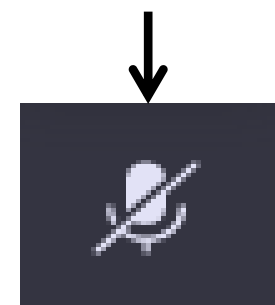
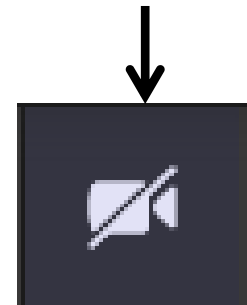




Recovery & Collaborative Care Planning Café

Please make sure you are
muted and your video is off
throughout the session



Before we start, how to use MS Teams

Microsoft Teams Search for or type a command

Activity
Chat
Teams
Calendar
Calls
Apps
Help

Leading Together ...because leadership matters at LPT
WeAreLPT compassion respect integrity trust
Leicestershire Partnership NHS Trust

Induction to involvement workshop

Please make sure you are **muted and your video is off** throughout the session

01:41

Meeting chat Govind Hannah joined the meeting.

Type a new message

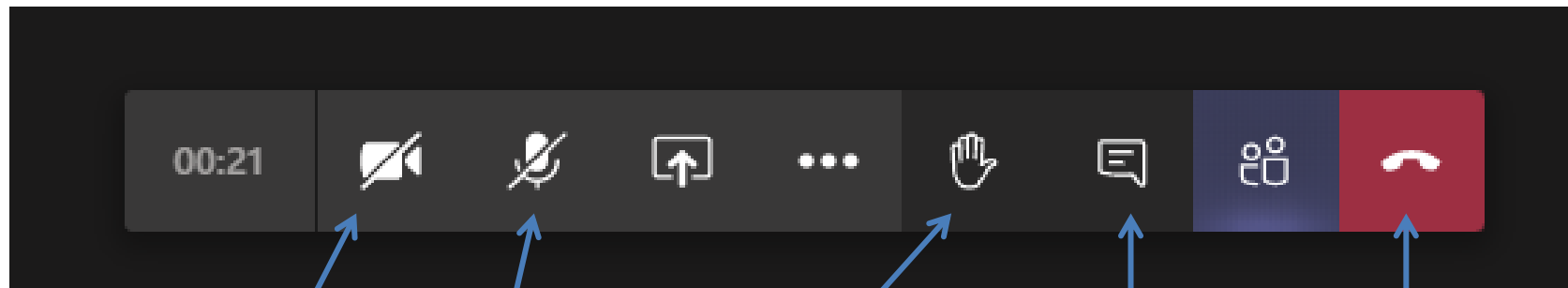
This is where the presenter or presentation slides are

Here is where you can ask your question or write a comment

Here is your tool bar where you will be able to control your video, audio and hand raising etc.

Before we start, how to use MS Teams

The buttons we are using today



Video
This should be red

Muted
This should be red

Raise hand
When this is **blue** your hand is raised to notify the presenter you would like to speak

Chat
When this is **blue** you can type your questions and comments

Exit
the meeting

How this session will work

This session **will be recorded** in order to review and reflect on discussions. Once this has been reviewed, the recording will be deleted.



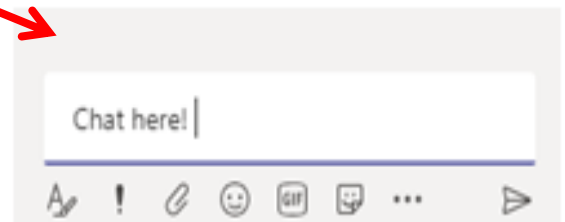
If you would like to ask a question, please raise your hand.



The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



If you would like to ask a question but would not like to speak then please type your question in the chat box



Today's Café

CHIME – Connectedness

- **1pm - Welcome, recap and overview of today's café**
- **Where something or bring something Christmassy**
Lyn Williams, Associate Director for Quality Improvement
Claire Armitage, Deputy Head of Nursing, Adult Mental Health & Learning Disabilities, and Nursing Research Leader
- **Café conversations**
Group discussion
- **Festive Quiz**
Haley Cocker, Patient Experience and Involvement Manager
- **Special Guest Tim Sayers**
- **Hope & Optimism activity**
Azar Richardson, Patient Leader, Expert By Experience
- **2:30pm – Close**



Introductions



Please leave your names in the chat box so we can see who is here

Christmas Quiz – Round 1

1. In which country did egg nog originate?
2. On average, how many rolls of sellotape will be sold in the UK during the run up to Christmas?
A. 1 million B. 6 million C. 10 million
3. What did my true love send to me on the 4th day on Christmas?
4. Which plant often given as a gift at Christmas has bright red and green leaves and is sometimes known as the Christmas Flower?
5. The Snowman was shown on TV for the first time on Boxing Day of which year?
A. 1972 B. 1982 C. 1992
6. What is a Buche de Noel better known as in the UK?
7. Which Christmas hit was no.1 for 5 weeks in 1984?
8. Which way do you traditionally stir a Christmas pudding mixture for good luck?
9. Alphabetically, which of Santa's reindeer comes first?
10. How many mince pies does the average Brit eat over Christmas?
A. 14 B. 54 C. 27

Christmas Quiz – Round 2

11.



