick Bannon and Cygnet Bierley – “The Launch” video
- Everyone who sent in their fabulous art work



Thank you so much to Cygnet for sponsoring the event, and to Amy 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!