12.



13.



14.



15.





Christmas Playlist



- Away in a Manger
- Bing Crosby – White Christmas
- Brenda Lee - Rockin Around the Christmas Tree
- Deck the Halls
- Jingle Bells
- Jolly Old Saint Nicholas
- Mary's Boy Child
- Santa Claus is coming to Town
- Silent Night
- Slade – Merry Xmas Everybody
- Wizzard – I Wish it could be Christmas Everyday

Away in a manger



Away in a manger, no crib for a bed
The little Lord Jesus, lay down His sweet head
The stars in the bright sky, looked down where He lay
The little Lord Jesus asleep on the hay

The cattle are lowing, the baby awakes
But little Lord Jesus, no crying he makes
I love Thee, Lord Jesus, look down from the sky
And stay by my side until morning is nigh

Be near me, Lord Jesus, I ask Thee to stay
Close by me forever, and love me I pray
Bless all the dear children, in thy tender care
And take us to heaven, to live with Thee there.

White Christmas – Bing Crosby

I'm dreaming of a white Christmas
Just like the ones I used to know
Where the treetops glisten and children listen
To hear sleigh bells in the snow



I'm dreaming of a white Christmas
With every Christmas card I write
May your days be merry and bright
And may all your Christmases be white

I'm dreaming of a white Christmas
Just like the ones I used to know
Where the treetops glisten and children listen
To hear sleigh bells in the snow

I'm dreaming of a white Christmas
With every Christmas card I write
May your days be merry and bright
And may all your Christmases be white



Rockin' Around the Christmas Tree

Brenda Lee

Rockin' around the Christmas tree
At the Christmas party hop
Mistletoe hung where you can see
Every couple tries to stop
Rockin' around the Christmas tree
Let the Christmas spirit ring
Later we'll have some pumpkin pie
And we'll do some caroling



You will get a sentimental feeling when you hear
Voices singing, let's be jolly
Deck the halls with boughs of holly
Rockin' around the Christmas tree
Have a happy holiday
Everyone dancin' merrily
In the new old-fashioned way



You will get a sentimental feeling when you hear
Voices singing, let's be jolly
Deck the halls with boughs of holly
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Have a happy holiday
Everyone dancin' merrily
In the new old-fashioned way
Everyone dancin' merrily
In the new old-fashioned way

Deck the Halls

Deck the halls with boughs of holly
Fa la la la la, la la la la
'Tis the season to be jolly
Fa la la la la, la la la la
Don we now our gay apparel
Fa la la la la, la la la la
Troll the ancient Yuletide carol
Fa la la la la, la la la la

See the blazing yule before us
Fa la la la la, la la la la
Strike the harp and join the chorus
Fa la la la la, la la la la
Follow me in merry measure
Fa la la la la, la la la la
While I tell of Yuletide treasure
Fa la la la la, la la la la

Fa la la la la, la la la la la la
Fa la la la la, fa la la la
Fa la la la la, la la la la la la
Fa la la la la, fa la la la

Fast away, the old year passes
Fa la la la la, la la la la
Hail the new, ye lads and lasses
Fa la la la la, la la la la
Sing we joyous all together
Fa la la la la la, la la la
Heedless of the wind and weather
Fa la la la la, la la la la

Deck the halls with boughs of holly
Fa la la la la, la la la la
'Tis the season to be jolly
Fa la la la la, la la la la
Don we now our gay apparel
Fa la la la la, la la la la
Troll the ancient Yuletide carol
Fa la la la la, la la la la.



Jingle Bells

Dashing through the snow in a one
horse open sleigh
O'er the fields we go laughing all the way
Bells on bob-tail ring making spirits bright
Oh what fun it is to ride and sing a
sleighbing song tonight.

Hey, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh

Now the ground is white, go it while you're
young,
Take the girls tonight, sing this sleighing song
Get a bob-tailed bay, two forty for his speed
Then hitch him to an open sleigh and you will
take the lead.

Hey, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Hey, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh



Jolly Old Saint Nicholas

Jolly Old Saint Nicholas, lean your ear this way
Don't you tell a single soul, what I'm going to say
Christmas Eve is coming soon, now, you dear old man
Whisper what you'll bring to me, tell me if you can

When the clock is striking twelve, when I'm fast asleep
Down the chimney broad and black, with your pack you'll creep
All the stockings you will find, hanging in a row
Mine will be the shortest one, you'll be sure to know

Johnny wants a pair of skates, Susy wants a sled
Nellie wants a picture book, yellow, blue and red
Now I think I'll leave to you, what to give the rest
Choose for me, dear Santa Claus, you will know the best





Mary's Boy Child

Long time ago in Bethlehem,
So the Holy Bible say
Mary's boy child Jesus Christ
Was born on Christmas Day



Hark, now hear the angels sing, the new king born today
And man will live for evermore, because of Christmas Day

While shepherds watch their flocks by night
They see a bright new shining star
And then they hear a choir sing
The music seemed to come from afar

Hark, now hear the angels sing, the new king born today
And man will live for evermore, because of Christmas Day

Then by and by in Bethlehem
In a stable all forlorn
In a manger, cold and dark
Mary's little boy child was born

Hark, now hear the angels sing, the new king born today
And man will live for evermore, because of Christmas Day
And man will live for evermore, because of Christmas Day

Santa Claus Is Coming to Town

You better watch out
You better not cry
You better not pout
I'm telling you why
Santa Claus is coming to town

He's making a list,
He's checking it twice,
He's gonna find out who's naughty or
nice
Santa Claus is coming to town

He sees you when you're sleeping
He knows when you're awake
He knows if you've been bad or good
So be good for goodness sake

You better watch out
You better not cry
You better not pout, I'm telling you
why
Santa Claus is coming to town

He sees you when you're sleeping
He knows when you're awake
He knows if you've been bad or good
So be good for goodness sake

You better watch out!
You better not cry
You better not pout, I'm telling you
why
Santa Claus is coming to town
Santa Claus is coming to town



Silent Night

Silent night, holy night. All is calm, all is bright
'Round yon virgin Mother and Child, Holy infant so tender and mild

Sleep in heavenly peace, sleep in heavenly peace

Silent night, holy night, Shepherds quake at the sight!
Glories stream from heaven afar, Heavenly hosts sing Al-le-lu-ia!

Christ the Saviour is born. Christ the Saviour is born.

Silent night, holy night. Son of God, love's pure light
Radiant beams from Thy holy face, with the dawn of redeeming grace
Jesus, Lord at Thy birth. Jesus, Lord at Thy birth



Merry Xmas Everybody – Slade

Are you hanging up a stocking on your wall?
It's the time that every Santa has a ball
Does he ride a red nosed reindeer?
Does he turn up on his sleigh
Do the fairies keep him sober for a day?

So here it is merry Christmas
Everybody's having fun
Look to the future now
It's only just begun

Are you waiting for the family to arrive?
Are you sure you got the room to spare
inside?
Does your granny always tell ya that the old
songs are the best?
Then she's up and rock 'n' rollin' with the rest

So here it is merry Christmas
Everybody's having fun
Look to the future now
It's only just begun

What will your daddy do
When he sees your Mama kissin' Santa Claus?
Ah ah

Are you hanging up a stocking on your wall?
Are you hoping that the snow will start to
fall?
Do you slide up and down the hillside in a
buggy you have made?
When you land upon your head then you've
been Slade

So here it is merry Christmas
Everybody's having fun
Look to the future now
It's only just begun

So here it is merry Christmas
Everybody's having fun
Look to the future now
It's only just begun

So here it is merry Christmas
Everybody's having fun.....



I wish it could be Christmas Everyday

When the snowman brings the snow

Well he just might like to know

He's put a great big smile on somebody's face

If you jump into your bed

Quickly cover up your head

Don't you lock the doors

You know that sweet Santa Clause is on the way

Oh well I wish it could be Christmas everyday

When the kids start singing and the band begins

to play

Oh I wish it could be Christmas everyday

Let the bells ring out for Christmas

When we're skating in the park

If the snow cloud makes it dark

Then your rosy cheeks are gonna light my merry

way

Now the frosticles appear

And they've frozen up my beard

So we'll lie by the fire

Till the sleep simply knocks 'em all the way

Well I wish it could be Christmas everyday

When the kids start singing and the band begins

to play

Oh I wish it could be Christmas every day

So let the bells ring out for Christmas

When the snow man brings the snow

Well he just might like to know

He's put a great big smile on somebody's face

So if Santa brings that sleigh

All along the milky way

I'll sign my name on the rooftop in the snow

Then he may decide to stay

Oh well I wish it could be Christmas everyday

When the kids start singing and the band begins

to play

Oh I wish it could be Christmas everyday

Let the bells ring out for Christmas

Why don't you give your love for Christmas





Recovery College

Spring Term Prospectus

is out now!!

<https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/Spring-Term-2021-Interim-Prospectus-FINAL.pdf>

Please note the Recovery College will be closed for the Christmas period from Monday 21st December 2020 for 2 weeks and we re-open for the Spring term on Monday 4th January 2021, therefore there may be a delay in responding to any enquiries during this time.

The next Café

CHIME theme; Identity

Wednesday 27th January 11am – 12:30pm

Information will be emailed out

